

John Cianca, M.D.

Dr. Cianca is a board certified specialist in Physical Medicine and Rehabilitation. He was born in Rochester, New York. He graduated from St. Bonaventure University in 1983 and subsequently attended Albany Medical College. Upon graduation in 1988, he completed a transitional internship at Mary Imogene Bassett Hospital in Cooperstown, New York. He then returned to Rochester to do his residency in PM&R at Strong Memorial Hospital at the University of Rochester. In 1992 he moved to Houston to do a musculoskeletal fellowship in the Department of PM&R at the Baylor College of Medicine. He joined the full time faculty as an assistant professor in 1993 and was promoted to associate professor in 2002. His office has been in the Greenway plaza since 1994 as part of an outpatient center for musculoskeletal injury. He has been the Medical Director of the facility since its inception in January 1994. Currently, it is operated by Memorial Hermann Hospital. Dr. Cianca began a private practice in July 2004 but continues as an adjunct associate professor with the department of physical medicine and rehabilitation at the Baylor College of Medicine.

Dr. Cianca's clinical interests are in musculoskeletal injury, acupuncture, viscosupplementation, running, and biomechanics. His practice is based upon the principles of sports medicine but he sees patients of all ages and levels of activity. His goal is to help people undertake their recreational and vocational pursuits with a better understanding of their particular biomechanics. As such he considers himself serving people primarily as a teacher as well as a healer. He has used viscosupplementation since 1998; he has practiced acupuncture since 1996. In 2005, he added musculoskeletal ultrasound to his practice. He uses ultrasound for both diagnosis and procedures. Dr. Cianca is active in developing research in the areas of endurance sports and musculoskeletal medicine.

Dr. Cianca teaches fellows, residents, and medical students as part of his medical practice. He also is very involved in community based education as part of the mission of the Human Performance Center which he founded in January 1994. Dr. Cianca is a founding member of the American Road Race Medical Society (ARRMS) and the current president of the organization. He has served as the Medical Director for the Houston Marathon since 1998 and sits on the Board of Directors of the race. The medical team he directs for the Houston marathon has been on the leading edge of medical management of marathons. They have been very active in the education of runners and in research and scientific discussions regarding hyponatremia, optimal hydration for runners, and using body weight as a measure of hydration status.