



In His Own Words, by LTC Anthony “AJ” Johnson, M.D.’98

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“All gave some, some gave all.” - Author unknown

I’ve always maintained that my dad and West Point (1994) made me the man that I am today while UCLA (1998) made me the doctor I am today. Today when people see me in uniform or see my military ID, most of them stop to say “Thank you for your service.” While I appreciate the gratitude and sentiment (and quite often the beers...especially the beers), I want to tell them that the military does not have a monopoly on service. Sure, I am proud of my two bronze star medals, earned during my three deployments to Afghanistan and Iraq...but these aren’t the accomplishments my family is most proud of.

My family is most proud of my current role as a medical volunteer for the US Paralympic Committee as the team physician for the USA Men’s and Women’s Wheelchair Basketball team. Do you want to be inspired? Have you ever watched a triple amputee play international wheelchair basketball? Do you want to be awed? Have you ever watched a double upper extremity amputee compete in archery?

The Paralympic Movement, which began in London in 1948 as the Stoke Mandeville Games, strives to use the performances and incredible stories of each athlete to teach the values of acceptance and appreciation for people with a disability by linking sport with social awareness. The movement can also serve as an avenue of healing for the over 40,000 service men and women injured in the wars in Iraq and Afghanistan...over 1,500 of which are amputees.



LTC Anthony “AJ” Johnson, MD with the USA Women’s Wheelchair Basketball team at the 2012 Paralympic Games in London.

Do you want to serve? Think about being a medical volunteer for the [US Paralympic Committee](#).



The 2012 USA Men's Wheelchair Basketball team during their Bronze medal ceremony.

If your schedule doesn't allow for international travel, be true to the Bruin spirit and serve locally. I suggest the two with which I spent the most time volunteering: the [Venice Family Clinic](#) and the [United Muslim Medical Association Free Clinic](#).

If my suggestions don't appeal to you, then I'm sure the UCLA Medical Alumni Association can offer you other options. Be a volunteer, serve your community. Do so and when I see you in San Antonio, I will express my gratitude and buy you the beverage of your choice (preferably a beer...then I can have one with you). Do you know how ***HOT*** San Antonio is in the summer?