



EDUCATION

2018-2019	Sports Medicine Fellowship Uniformed Services University of the Health Sciences Bethesda, MD
2015-2018	Family Medicine Residency Ehrling Bergquist Clinic / University of Nebraska Medical Center Offutt AFB / Omaha, NE
2011-2015	Doctor of Medicine F. Edward Hébert School of Medicine Uniformed Services University of the Health Sciences Bethesda, MD
2006-2010	Bachelor of Science Kinesiology University of Wisconsin Madison, WI

ADDITIONAL CERTIFICATIONS AND MILITARY EDUCATION

2022	Defense Ventures Program Shift San Antonio, TX
2021-2022	Clinician Scientist Investigator Opportunity Network Fellowship Office of the Chief Scientist 59th Medical Wing Joint Base San Antonio (JBSA), TX
2012, 2015	Flight Surgeon Aerospace Medicine Primary Course Wright-Patterson AFB, OH
2011	Commissioned Officer Training Maxwell AFB, AL

MILITARY SERVICE

2021-Present	Major United States Air Force, Medical Corps Date of Rank: 16 May 2021
2015-2021	Captain United States Air Force, Medical Corps Date of Rank: 16 May 2015
2011-2015	Second Lieutenant United States Air Force, Medical Service Corps Date of Rank: 27 JUN 2011

PROFESSIONAL EXPERIENCE

2024-Present	Medical Director, Military Adaptive Sports US Special Operations Command (SOCOM) Warrior Care Program MacDill AFB, FL
2024-Present	SBIR/STTR Evaluator, Health/Human Performance/Biotechnology AFVentures, AFWERX Wright-Patterson AFB, OH
2022	Defense Ventures Fellow Momentous Park City, UT
2021-2024	Team Physician, Adaptive Sports Air Force Wounded Warrior Program JBSA-Randolph, TX
2020-2023	Medical Director Trainee Health Clinic 559th Trainee Health Squadron JBSA-Lackland, TX
2019-2023	Medical Director Trainee Health & Fitness/Readiness 59th MDW Science and Technology Diagnostics Research Program JBSA-Lackland, TX
2019-Present	Assistant Professor Department of Family Medicine F. Edward Hebert School of Medicine Uniformed Services University of the Health Sciences Bethesda, MD
2019-2020	Sports Medicine Director, Element Chief & Officer in Charge VIPER Sports Medicine 559th Trainee Health Squadron JBSA-Lackland, TX
2017-2018	Chief Resident Family Medicine Residency Ehrling Bergquist / University of Nebraska Medical Center Offutt AFB / Omaha, NE

OTHER EMPLOYMENT

2010-2011	Clinical Research Assistant Department of Pediatric Emergency Medicine Medical College of Wisconsin at Children's Hospital of Wisconsin Milwaukee, WI
2008-2010	Laboratory Assistant Department of Biochemistry University of Wisconsin Madison, WI

2007	Accounting Clerk Astronautics Corporation of America Milwaukee, WI
2006	Engineering Assistant Astronautics Corporation of America Milwaukee, WI

ADDITIONAL TRAINING AND CERTIFICATION

2022	Critical Skills in Expeditionary Medicine Brooke Army Medical Center
2019-Present	Advanced Life Support American Red Cross
2020-Present	Basic Life Support American Red Cross
2020-Present	Pediatric Advanced Life Support American Red Cross
2018-2019	Limited Acupuncture Two-Needle Technique Trigger Point Deactivation, Single Needle Technique, Percutaneous Electrical Nerve Stimulation (PENS), 4 Gates + GV20, Limited Scalp Acupuncture Uniformed Services University of the Health Sciences
2017	Chief Resident Leadership Development Program American Academy of Family Physicians
2016, 2017	Battlefield Acupuncture Air Force Acupuncture Center
2015	Pediatric Advanced Life Support American Heart Association
2015	Advanced Life Support in Obstetrics American Academy of Family Physicians
2015	Neonatal Resuscitation Program American Academy of Pediatrics & American Heart Association
2014-Present	Tactical Combat Casualty Care Committee on Tactical Combat Casualty Care
2014	Advanced Cardiac Life Support American Heart Association
2014-Present	Advanced Trauma Life Support American College of Surgeons Committee on Trauma
2012	Operational and Emergency Medical Skills Deployment Medicine International
2009-2020	Basic Life Support American Heart Association

CERTIFICATION AND LICENSURE

2026-Present	Wisconsin Medical License, 87110-20
2023-Present	Credentialed and Privileged, 6th Medical Group
2020-2023	Credentialed and Privileged, Brooke Army Medical Center
2020-Present	Texas Medical License, S4789
2019-2023	Credentialed and Privileged, Wilford Hall Ambulatory Surgical Center
2019-Present	Certificate of Advanced Qualifications in Sports Medicine American Board of Family Medicine
2018-Present	Diplomate, American Board of Family Medicine
2018-2019	Credentialed and Privileged, Fort Belvoir Community Hospital
2016-Present	Nebraska Medical License, 29916

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

2023-Present	National Alliance for Youth Sports, Member
2021-2024	AMSUS, The Society of Federal Health Professionals, Member
2021-Present	American Baseball Biomechanics Society, Member
2017-2018	Offutt/UNMC Sports Medicine Interest Group, Founder and Member
2015-Present	American Medical Society for Sports Medicine, Member
2015-2016	American College of Sports Medicine, Resident Member
2012-Present	Uniformed Services Academy of Family Physicians, Member
2012-Present	American Academy of Family Physicians, Member
2012-2013	AMSUS, The Society of Federal Health Professionals, Student Member
2011-2018	American Medical Association, Member
2011-2015	USUHS Family Medicine Interest Group, Member
2011-2015	USUHS Aerospace Medicine Interest Group, Vice President

HONORS AND AWARDS

2025	Humanitarian Service Medal (with 1 Service Star)
2024	6 HCOS Field Grade Officer of the Year
2024	6 MDG Field Grade Officer of the Quarter (Q3)
2024	Best Exhibit of the 2024 Society of Skeletal Radiology Annual Meeting-Incidence and outcomes of marrow edema in asymptomatic Basic Military Trainees: A prospective study.
2023	Translational Journal of the American College of Sports Medicine Paper of the Year-The Effect of Lightweight Shoes on Air Force Basic Training Injuries: A Randomized Controlled Trial.
2023	Meritorious Service Medal
2022	AETC Field Grade Physician Officer of the Year
2022	Star Performer, 559 Medical Group
2022	559 THLS and MDG Field Grade Officer of the Quarter (Q2)
2021	Current Sports Medicine Reports Paper of the Year-Clinical practice guidelines for exertional rhabdomyolysis: a military medicine perspective
2020	Air and Space Commendation Medal

2020	559 THLS Company Grade Officer of the Quarter (Q1)
2019	Air and Space Longevity Service Award (with 1 Oak Leaf Cluster)
2019	Joint Service Achievement Medal
2017-2018	Chief Resident, UNMC Family Medicine Residency
2017	Meritorious Unit Award
2017	1st Place, Resident Case Report Podium Presentation Annual USAFP Exposition and Meeting
2016	Air and Space Outstanding Unit Award (with 4 Oak Leaf Clusters)
2015	Nuclear Deterrence Operations Service Medal
2015	Global War on Terrorism Service Medal
2011	National Defense Service Medal
2011	Air and Space Training Ribbon
2010	Graduated with Distinction (top 20% of graduating class) University of Wisconsin
2006-2010	Dean's List, 8 times (3.5 GPA during semester) University of Wisconsin

- 2026 Kasper K. Cyclic Pain: Occupational Elbow Pain in a Military Rotary-Wing Pilot. *Aerospace Medicine and Human Performance*. Accepted for Publication.
- 2026 Nye NS, Kasper K, Hoang TG, Gee S, McClung JP, Crutchfield A, Childress M, Tenforde AS, Boden B. Metabolic Workup for Bone Stress Injury: A Practical Approach for Evaluating Bone Health in Athletes. *Sports Health*. 2026 Jan 18;19417381251398501. d
- 2025 Kasper KB, Cockerell MG, Mette GT, Davila KA. Physical Fitness Training and Performance at Air Force Basic Military Training in 2021. *J Strength Cond Res*. 2025 Jun 1. doi: 10.1519/JSC.0000000000005051. Epub 2025 Apr 29.
- 2024 Crouch E, Marcus JE, Yun HC, Casey TM, Kieffer J, Winkler E, Kasper K, Kiley JL. Impact of SARS-CoV-2 Infection on Physical Fitness in Air Force Basic Trainees. *Mil Med*. 2024 Dec 05; usae542.
- 2024 Kasper KB, Cockerell M, Escamilla C, Gonzalez R. Multivitamin Compliance Reduces Injuries of Female Recruits at Air Force Basic Training: A Randomized Controlled Cohort Study. *Mil Med*. 2024 Aug 19;189(Supplement_3):93-98.
- 2024 O'Connor F.G., Nye N.S., DeGroot D., Deuster P.A., Hintz Merseal C, Hu YE, Koo AY, Madsen CM, Schroeder JD, Trigg SD, Buchanan B, Bustillos BD, Butler C, Garcia JK, Givens M, Gordon L, Hale J, Johnston J, Kasper K, Kharod CU, Leggit JC, Oh RC, Pyne SW, Rhodehouse B, Villalobos N. (2024). Clinical Practice Guideline for the Prevention, Diagnosis, and Management of Exertional Heat Illness. Consortium for Health and Military Performance (CHAMP), Bethesda, MD. https://www.hprc-online.org/sites/default/files/document/CHAMP_WHEC_EHI_CPG_508_070224.pdf
- 2024 Mata J, Patrick AL, Tchandja JN, Haydu LE, Hogan KK, Kasper KB, Trigg SD, Butler CR. Anthropomorphic and Physical Fitness Characteristics of United States Air Force Basic Military Training: Special Warfare Versus Nonspecial Warfare Recruits, Fiscal Year 2019-2023. *Cureus* 16(6): e63391. doi:10.7759/cureus.63391
- 2024 Kasper K. (2024, June 24). Advancing Evidence-based Sports Science. ACSM Blog. <https://www.acsm.org/blog-detail/acsm-blog/2024/06/24/advancing-evidence-based-sport-science>
- 2023 Wade JK, Marcus JE, Kieffer JF, Kasper KB, Smalley JM. Prevalence of Chlamydia and Gonorrhea in U.S. Air Force Male Basic Trainees. *Sexually Transmitted Infections*. 2023 Nov 9;sextrans-2023-055954.
- 2023 Cybulski D, Matthews Z, Casey TM, Osuna AB, Kasper K, Frankel DN, Aden J, Yun HC, Marcus JE. Impact of SARS-CoV-2 Screening by Nucleic Acid Amplification Versus Rapid Antigen Detection on Subsequent COVID-19 Infections in Military Trainees. *Clinical Infectious Diseases*. 2023 ciad466.
- 2023 Kasper K, Nye N, Casey T, Cockerell M, Trigg S. The Effect of Lightweight Shoes on Air Force Basic Training Injuries: A Randomized Controlled Trial. *TJACSM*. 2023 Aug 4;p 1-7.
- 2022 Fisher R, Kasper K, Trigg S, Davila K, Mette GT, Rivera K, Danley L, Salazar A, Cockerell M. Running gait training improves outcomes at USAF Basic Military Training. *Mil Med*. 2022 Aug 23;usac251.
- 2022 Butler CR, Kasper KB, Huggins RA, Cropper TL, Frankel DN, Pawlak MT, Casey T, Casa DJ. Deaths Among U.S. Air Force Basic Military Trainees, 2008-2020. *Mil Med*. 2022 Jan 19;usab493.
- 2021 Kasper KB, Holland NR, Frankel DN, Kieffer JW, Cockerell M, Molchan SL. Brief report: Prevalence of hepatitis C virus infections in U.S. Air Force basic military trainees who donated blood, 2017-2020. *MSMR*. 2021 Nov 1;28(11):9-10.
- 2021 Nye NS, Kasper K, Hale J. (2021) Fibular Injury (Proximal). In: Coleman, N. (eds) *Common Pediatric Injuries*. Springer, Cham. 217-224.

- 2020 Nye N, Kasper K, Madsen C, Szczepanik M, Covey C, Oh R, Kane S, Beutler A, Leggit J, Deuster PA, O'Connor F. Clinical practice guidelines for exertional rhabdomyolysis: a military medicine perspective. *Curr Sports Med Rep*. 2021 Mar 1; 20(3):169-178.
- 2020 Eker J, Kasper K, Leggit J. Case report and management of discovery of lower extremity venous thrombosis on musculoskeletal ultrasound. *Curr Sports Med Rep*. 2020; 19(5):178-179.
- 2020 Kim A, Kasper K. Single organ athletes. *Curr Sports Med Rep*. 2020; 19(4):127-128.
- 2019 Kasper K. Sports training principles. *Curr Sports Med Rep*. 2019;18(4):85-96.
- 2018 Gray RE, Kasper K. Osteopathic manipulative treatment as a novel way to manage postvasectomy pain syndrome. *J Am Osteopath Assoc*. 2018 Oct 29.
- 2015 Jones DR, Kasper KB, Deuster PA. Third-party evaluation: a review of dietary supplements dispensed by military treatment facilities from 2007 to 2011. *Mil Med*. 2015 Jul;180(7):737-41.

PRESENTATIONS

- 2025 Kasper K. Cyclic Pain: Occupational Elbow Pain in a Military Rotary-Wing Pilot. Presented at the Aerospace Medical Association Annual Scientific Meeting. 05 June 2025. Atlanta, GA
- 2024 Kasper K. An Issue with Issued Shoes at US Air Force Basic Military Training. Presented at the American College of Sports Medicine Annual Meeting. 31 May 2024. Boston, MA
- 2024 Masso Maldonado S, Nye N, Kasper K, Cecava N, Bernot J, Oettel D, Byerly D. Incidence and outcomes of marrow edema in asymptomatic Basic Military Trainees: A prospective study. Presented at the Society of Skeletal Radiology Annual Meeting. 06 March 2024. San Juan, PR
- 2023 Crouch E, Marcus JE, Yun HC, Casey TM, Kieffer J, Winkler E, Kasper K, Kiley JL. Impact of SARS-CoV-2 infection on physical fitness in Air Force Basic Trainees. Triservice ACP. 08 November 2023. Rockville, MD
- 2023 Crouch E, Marcus JE, Yun HC, Casey TM, Kieffer J, Winkler E, Kasper K, Kiley JL. Impact of SARS-CoV-2 infection on physical fitness in Air Force Basic Trainees. IDWeek. 11-15 October 2023. Boston, MA
- 2023 Crouch E, Marcus JE, Yun HC, Casey TM, Kieffer J, Winkler E, Kasper K, Kiley JL. Impact of SARS-CoV-2 infection on physical fitness in Air Force Basic Trainees. Poster presentation at Military Health System Research Symposium. 15 August 2023. Kissimmee, FL
- 2023 Kasper K, Metten GT, Davila K, Cockerell M. Gender Differences in Physical Fitness Performance Among Air Force Basic Military Trainees. Poster presentation at Military Health System Research Symposium. 15 August 2023. Kissimmee, FL
- 2023 Kasper K, Gonzalez R, Escamilla C, Cockerell M. In-Person Briefing of Female Multivitamin Improves Compliance & Reduces Injuries at Air Force Basic Military Training. Poster presentation at Military Health System Research Symposium. 15 August 2023. Kissimmee, FL
- 2023 Kasper K, Trigg S. Sports Medicine and Trainee Performance. 37th Training Wing Human Performance and Lifestyle Medicine Summit. 23-24 May 2023. JBSA-Lackland, TX
- 2023 McMillian LJ, Trigg S, Kasper K, Cockerell M, Patel R. Bone Stress Injuries in United States Air Force Basic Military Trainees: Does MRI Grade Have Prognostic Value? Poster presentation at Uniformed Services University Research Days Bethesda, MD
- 2023 Trigg S, Kasper K. Basic Military Training Robust Fitness Program. Oral presentation at Second Air Force Technical Training Transformation. Keesler AFB, MS
- 2022 Trigg S, Kasper K, Reynolds J. Basic Military Training Robust Fitness Program. Oral presentation at Second Air Force Technical Training Transformation. Keesler AFB, MS

- 2022 Kasper K, Nye N, Casey T, Cockerell M, Trigg S. Lightweight Running Shoes with Low Heel-to-Toe Drop and Wide Toe Box Reduce Bone Stress Injuries in Male USAF Basic Military Trainees. Poster presentation at 59 MDW Research Symposium.
JBSA-Lackland, TX
- 2022 Kasper K, Nye N, Casey T, Cockerell M, Trigg S. Lightweight Running Shoes with Low Heel-to-Toe Drop and Wide Toe Box Reduce Bone Stress Injuries in Male USAF Basic Military Trainees. Poster presentation at Military Health System Research Symposium.
Kissimmee, FL
- 2020 Kasper K. Female Injury Disparities at USAF Basic Military Training. Brief given to the Defense Health Board.
JBSA-Lackland, TX
- 2019 Kasper K, Stoddard J, Taylor C. Case Series: Outcomes of Ultrasound-Guided Peripheral Nerve Hydrodissection. Poster presentation at American Medical Society for Sports Medicine Annual Meeting
Houston, TX
- 2019 Kasper K, Boyce B, Lystrup R, Yurgil J, Moore C, Cowles L. Introduction to Musculoskeletal Ultrasound. 4-hour workshop presented at Uniformed Services Academy of Family Physicians Annual Meeting and Exposition
St. Louis, MO
- 2017 Meredith TJ, Kasper K. Sports Med Referral: Female Runner with “Shin Splints.” Poster presentation at American Medical Society for Sports Medicine Annual Meeting
San Diego, CA
- 2017 Kasper KB, Gray R. OMT as a Novel Treatment of Post-Vasectomy Pain Syndrome. Podium presentation at Uniformed Services Academy of Family Physicians Annual Meeting and Exposition
Seattle, WA
- 2013 Van Arsdale SJ, Kasper KB, Lisman P, de la Motte S, Deuster PA. Army physical fitness tests: are taller soldiers limited by their height? Poster presented at Uniformed Services University Research Days
Bethesda, MD
- 2010 Graf A, Kasper K, Murray J, Lamper N. The individual and combined effects of 200M resveratrol and 100M rapamycin on drosophila melanogaster lifespan. Podium presentation, University of Wisconsin
Comparative Physiology Research Event
Madison, WI

TEACHING

GRADUATE MEDICAL EDUCATION

2019	Kasper K. Sports Medicine Wrist and Hand Cases. 45-minute lecture, presented to Family Medicine Residents.
2019	Kasper K. Bone Stress Injury and Relative Energy Deficiency in Sport. 60-minute lecture, presented to Sports Medicine Fellows.
2019	Kasper K. Shoulder Exam and Impingement. 45-minute lecture, presented to Family Medicine Residents.
2018	Kasper K. Performance Enhancing Drugs. 60-minute lecture, presented to Sports Medicine Fellows.
2018	Yurgil J, Kasper K, Boyce B. Ankle Cases. 45-minute lecture presented to Family Medicine Residents.
2018	Kasper K. Sports Endocrinology. 30-minute lecture presented to Endocrinology Fellows and Internal Medicine Residents.
2017	Kasper K. Pediatric Ankle Injuries. 45-minute lecture presented to Family Medicine Residents.
2017	Kasper K. Chronic Obstructive Pulmonary Disease. 30-minute lecture presented to Family Medicine Residents.
2016	Kasper K and White H. Geriatric Jeopardy. 60-minute lecture presented to Family Medicine Residents.
2016	Kasper K. Cannabinoid Hyperemesis Syndrome. 30-minute lecture presented to Family Medicine Residents.
2015	Kasper K. Hyperkalemia. 30-minute lecture presented to Family Medicine Residents.

UNDERGRADUATE MEDICAL EDUCATION

2019-2023	Taught musculoskeletal and operational medicine to students on rotation from Uniformed Services University of the Health Sciences School of Medicine
2018-2019	Taught eleven musculoskeletal modules for 1st, 2nd, and 3rd year medical students at the Uniformed Services University of the Health Sciences School of Medicine.

OTHER/LINE EDUCATION

2022	Kasper K. eFAST. 30-minute lecture and hands-on demonstration presented to clinical providers of 559 THLS.
2022	Kasper K. Heat Stroke Response. 30-minute lecture and demonstration presented to clinical providers of 559 THLS.
2019-2020	Taught musculoskeletal exams to Independent Duty Medical Technician (IDMT) students in one-hour workshops every other month.
2019	Kasper K. Exertional Heat Stroke. 30-minute lecture presented to USAF Military Training Instructors.

COMMUNITY ACTIVITIES

2026	Coach, North Tampa Athletic Association, 12U Xtreme Softball Tampa, FL
2024-2025	Coach, North Tampa Athletic Association, 10U All-Star Baseball Tampa, FL
2025-2026	Medical Lead, USSOCOM Warrior Care Program, Military Adaptive Sports Selection and Training Camps MacDill AFB, FL
2024-2025	Head Coach, North Tampa Athletic Association, 10U Advanced Baseball
2024-2026	Board Member & Director of Safety, North Tampa Athletic Association Tampa, FL
2024	Team Physician, SOCOM Warrior Care Program- DoD Warrior Games Orlando, FL
2024-2025	Coach, North Tampa Athletic Association, 10U All-Star Softball Tampa, FL
2024	Health and Wellness Staff, USSOCOM Warrior Care Program, Military Adaptive Sports Training Camp MacDill AFB, FL
2024	Judge, School of Health and Rehabilitation Sciences Innovation Challenge (\$100K prize), Pittsburgh University Office of Innovation & Entrepreneurship Pittsburgh, PA
2023	Team Physician, AFW2 Program- CARE Event, Adaptive Sports National Harbor, MD
2023-2024	Coach, North Tampa Athletic Association, 10U Xtreme Softball Tampa, FL
2023-2026	Coach, North Tampa Athletic Association, Babe Ruth League Baseball and Softball Tampa, FL
2023	Team Physician, AFW2 Program- DoD Warrior Games Challenge San Diego, CA
2023	Team Physician, AFW2 Program- Texas Regional Para Sport Games San Antonio, TX
2023	Team Physician, AFW2 Program- CARE Event, Adaptive Sports San Antonio TX, TX
2023	Assistant Coach, Helotes Longhorns Softball, Mission Concepción Winter League San Antonio, TX
2022	Assistant Coach, Lady Bears Softball, National Championship Sports San Antonio, TX
2022	Team Physician, AFW2 Program- CARE Event, Adaptive Sports National Harbor, MD

2022	Team Physician, AFW2 Program- DoD Warrior Games Orlando, FL
2022	Team Physician, AFW2 Program- Warrior Games Team Practice JBSA-Randolph, TX
2022	Team Physician, AFW2 Program- CARE Event, Adaptive Sports JBSA-Randolph, TX
2022 - 2023	Children's Ministry Volunteer, Alamo Community Church San Antonio, TX
2022	Team Physician, AFW2 Program- Warrior Games Team Trials JBSA-Randolph, TX
2022-2023	Assistant Coach, Greater Helotes Little League Helotes, TX
2021	Medical Tent Physician and Captain, Rock n' Roll Marathon San Antonio, TX
2021	Team Physician, AFW2 Program- CARE Event, Adaptive Sports San Antonio, TX
2021	Head Coach, Under Armour Under the Lights Flag Football San Antonio, TX
2021	Team Physician, AFW2 Program- Warrior Games Training Camp JBSA-Randolph, TX
2021	Head Coach, Greater Helotes Little League Helotes, TX
2019	Race Physician, Rock n' Roll Marathon San Antonio, TX
2019	Physician, Department of Defense Warrior Games Tampa, FL
2018	Race Physician, Marine Corps Marathon Arlington, VA
2018	Race Physician, Army Ten Miler Washington, DC
2018-2019	Fellow Team Physician, Our Lady of Good Counsel High School Olney, MD
2018-2019	Fellow Team Physician, American University Washington, DC
2017	Sideline Physician, U.S. Olympic Team Trials- Curling Omaha, NE
2017	Sideline Physician, Brownell Talbot High School- Football Omaha, NE
2017	Sideline Physician, AFW2 Program- CARE Event, Adaptive Sports Offutt AFB, NE

2017	Sideline Physician, Nebraska High School State Wrestling Championships Omaha, NE
2016-2017	Sideline Physician, Omaha South High School- Football and Wrestling Omaha, NE
2016-2017	Race Physician, USA Triathlon Age Group National Championships Omaha, NE
2016	Sideline Physician, Omaha Storm Chasers- AAA Baseball Papillion, NE
2016	Sideline Physician, Omaha Northwest High School- Football Omaha, NE
2008-2009	Rehabilitation Assistant, Meriter Hospital Outpatient Rehabilitation Center Madison, WI
2009	Exercise Physiology Laboratory Assistant, University of Wisconsin Madison, WI