

Biography

Karrn E. Bales, D.O.

Dr. Karrn Bales received her bachelor's degrees in biology from Bethel University in 1996 (Cum Laude) and Human Development and Family Studies from American Public University System in 2022 (Summa Cum Laude). She received her Doctor of Osteopathic Medicine degree from Des Moines University in 2001. She went on to complete a residency in Family Medicine at Eglin Air Force Base in 2004 and was elected Chief Resident during her senior year of residency. She completed a fellowship in Sports Medicine through the CHRISTUS Santa Rosa Family Medicine Residency in San Antonio, TX, spending most of her time with the physicians at Sports Medicine Associates of San Antonio. She obtained a Certificate of Added Qualification in Sports Medicine in 2009.

Dr. Bales is board certified by the American Board of Family Medicine. She served in the United States Air Force from 1997-2008. During that time, she served as a Flight Surgeon and deployed to the Middle East in support of Operation Enduring Freedom.

Dr. Bales has published numerous peer-reviewed journal articles and has given presentations at national family medicine and sports medicine conferences. She has written a book chapter called, *Thoracic Spine Injuries in Athletes* for The 5-Minute Sports Medicine Consult by Lippincott Williams & Wilkins. 2011. Ed 2.

Dr. Bales has been a Designated Doctor since 2009. She has been a member of the Medical Quality Review Panel (MQRP) since 2022 and joined the Designated Doctor Education teaching staff in 2023. Dr. Bales serves as a Subject Matter Expert for the Division of Workers' Compensation and is currently involved in test development.