

# WILLIAM M. URSPRUNG

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San Antonio, TX 78213

## EDUCATION

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<b>PhD</b>	Concordia University Chicago In progress-Health and Human Performance	2020/21
<b>MS</b>	Texas A&M University – San Antonio Kinesiology	2016
<b>DC</b>	Cleveland Chiropractic College – Los Angeles Doctor of Chiropractic Graduated Cum Laude	2003
<b>BS</b>	Excelsior College Graduated Magna Cum Laude	2012

## HONORS AND AWARDS

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<b>Certificate of Residency in Diagnostic Imaging</b> Logan University, Chesterfield, MO	2006
<b>Clinical Excellence Award</b> Awarded for clinical excellence as a student chiropractic intern	2003

## RESEARCH EXPERIENCE

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- The effects of blood flow restriction training on endurance and aerobic capacity**, Texas A&M University – San Antonio 2016 thru Present  
Advisor: John Smith, PhD
- Ongoing research project involving blood flow restriction/moderation training on human performance in tactical athletes

## TEACHING EXPERIENCE

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- Texas A&M-University**, San Antonio, TX Jan 2019 to Present  
**Adjunct Professor**, Health and Kinesiology
- Teach undergraduate and graduate level courses in kinesiology, exercise physiology, pre-physical therapy, health, functional anatomy, biomechanics and strength and conditioning
  - Participate in scholarly and academic research projects and publications

**Logan University, St. Louis, MO** 2003 to 2006  
**Diagnostic Imaging Resident/Faculty**

- Teach multiple courses in the clinical and diagnostic sciences, basic anatomy and radiographic anatomy

**EMS University, San Antonio, TX** 2014 to 2017

- Lead Instructor teaching BLS, CPR, AED, First Aid, Blood Borne pathogens and Emergency Medical Technician
- Teach both primary certification course work and continuing education

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## PROFESSIONAL EXPERIENCE

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**North American Consulting, 2018 - Present**  
Serve as a medical expert and peer reviewer

**Medical Review Stream by Concentra, 2018-Present**  
Serve as a medical expert and peer reviewer

**Genesis Medical Management Solutions, 2015 - Present**  
Serve as a medical expert and peer reviewer

**Private Chiropractic Practice, 2006 - Present**  
Provide professional chiropractic/physical medicine services within a multidisciplinary setting. Experience with workers compensation, major medical and third-party claims

**Wound Centrics, Inc, 2017-2018**  
Program Director of hospital-based outpatient hyperbaric and wound care clinic

**Diagnostic Imaging Resident, 2003 – 2006**  
Logan University, Chesterfield, MO

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## PUBLICATIONS

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### *Journal Publications*

Ursprung, William and Smith, John D. (2017) "The Effects of Blood Flow Restriction Training on VO2Max and 1.5 Mile Run Performance," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 9 , Article 108.

Ursprung WM et al. Plain film radiography... revisited. *J Manipulative Physiol Ther.* 2006 Jan;29(1):83-7.

Ursprung WM et al. Vertebral osteomyelitis: a case report of a patient presenting with acute low back pain. *J Manipulative Physiol Ther.* 2005 Nov-Dec;28(9):713-8.

## **PRESENTATIONS AND INVITED LECTURES**

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**Poster Presentation**, “The Effects of Blood Flow Moderation on  $VO_{2max}$  and 1.5 Mile Run Performance,” Special Operations Medical Association Annual Conference, 2019.

**Poster Presentation**, “The Effects of Blood Flow Restriction Training on  $VO_{2max}$  and 1.5 Mile Run Performance,” Texas Chapter ACSM Annual Conference, 2017.

## **PROFESSIONAL LICENSES**

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**Professional Chiropractic License**, State of Texas

**Professional Chiropractic License**, State of Colorado  
Level I Accreditation and Physical Therapy Supplement

**Designated Doctor**, State of Texas, Texas Department of Insurance, Div. of Workers Comp.

**Performance Enhancement Specialist**, National Academy of Sports Medicine

**Advanced Emergency Medical Technician**, Texas Dept. of Health Services

**Advanced Diver Medic**, National Board of Diving and Hyperbaric Medical Technology

**Basic Life Support**, American Heart Association

**Advanced Cardiac Life Support**, American Heart Association

**Pediatric Advanced Life Support**, American Heart Association

## **PROFESSIONAL SERVICE**

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**Peer-Review Articles for:**

- Neurology India, Official Publication of Neurological Society of India
- International Journal of Exercise Science

## **PROFESSIONAL MEMBERSHIPS**

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- Special Operations Medical Association

## **MILITARY SERVICE**

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United States Army and Army National Guard  
Infantry Rifleman  
Honorable Discharge