



Dr. Karen Thomas, PT, DPT, OCS Emeritus, Cert. DN
President & Lead Government Point of Contact
Office | (850)-706-9100
Email | doctorkaren@ventureoutwellness.com
Website | <https://www.ventureoutwellness.com>
HQ | 2779 Gulf Breeze Pkwy, Gulf Breeze, FL 32563
WOSB | SDVOSB

COMPANY OVERVIEW

Venture Out Wellness, PLLC is a woman veteran-owned company empowering military service members and first responders to overcome frontline pain and optimize readiness. We bridge the gap between pain onset and medical care—providing self-guided, proactive injury prevention programs that meet the demands of operational life.

Our flagship product, the Clarify & Conquer™ System, gives tactical professionals a structured, reliable framework to begin addressing physical pain at the point of onset—before it escalates into lost duty time or compromised performance. By empowering personnel to take guided, evidence-informed action early, our programs complement traditional medical care and reduce the delay between injury and intervention. The result: enhanced mission readiness, improved career longevity, and measurable progress toward human performance optimization.

COMPANY DATA

CAGE CODE: 10FV9
UEI: YGQQWDZ7M857
NAICS CODES
621340 541611 541612
541990 611430 611699
611710 621340 621498
621399

CORE COMPETENCIES

Specialized Expertise in Tactical Populations

Targeted injury prevention programs developed for military, first responders, and public sector professionals—rooted in clinical experience in military medicine, orthopedics, human performance, and sports medicine.

Innovative Pain Relief & Injury Prevention

Our proprietary Clarify & Conquer™ System enables fast, self-guided pain troubleshooting and personalized treatment plans—minimizing downtime and maximizing operational continuity.

Performance & Readiness Optimization

Every program supports pain relief and injury prevention, directly enhancing force readiness, career longevity, and physical performance.

Turnkey Implementation Support

Includes turnkey materials and structured onboarding to support smooth integration with existing wellness, EAP, or Human Performance programs.

Scalable Customer Success Services

Ongoing support infrastructure built to grow with your agency—offering responsive service, technical assistance, and dedicated client success over time.

PAST PERFORMANCE

Military Commands and Installations Served
U.S. Central Command (CENTCOM)
Air Force Special Operations Command (AFSOC)
Air Education and Training Command (AETC)
Air Mobility Command (AMC)
Marine Corps Base Camp Lejeune & Camp Geiger
Air Force Space Command (AFSPC)

Credentials and Professional Qualifications

- Doctor of Physical Therapy (DPT), Master’s in Physical Therapy, B.S. Magna Cum Laude
- Licensed Physical Therapist | Florida License #PT37742
- Former Active-Duty and Reserve U.S. Air Force Officer & Physical Therapist
- Former PT for Team USA Weightlifting
- Retired Orthopaedic Clinical Specialist (OCS Emeritus)
- Certifications and Specialized Training: Running Gait Analysis
Dry Needling
ELDOA Levels I & II
Yoga Instruction (RYT-200)
Warriors at Ease Levels I & II
Myofascial Release (John F. Barnes Method)

Career Highlights in Military Service

- AFSOC: Spearheaded human performance initiatives for 6 aviation and ground units across 2 wings as an embedded PT and clinical therapist, enhancing return-to-duty timelines for over 2,700 Special Operations Forces; increased overseas access to care by 75% through the successful stand-up of a Human Performance Training Center serving 800+ SOF.
- CENTCOM: Sole PT for 9,500+ deployed troops; led embedded PT ops for 3 squadrons on top of clinical care, cut injury rates by 50%, saved \$221K, and recovered 3,000+ duty hours.
- AETC: Delivered early-intervention PT to Special Warfare trainees, reducing attrition and expediting recovery.
- AMC: Preserved 1,200+ deployable hours and cut referral costs by \$18K through targeted MSK care.
- Camp Lejeune & Camp Geiger: Led PT services for Sports Med Team and School of Infantry East; reduced overuse injuries through innovative running lab.
- AFSPC: Provided 10,000+ treatments to launch and flight crews; earned multiple AF-level clinical excellence and leadership awards.

DIFFERENTIATION

Purpose-Built for Frontline Demands
Every program is designed specifically for military, first responder, and tactical professionals—accounting for the unpredictable schedules, operational stressors, and performance pressures they face daily.

Customized, Self-Guided Solutions
No generic rehab plans. Each user receives a personalized treatment pathway based on their unique physical presentation and pain profile—empowering them to address symptoms immediately, wherever they are.

On-Demand & Mission-Ready
With 24/7 access and mobile compatibility, our Clarify & Conquer™ System enables personnel to act fast—eliminating delays, waitlists, and unnecessary administrative barriers to care.

Expert-Led, Field-Tested Insight
Built on nearly 20 years of clinical service with elite military teams, aviation units, and first responders around the globe, Dr. Karen Thomas brings proven operational expertise and frontline leadership to every program—ensuring each solution reflects real-world demands, not theoretical models.

Cost-Effective Force Multiplier
By complementing existing clinical services—not replacing them—we reduce demand on overburdened medical systems, cut long-term treatment costs, and extend the reach of preventive care.