Bio

Dr. Emily Kraus is a Clinical Assistant Professor at Stanford Children’s Orthopedic and Sports Medicine Center. She specializes in Physical Medicine and Rehabilitation (PM&R) sports medicine and takes a unique approach to the diagnosis, treatment, and prevention of sports injuries in athletes of all ages. She is involved in multiple Stanford IRB-approved research projects, including The Healthy Runner Project, a multicenter prospective interventional study focused on bone stress injury prevention in collegiate middle and long distance runners.

Dr. Kraus also spends time performing gait analysis at the Stanford Run Safe Injury Prevention Program and serves as a medical advisor for the Adaptive Sports Injury Prevention Program at the Palo Alto VA. She has research and clinical interests in endurance sports medicine, injury prevention, running biomechanics, the prevention of bone stress injuries in collegiate athletes and the promotion of health and wellness at any age of life.

She has completed seven marathons including Boston Marathon twice and one 50k ultramarathon. With running and staying physically active as one of her personal passions, she recognizes the importance of fitness for overall wellbeing and the prevention of chronic medical conditions.

CLINICAL FOCUS
• Female Athlete Triad
• Running Injuries
• Stress Fractures
• Overuse Injuries
• Concussions
• Physical Medicine and Rehab

ACADEMIC APPOINTMENTS
• Clinical Assistant Professor, Orthopaedic Surgery
• Member, Maternal & Child Health Research Institute (MCHRI)
PROFESSIONAL EDUCATION

• Board Certification: Sports Medicine, American Board of Physical Medicine and Rehab (2017)
• Fellowship: Stanford University Sports Physical Med and Rehab Fellowship (2017) CA
• Residency: Stanford University Physical Medicine and Rehabilitation (2016) CA
• Internship: University of Nebraska Medical Center Internal Medicine Residency (2013) NE
• Medical Education: University of Nebraska College of Medicine (2012) NE

Teaching

STANFORD ADVISEES

Med Scholar Project Advisor
Blynn Shideler

Publications

PUBLICATIONS

• Prevalence of Female and Male Athlete Triad Risk Factors in Ultramarathon Runners. Clinical journal of sport medicine: official journal of the Canadian Academy of Sport Medicine
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• The Male Athlete Triad-A Consensus Statement From the Female and Male Athlete Triad Coalition Part I: Definition and Scientific Basis. Clinical journal of sport medicine: official journal of the Canadian Academy of Sport Medicine
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• Narrative Review - Knee Pain in the Pediatric Athlete. Current reviews in musculoskeletal medicine
  Kuwabara, A., Kraus, E., Fredericson, M.
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• Dietary Supplement Use According to Sex and Triad Risk Factors in Collegiate Endurance Runners. Journal of strength and conditioning research
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• Identifying Triad Risk Factors In Ultramarathon Runners
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• Dietary Intake Patterns And Risk Of Energy Deficiency In Ncaa Endurance Athletes
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- Food Accessibility And Eating Patterns In Elite Collegiate Endurance Runners
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- Predictors And Prevalence Of Low Bone Mineral Density And Bone Stress Injuries In Ultramarathon Runners
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- Youth running consensus statement: minimising risk of injury and illness in youth runners. British journal of sports medicine
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- Prevalence of Female Athlete Triad Risk Factors and Iron Supplementation Among High School Distance Runners: Results From a Triad Risk Screening Tool. Orthopaedic journal of sports medicine
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- Impact of Adaptive Sports Participation on Quality of Life. Sports medicine and arthroscopy review
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- Iron Supplementation and the Female Athlete Triad in High School Distance Runners
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LIPPINCOTT WILLIAMS & WILKINS.2019: 736

- Bone stress injuries in male distance runners: higher modified Female Athlete Triad Cumulative Risk Assessment scores predict increased rates of injury. British journal of sports medicine
2018

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- A Review and Proposed Rationale for the use of Ultrasonography as a Diagnostic Modality in the Identification of Bone Stress Injuries. Journal of ultrasound in medicine : official journal of the American Institute of Ultrasound in Medicine
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- Nutrition Goals Prioritized By Elite Endurance Runners Undergoing A Nutrition Education Intervention
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- Preliminary Results from a Prospective Study Using the Female Athlete Triad Cumulative Risk Assessment
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• **Integrating Musculoskeletal Education and Patient Care at Medical Student-Run Free Clinics.** *PM & R: the journal of injury, function, and rehabilitation*
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• **Poster 155 Higher Cumulative Risk Assessment Scores Are Associated with Delayed Return to Play in Division I Collegiate Distance Runners.** *PM & R: the journal of injury, function, and rehabilitation*
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• **Piriformis Syndrome With Variant Sciatic Nerve Anatomy: A Case Report.** *PM & R: the journal of injury, function, and rehabilitation*
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  Tenforde, A. S., Kraus, E., Fredericson, M.
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