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

Publications

PUBLICATIONS

• Impact of Adaptive Sports Participation on Quality of Life. Sports medicine and arthroscopy review
  Diaz, R., Miller, E. K., Kraus, E., Fredericson, M.
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• Iron Supplementation and the Female Athlete Triad in High School Distance Runners
  Skorseth, P., Dingel, A., Hastings, K., Segovia, N., Kraus, E.
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• 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

• Corrigendum to "A little bit faster: Lower extremity joint kinematics and kinetics as recreational runners achieve faster speeds" [J. Biomech. 71 (2018) 167-175]. Journal of biomechanics
  Orendurff, M. S., Kobayashi, T., Tulchin-Francis, K., Tullock, A. M., Villarosa, C., Chan, C., Kraus, E., Strike, S.
  2018

• Team Approach: Bone Health in Children and Adolescents. JBJS reviews
  Kraus, E., Bachrach, L. K., Grover, M.
  2018

• Utilization And Efficacy Of The "Run Fueled" Smart-phone Application Among Collegiate Endurance Runners
  Barrack, M., Fredericson, M., Kraus, E., Kim, B., Singh, S., Gravani, K., Miller, B., Nativ, A.
  LIPPINCOTT WILLIAMS & WILKINS.2018: 82

• 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
  Fukushima, Y., Ray, J., Kraus, E., Syrop, I. P., Fredericson, M.
  2018

• Nutrition Goals Prioritized By Elite Endurance Runners Undergoing A Nutrition Education Intervention
  LIPPINCOTT WILLIAMS & WILKINS.2017: 852

• Preliminary Results from a Prospective Study Using the Female Athlete Triad Cumulative Risk Assessment
  Kraus, E., Nattiv, A., Tenforde, A., Kussman, A., Barrack, M., Kim, B., Deakins-Roche, M., Mistra, N., Singh, S., Fredericson, M.
  LIPPINCOTT WILLIAMS & WILKINS.2017: 1098

• Integrating Musculoskeletal Education and Patient Care at Medical Student-Run Free Clinics. PM & R : the journal of injury, function, and rehabilitation
  McQuillan, T., Wilcox-Fogel, N., Kraus, E., Ladd, A., Fredericson, M.
  2017

• 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
• **Piriformis Syndrome With Variant Sciatic Nerve Anatomy: A Case Report.** *PM & R: the journal of injury, function, and rehabilitation*
  Kraus, E., Tenforde, A. S., Beaulieu, C. F., Ratliff, J., Fredericson, M.
  2016; 8 (9S): S212-S213

• **Bone Stress Injuries in Runners.** *Physical medicine and rehabilitation clinics of North America*
  Tenforde, A. S., Kraus, E., Fredericson, M.
  2016; 27 (1): 139-149