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, Wu Tsai Human Performance Alliance
- 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

• Evidence-Based Management of Medial Tibial Stress Syndrome in Runners  CURRENT PHYSICAL MEDICINE AND REHABILITATION REPORTS
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Genetic Predictions Of Bone Mineral Density In Ultramarathon Runners: For Men, But Not For Women
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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
Hoeg, T. B., Fredericson, M., Sainani, K. L., Skaggs, K. F., Roche, M. D., Miller, E., Kraus, E.
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