



Alexa Eichelmann

Clinical Research Coordinator Associate, Orthopaedic Surgery

Bio

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Alexa completed her BSc in Sport and Exercise Science at the University of Surrey before earning an MSc in Clinical and Public Health Nutrition at University College London (UCL). Her master's research focused on low energy availability in female athletes, aiming to inform proactive safeguarding strategies to prevent Relative Energy Deficiency in Sport (REDs). Drawing on her background as a former athlete and her experience in sports performance, she is passionate about optimizing human performance through a health-first approach. Alexa is excited to contribute her multidisciplinary perspective to support practical research that advances our understanding of female health and human potential with Dr. Kraus and the FASTR Team.

CURRENT ROLE AT STANFORD

Clinical Research Coordinator for the Stanford Female Athlete Science and Translational Research (FASTR) Program.