

Dr. Alexander K. Meininger Expands Elite Orthopedic Surgery & Sports Medicine in Steamboat Springs, CO

Fellowship-trained surgeon brings advanced arthroscopic care, joint preservation, and mountain athlete expertise to the Yampa Valley



New York City, New York Jul 2, 2025 ([Issuewire.com](https://www.issuewire.com)) - Steamboat Orthopaedic & Spine Institute is thrilled to announce the continued leadership of Dr. Alexander K. Meininger, MD, FAAOS, a board-certified orthopedic surgeon and sports medicine specialist serving the Steamboat Springs community and beyond. With a commitment to minimally invasive techniques and returning active individuals to the mountain lifestyle they love, Dr. Meininger offers top-tier care rooted in both clinical excellence and local expertise.

Dr. Meininger earned his MD from Rush Medical College, followed by residency at the University of Illinois Medical Center and fellowship in Sports Orthopedic Surgery at the University of Chicago. He holds board certification with additional Certified Added Qualification (CAQ) in Orthopedic Sports Medicine. His fellowship training in sports medicine equips him to skillfully address a wide range of athletic injuries with precision and modern techniques.

Performing more than 500 knee surgeries annually, including over 150 ACL reconstructions, Dr. Meininger is recognized as a national leader in minimally invasive arthroscopic procedures. His areas of specialization include ACL and meniscus injury repair, joint and cartilage preservation, rotator cuff reconstruction, hip labral surgery, and trauma care using cutting-edge methods like the BEAR® implant.

Not only does Dr. Meininger serve the local population, but he also supports elite athletes—he’s served as an official U.S. Ski Team physician and consulting sports doctor for events like the U.S. Pro Cycling Challenge and PRCA rodeo. As a founding partner at SOSI since 2018, he blends lifestyle understanding with surgical mastery: “My practice is about preserving lifestyles. We’re giving people the function they’re seeking to pursue the lifestyle they enjoy.”

In addition to surgical care, Dr. Meininger actively promotes orthopedic education and patient wellness through community presentations and surgeon-training programs. He’s an Associate Master’s Instructor of Arthroscopy and contributes to peer-reviewed journals, helping to elevate both patient outcomes and clinical standards within orthopedic surgery.

Looking forward, Dr. Meininger aims to broaden access to advanced orthopedic care through telehealth follow-ups, expanded use of regenerative treatments, and community-based injury prevention programs. His vision reflects SOSI’s dedication to combining minimally invasive innovation and lifestyle-driven outcomes for Steamboat Springs and the region.

Learn More about Dr. Alexander K. Meininger, MD, FAAOS:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3709523-Alexander-Meininger-Sports-Medicine-Specialist>, or through Steamboat Orthopaedic & Spine Institute, dralexmeininger.com

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Source : Dr. Alexander K. Meininger

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