

# Running after knee surgery

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[karenann8](#) 3 posts since

Jan 11, 2008

I had arthroscopic knee surgery five weeks ago and am still in pt. I was wondering if anyone knows how to begin to ease back into running. I was running five miles a day, five days a week before surgery. I am still working on range of motion and reducing some swelling, but I would like to begin to run again soon. Any suggestions on how to ease back into running? Any suggestions would be greatly appreciated.

Tags: knee



[crl8686](#) 689 posts since

Nov 11, 2007 1. **Re: Running after knee surgery** Nov 8, 2008 10:09 PM

I'd think your orthopedic surgeon and physical therapist should be your first sources of information here, since they are familiar with your specific condition and how it's been healing.



[jguev003](#) 5 posts since

Jun 11, 2008 2. **Re: Running after knee surgery** Nov 9, 2008 7:07 AM

👤 in response to: [crl8686](#)

Yes, previous comment is correct, your Dr and PT know your progress and situation best, ask them. What's usually recommended to return to weight bearing activities is to ease into it. I know it's hard because the competitor in you takes over and you want to be out there before your body can take the pounding. Your PT might have you moving, walking, or running in a pool to take off some of the weight from your knee as you slowly progress to weight bearing but once again follow their instructions.



[karenann8](#) 3 posts since

Jan 11, 2008 3. **Re: Running after knee surgery** Nov 20, 2008 5:03 PM

👤 in response to: [jguev003](#)

Thanks for the great suggestions. I am following my dr and pt's instructions very carefully. I just can't wait to get back to running. Thanks, again, for all your help. It has been greatly appreciated!

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[Cliff Groce](#) 4 posts since

Oct 28, 2007 4. **Re: Running after knee surgery** Nov 25, 2008 6:21 PM

in response to: [karenann8](#)

How did your return to running go? I just had arthro. about 5 weeks ago and am dying to get back to running. (especially after just volunteering at the Philly Marathon). What type of knee surgery did you have? I had part of my medial meniscus removed. Feel pretty good.

My doctor said to ease into running and stop and ice if I start to feel a discomfort. Philly was suppose to be my first full marathon but I will now set a goal for next November Philly Marathon. Any feedback would be appreciated.

Cliff



[karenann8](#) 3 posts since

Jan 11, 2008 5. **Re: Running after knee surgery** Nov 26, 2008 5:55 PM

in response to: [Cliff Groce](#)

Hi Cliff, Unfortunately I have not yet returned to running. I am still in physical therapy and I am working toward running sometime in January. Right now my knee is still too weak to run, but I am using a stationery bike, walking on the treadmill and doing a lot of strengthening exercises. I do ice my knee a few times a day, too. My surgery included a lateral release and scoping out my knee. I am now almost at full range of motion, but it is still quite painful.


I, like you, cannot wait to get back to running. It is like a slow torture not to get outside and do a few miles. But I know the wait will be worth it when I am finally out and running. Working with my physical therapist three times a week has really helped my recovery. Good luck to you and keep in touch, I'd love to hear how you're doing. I hope this has helped. 😊



[Damien Howell](#) 102 posts since

Feb 27, 2008 6. **Re: Running after knee surgery** Nov 29, 2008 11:22 AM

Running after knee surgery

 in response to: [karenann8](#)

karenann8 you may find some helpful information in the following articles

[To run or not to run](#) A post-meniscectomy qualitative risk analysis model for osteoarthritis when considering a return to recreational running, published in The Journal of Manual and Manipulation Therapy 2007, vol 1.

Take a look at [Osteoarthritis: Cartilage and Exercise](#) , and [Knee pain: Treatment based on Individual Evidence](#).

Damien Howell MS, PT, OCS - [www.damienhowellpt.com](http://www.damienhowellpt.com)



[lgirault](#) 2 posts since

May 17, 2008 7. **Re: Running after knee surgery** Nov 29, 2008 12:15 PM

Hi. I had knee surgery due to a torn lateral meniscus about 4 years ago. All the posted advice is great and is what I followed to ease back into running, cardio, and resistance training. In addition, listen to your body and then do what it's telling you to do. I still experience a bit of pain sometimes. For me, it's either when I'm running too many miles without appropriate rest periods or, most often, when I'm not focused and I'm not using proper form. When I catch myself, focus, and run properly, the pain dissipates within a few minutes. Other times, that doesn't work and I know to stop running. Another important thing is to learn how your particular body functions post-surgery. For example, I have traced my knee pain to weaknesses in other muscles on the same side; mainly my gluteus maximus.

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Doing a few simple hip extensions before and after running always does wonders for me. Pay close attention to your body and a lot will be revealed. Best of luck!