



Matthew Paul Melander, DO

CURRENT TITLE

Partner

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PERSONAL

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EDUCATION

FELLOWSHIP	Sports Medicine, Methodist Sports Medicine Center and Indiana University School of Medicine, Indianapolis, IN <i>August 2006 – July 2007</i>
RESIDENCY	Orthopedic Surgery, Des Peres Hospital, St. Louis, MO <i>June 2002 – June 2006</i>
INTERNSHIP	General Rotating Internship, Des Peres Hospital, St. Louis, MO <i>June 2001 – June 2002</i>
D.O.	General Rotating Internship, Des Peres Hospital, St. Louis, MO <i>June 2001 – June 2002</i>
M.A.	Medical Sciences, Boston University School of Medicine, Boston, MA <i>1996</i>
B.A.	Biology and Chemistry, Colby College, Waterville, ME <i>1991</i>

LICENSURE AND BOARD CERTIFICATION

Missouri License	2003013114
Medicare NPI	1174561211
American Osteopathic Board of Orthopedic Surgery	Board Certified 2010
American Osteopathic Board of Orthopedic Surgery Sports Medicine Board Certification	Board Certified 2019
Independent Medical Examiner Board Certification	Pending 2020





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PROFESSIONAL MEMBERSHIP

2018 – 2020	President, Sports Medicine Section, American Osteopathic Academy of Orthopedics
2014 – PRESENT	Arthroscopy Association of North America
2007 – PRESENT	Associate Member American Academy of Orthopedic Surgeons
2007 – PRESENT	American Orthopedic Society of Sports Medicine
2006 – PRESENT	American Osteopathic Academy of Orthopedics
1997 – PRESENT	American Osteopathic Association

PROFESSIONAL EXPERIENCE / SPORTS TEAM COVERAGE

2008- Present	Partner, Signature Orthopedics St. Charles
2008 – Present	Team Physician, Fort Zumwalt West, O'Fallon, MO
2018 – Present	Sponsor, Lake St. Louis Triathlon
2017- Present	Title Sponsor, Newtown Triathlon
2015 – 2018	Medical Director, Lindenwood University Athletics
2012 - 2014	Team Physician, St. Louis Attack, Semi-Pro Arena Football
2013 – 2015	Medical Director, Mo' Cowbell Marathon/Half-Marathon
2010 – 2013	Team Physician, St. Louis Lions
2009 - 2015	Team Physician, St. Charles Cyclones, Semi-Pro Football
2006 – 2007	Team Fellow, Indianapolis Colts
2006 – 2007	Team Fellow, University of Indianapolis
2006 – 2007	Team Physician, Arlington High School, Indianapolis, IN



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HONORS AND AWARDS

- 1999 Sigma Sigma Phi, student academic and community Honor Society, University of New England College of Osteopathic Medicine, Biddeford, ME
- 1999 Brian Brock Radiology Award, UNECOM
- 1996 Alpha Epsilon Lambda, Graduate Student Honor Society, Boston University School of Medicine, Boston, MA

RESEARCH

- 2000 *Co-Author of the following chapter:*
Fibula fractures. Online 5 Minute Sports Medicine Consult for the Primary Care Physician. New England Baptist Bone and Joint Institute, Boston, MA. Principle investigators: Andrew Curran, D.O., Arnold Schellar, M.D.
- 1990 *Co-investigator:*
Explore the immediate effects of MK801, an NMKD channel blocker, on the pain threshold of the anesthetized, spinalized rat. University of New England College of Osteopathic Medicine.
Principle investigator: Barbara Winterson, Ph.D.
- 1991 – 1997 *Co-investigator in the following research leading to Master Thesis:*
Elucidate the immunobiology of lymphoma and related immunoglobulins. Specifically, producing lymphoma heterohybridoma fusions and expanding an idiotypic library. Assay lymphoma tissue biopsies for cross reactivity with an anti-idiotypic antibody library. HPLC analysis of small molecular weight peptides associated with the MHC Class II receptors on lymphoma B cells. Boston University School of Medicine and Boston VA Medical Center, Boston, MA. Principle investigator: Richard A. Rudders, M.D.
- 1988 – 1990 *Research Technician:*
Assist investigators with their research and aid technicians with diagnostic protocols using various flow cytometric techniques to explore the up-regulation of erythrocyte transferrin receptors on reticulocytes as an early indication of response to erythropoietin.
Maine Medical Center Research Institute, Portland, ME.
Principle investigator: Kenneth A. Ault, M.D.



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PUBLICATIONS/POSTERS

- 1 G. Misamore, **M. Melander** and P. Sallay. Safety and Efficacy of Interscalene Brachial Plexus Block Anesthesia for Shoulder Surgery. Presentation at The 31st Annual Garceau-Wray Lectureship. Orthopaedic Residency Program at Indiana University.
- 2 R.F. Howard and **M.P. Melander**. Intramedullary Endobutton Fixation of Distal Biceps Rupture: A Modification of the Bicortical Endobutton Technique. Poster Presentation at the 2004 American College of Osteopathic Specialists.
- 3 A. Curran, G. Ross, **M. Melander** and A. Schellar. Fibula Fractures. 5 Minute Sports Medicine Consult for the Primary Care Physician. New England Baptist Hospital Bone and Joint Institute. Online reference, 2000.
- 4 B.J. Winterson, E. Reiner, T. Simpson and **M. Melander**: The Immediate Effects of MK801 in the Anesthetized Spinalized Rat. Abstract presented at the IXth International Congress of Pain, 1999.
- 5 **M. P. Melander** and Richard A. Rudders: A Novel Tumor Peptide Associated with Major Histocompatibility Complex Class I Molecules in Human Lymphoma. Boston VA Medical Center, Boston, MA. Boston University School of Medicine Library, 1996.
- 6 K.A. Ault, E. St. Germain, S. Hitchcox, **M.P. Melander**, G.G. Gross and R.S. Hillman: Rapid Upregulation of Erythrocyte Transferrin Receptors (TfR) on Reticulocytes (Retics): An Early Indication of Response to Erythropoietin (Epo) Therapy. Abstract presented at the 32 nd Annual Meeting of The American Society of Hematology. Maine Medical Center and Maine Cytometry Research Institute, Portland, ME, 1991.

ATHLETICS

1987-1990

Colby Mens Varsity Soccer, Waterville, ME

INTERESTS

- Soccer
- Fly Fishing
- Reading
- Long Distance Running
- Athletics
- Boston Marathon 1996, 2001, 2011-19
- Chicago Marathon 2009-10, 2012-19
- NYC Marathon 2014



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REFERENCES

Richard F. Howard, DO, Director
Des Peres Hospital Orthopedic Surgery Program
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St. Louis, MO 63131
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