

# Matthew Paul Melander, DO

## Fellowship-Trained Sports Medicine and Arthroscopic Surgeon

Board Certified in Orthopedic Surgery and Sports Medicine

drmelander@excel-orthopedics.com

### **Current Practice:**

Excel Orthopedic and Pain Centers  
17300 North Outer Forty Road | Suite 316  
Chesterfield MO 63005  
(636) 778-3177

### **Orthopedic Specialty Consultants, LLC:**

Consultant/Owner     Specializing in IME's, final ratings, records review and all medicolegal requests, ABIME 2015

### **Board Certification:**

American Osteopathic Academy of Orthopedic Surgery, 10/2010. Recertified, 10/2019  
American Osteopathic Board of Orthopedic Sports Medicine, 10, 2019

### **Education:**

Fellowship	Sports Medicine, Methodist Sports Medicine Center and Indiana University School of Medicine, Indianapolis, IN August 2006- July 2007
Residency	Orthopedic Surgery, Des Peres Hospital, St. Louis, MO July 2002-June 2006
Internship	General Rotating Internship, Des Peres Hospital, St. Louis, MO July 2001-2002
D.O.	Doctor of Osteopathic Medicine, University of New England Biddeford, ME, 2001
M.A.	Medical Sciences, Boston University School of Medicine Boston, MA, 1996
B.A.	Biology and Chemistry, Colby College, Waterville, ME, 1991

**Licensure:**

Missouri License – **2003013114**

Medicare NPI – **1174561211**

**PROFESSIONAL MEMBERSHIP:**

2014	Arthroscopy Association of North America
2007	Associate Member American Academy of Orthopedic Surgeons
2007	American Orthopedic Society of Sports Medicine
2006	American Osteopathic Academy of Orthopedics
2005	Missouri State Orthopedic Association
1997	American Osteopathic Association

**SPORTS TEAM COVERAGE:**

2015	Title Sponsor, Newtown Triathlon
2009- 2016	Lindenwood University Athletics, Medical Director 2015-present
2012	St. Louis Attack, Semi-Pro Arena Football
2009-14	St. Charles Cyclones, Semi-Pro Football
2008-present	Fort Zumwalt West High School
2013-15	Medical Director Mo' Cowbell Marathon/Half-Marathon

**HONORS AND AWARDS:**

1999	Sigma Sigma Phi, student academic and community Honor Society, University of New England College of Osteopathic Medicine
1999	Brian Brock Radiology Award, UNECOM
2000	Alpha Epsilon Lambda, Graduate Student Honor Society, Boston University School of Medicine, Boston, MA

**PROFESSIONAL EXPERIENCE:**

2015-2019	Medical Director, Lindenwood University Athletics
2008-2019	Team Physician, Fort Zumwalt West, O'Fallon, MO
2010-13	Team Physician, St. Louis Lions
2010-15	Team Physician, St. Charles Cyclones
2006-2007	Team Fellow, Indianapolis Colts
2006-2007	Team Fellow, University of Indianapolis
2006-2007	Team Physician, Arlington High School, Indianapolis, IN
1991-1997	Research Assistant, Boston University School of Medicine
1994-1995	Carpenter, Whitla Brothers Contractors, Wellesley, MA
1989-1991	Laboratory Assistant, Maine Medical Center Research Institute

## 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's 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 upregulation 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.

## **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 31<sup>st</sup> Annual GarceauWray Lectureship. Orthopedic 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 9<sup>th</sup> 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<sup>nd</sup> Annual Meeting of The American Society of Hematology. Maine Medical Center and Maine Cytometry Research Institute, Portland, ME, 1991.