

# Matthew P. Melander, DO

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**specializing in sports medicine**

## **CURRENT TITLE:**

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Associate Physician  
St. Charles Orthopedic Surgery Associates  
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St. Charles, MO 63301

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## **EDUCATION:**

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### **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

## **HONORS AND AWARDS:**

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- 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

## **PROFESSIONAL MEMBERSHIP:**

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2007 American Orthopedic Society of Sports Medicine  
2006 American Osteopathic Academy of Orthopedics  
2005 Missouri State Orthopedic Association  
2003 Resident Member American Academy of Orthopedic Surgeons  
1997 American Osteopathic Association

## **PROFESSIONAL EXPERIENCE:**

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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, Boston, MA  
1994-1995 Carpenter, Whitla Brothers Contractors, Wellsley, MA  
1989-1991 Laboratory Assistant, Maine Medical Center Research Institute, Portland, ME

## **RESEARCH:**

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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 Masters 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.

## **PUBLICATIONS/POSTERS:**

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1. 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.
2. 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.
3. 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.
4. **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.
5. 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.

## **LIGENSURE AND BOARD CERTIFICATION:**

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Missouri, Medical  
Indiana, Medical  
Medicare NPI  
American Osteopathic Board of Orthopedic Surgery

## **ATHLETICS:**

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1987-1990      Colby Mens Varsity Soccer, Captain 1990, Waterville, ME

## **INTERESTS:**

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Soccer, fly fishing, reading, long distance running, athletics, Boston Marathon 1996, 2001