

Matthew McBride Buchanan, MD



Orthopaedic Foot and Ankle Surgeon

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EDUCATION

Fellow. Orthopaedic Foot and Ankle Center. Columbus, Ohio. 8/2003-7/2004.

Resident. West Virginia University Department of Orthopaedic Surgery. 8/1998-7/2003.

M.D. Ohio State University College of Medicine. Columbus, Ohio. 7/1994-7/1998.

B.S. Duke University. Durham, North Carolina. Major: Biology. 8/1990-5/1994.

HONORS/AWARDS

Current: Orthopaedic Foot and Ankle Consultant to **The Washington Ballet**
Current Member, Washington Ballet Core Clinical Team
Washingtonian Top Doctor
Arlington Magazine Top Doctor
Virginia Living Magazine Top Doctor
Northern Virginia Magazine Top Doctor
Consultant, Virginia Hospital Center Wound Healing Center
Editor. <http://www.footeducation.com>. Educational patient website peer-reviewed by orthopaedic foot and ankle surgeons.
Foot/Ankle Teaching Faculty, Virginia Sportsmedicine Institute
Foot/Ankle Teaching Faculty, Jackson Clinics PT Residency Program

Prior: **Assistant Clinical Professor**, Georgetown University School of Medicine
Department of Orthopaedic Surgery.
Clinical Teaching Faculty, Inova Podiatric Residency Program
Clinical Teaching Faculty, Medstar Podiatric Residency Program
Faculty, OFAC Foot/Ankle Fellowship Training Program
Editor. Foot and Ankle International (FAI). Official journal of the American Orthopaedic Foot and Ankle Society (AOFAS).
Editor. Foot and Ankle Specialist (FAS). A peer-reviewed bi-monthly journal offering clinical information for foot and ankle doctors.
Chief of Surgery, St. Anthony's Summit Medical Center.
Member, Inova Sports Medicine Institute
Nominated, St. Luke's Healer's Heart Award for Physicians who have significantly contributed to the advancement of CHI Memorial Hospital's Mission and Core Values
Advanced Certificate, Total Ankle Replacement
Medical Volunteer, 2015 World Police and Fire Games
Selected to sit on Quality Improvement Committee St. Anthony's SMC
Pfizer Promotional Speaker
Level II Accreditation, Division of Workers' Compensation
Completed: CITI Program Research Training

Residency: **Chief Resident, Department of Orthopaedic Surgery.**
Advanced Trauma Life Support Instructor
Selected to sit on Graduate Medical Education Committee
Selected to sit on WVUH OR Performance Improvement Committee
Selected to sit on WVUH Resident Recruitment Committee
ATLS, ACLS, BLS Certified

Medical School: Honors awarded in Orthopaedic Surgery, General Surgery, Obstetrics-Gynecology, and Psychiatry
Letter of Commendation awarded in Vascular Surgery, Pediatrics, Physical Examination
The Department of Surgery Jonasson Prize in Surgery (“Exceptional performance and dedication to surgery”)
Ohio State University student representative at the American College of Surgeons Clinical Conference in Chicago, Illinois. October 1997.
Landacre Research Society Member
Samuel J. Roessler Memorial Medical Scholarship
Organized 3300-mile cross-country bike trip from Florida to California to support Children’s Miracle Network

Undergraduate: National Merit Scholar
Dean’s List
Eagle Scout

RESEARCH/ACADEMICS

Author. Buchanan MM, Lemley FR: Adult-acquired flatfoot deformity, Book chapter in Chou LB, ed: Orthopaedic Knowledge Update®: Foot and Ankle 7. American Academy of Orthopaedic Surgeons, 2025, pp 167-181.

Faculty. VHC Health Lecture Series. Multi-disciplinary foot/ankle seminar. July 12, 2022.
Lecture: Foot/Ankle Biomechanics: How to Optimize Function.

Faculty. International Minimally Invasive Surgery Conference. Paris, France.
Lecture: Revision for Failed Minimally Invasive Bunion Surgery. June 25, 2021.

Author. Turf Toe and Sesamoid Injuries. Book chapter in *Essential Foot and Ankle Surgical Techniques: A Multidisciplinary Approach*. 2019

Faculty. Foot/Ankle Physical Therapy Webinars. Over 20+ foot/ankle lectures to local PT groups including Inova, Industrial Health, VHC Health, Body Dynamics, etc.

Author. Merrill, H, Buchanan, M, et al. Opioid Consumption Following Foot and Ankle Surgery. *Foot Ankle Int*. 2018; 39(6): 649-656.

Contributing Editor. Foot and Ankle: Musculoskeletal Medicine. Available in print and online at <https://www.FootEducation.com/page/Foot-Ankle-eBook>. January 2019.

Faculty. Southern Orthopaedic Association’s 8th Annual Extremity Summit: What’s New in Foot/Ankle Surgery. June 7-9, 2019.
Lecture: Return to Sports After the Lapidus Procedure

Faculty. Southern Orthopaedic Association’s 7th Annual Extremity Summit: What’s New in Foot/Ankle Surgery. June 8-10, 2018.
Lecture: Microfracture for Osteochondral Defects of the Talus

Faculty. Chattanooga-Hamilton County Medical Society Youth Leadership Forum. June 4-8, 2018.

Faculty. Chattanooga-Hamilton County Medical Society Youth Leadership Forum. June 5-9, 2017.

Inventor. Merete PlantarMax Plantar Lapidus Plate. First FDA-Approved Plantar Lapidus Plate available in the US.

Faculty. Inova Youth Sports Safety and Health Expo. July 2014.
Invited Lecture: Foot/Ankle Injury Prevention in Ballet and Cheerleading.

Faculty. Washingtonian Fit Fest. June 2014.
Invited Panelist: Finding the Best Workout Regimen For You.

Faculty. AOFAS Summer Meeting. Hollywood, FL. July 2013
Moderator: Research Paper Presentations

Faculty. AOFAS Summer Meeting. San Diego, CA. June 2012
Invited Lecture: Syndesmotic Reduction.

Faculty. AOFAS Specialty Day. San Francisco, CA. February 2012
Moderator: Ankle Fusion versus Ankle Replacement

Faculty. AOFAS Complete Foot Care Course. Fairfax, VA. October 2012

Faculty. AOFAS Complete Foot Care Course. Hershey, PA. October 2010

Investigator. "Post Market, Longitudinal Data Collection Study of Articular Cartilage Lesions in the Ankle Treated With DeNovo(R) NT Natural Tissue Graft" Zimmer Orthobiologics. OFAC DC was one of 8 National Investigation Sites.

Contributor. Washington Post Article on Rory McIlroy Ankle Injury.
<https://www.washingtonpost.com/news/sports/wp/2015/07/06/rory-mcilroy-could-still-play-in-the-british-open/>

Author. Buchanan MM et al. Ankle Instability: Suture Anchors versus Suture Alone: A Prospective, Randomized Study. IRB Study #12.070. Currently Ongoing.

Author. Buchanan MM et al. Pes Planus. eMedicine Chapter.
<http://www.emedicine.com/orthoped/topic540.htm>

Author. Hyer CF, Buchanan MM, Berlet GC, Philbin TM, Lee TH. Ankle Arthroscopy. In: El Attrache N, Harner C, Mirzayan R, Sekiya J, eds. *Surgical Techniques in Sports Medicine*. Baltimore: Lippincott Williams and Wilkins; 2007: 657-71.

Author. Buchanan MM, Berlet GC, Lee TH, Philbin TM. Primary Lisfranc Joint Fusion Posttrauma. *Techniques in Foot and Ankle Surgery*. 2004; 3(4): 216-220.

Author. Santrock RS, Buchanan MM, et al. Osteochondral Lesions of the Talus. *Foot Ankle Clin*. 2003; 8: 73-90.

Author. France JC, Norman TL, Buchanan MM, et al. Direct Current Stimulation for spine fusion in a nicotine exposure model. *The Spine Journal*. 2006; 6(1): 7-13.

Primary Researcher. Evaluation of the Proximal Tibial Plate for Lateral Tibial Plateau Fractures. WVU Department of Orthopaedic Surgery. Approved by WVU IRB. Received \$13,000 study grant from Synthes.

Research Assistant. Practice Regimens in the Affected Arms of Hemiplegic Patients. Department of Orthopaedic Surgery, Ohio State University. Awarded Samuel J. Roessler research funding.

Buchanan MM, Williams TE, Lee TH. The Effect of Specialized Treatment on the Healing of Diabetic Foot Ulcers. Presented at the Landacre Day Scientific Session.

MEDIA

Stryker Total Ankle Replacement Patient Testimonial Video. June 2022.
<https://vimeo.com/137creative/review/817064017/46b7ac7257>

Media Training Session. Presentation: "Minimally Invasive Bunion Surgery". AAOS Annual Meeting Las Vegas, NV. March 15, 2019.

Author. Chronic Ankle Instability. *Healthscope Health and Wellness Magazine*. 2019 New Year's Issue.

TV Appearance discussing Minimally Invasive Bunion Surgery on WRCB Channel 3. December 20, 2018.

TV Appearance with patient appearance discussing Total Ankle Replacement on WTVC Channel 9 with James Howard October 23, 2018.

Author. Heel Pain in Runners. *Healthscope Magazine: "Ask the Doctor" Segment*.

TV Appearance discussing Total Ankle Replacement on WRCB Channel 3. June 15, 2017.

Author. Running Shoes, A Surgeon's Perspective. *Chattanooga Track Club Quarterly Newsletter*. June 2017

Guest Expert at Running Symposium discussing "Heel Pain in the Running Athlete" at Fleet Feet Sports. May 11, 2017.

TV Appearance discussing Advanced Foot/Ankle Physical Therapy Techniques on WTV Channel 9 with James Howard. August 16, 2016.

Radio Interview discussing Foot/Ankle Conditions on WGOW FM102.3, 'Chewing the Chatt' with Julie Edwards. April 6, 2016.

TV Appearance discussing The Dangers of High Heels on "Ask Allison" WTTG, FOX5 DC. Nov 18, 2011

TV Appearance with patient panel discussing Foot/Ankle Conditions on "Dr. Libby's World of Medicine" Fairfax Channel 10. October 20, 2010.

Guest Expert on FootEducation.com website discussing Adult Acquired Flatfoot Deformity. <https://youtu.be/0dkEPCbJnsY>

Guest Expert on Inova Health Systems Informational Video Series. Videos discuss "Bunions" and "Foot and Ankle Injuries"

PROFESSIONAL ORGANIZATIONS

ABOS. Diplomate, American Board of Orthopaedic Surgeons (7/28/2006---12/31/2026)

AAOS. Active Fellow, American Academy of Orthopaedic Surgeons

AOFAS. American Orthopaedic Foot and Ankle Society

AMA. American Medical Association

VOS. Virginia Orthopaedic Society

MSNVA. Medical Society of Northern Virginia

ACMS. Arlington County Medical Society

EMPLOYMENT EXPERIENCE

Nirschl Orthopaedic Center. 8/2019-present. Arlington, VA.

Center for Sports Medicine and Orthopaedics. 4/2016-6/2019. Chattanooga, Tennessee.

Orthopaedic Foot and Ankle Center. 9/2007-3/2016. Falls Church, Virginia.

Vail-Summit Orthopaedics. 8/2005-8/2007. Vail, Colorado.

Albemarle Orthopaedics. 8/2004-7/2005. Charlottesville, Virginia.

Archway Pool Management Company. Pool Manager and Head Swimming Coach.

HOSPITAL AFFILIATIONS

Virginia Hospital Center 9/2007-4/2016. 8/2019-Present

Inova Fairfax Hospital 9/2007-4/2016. 8/2019-Present

Harbor Heights Surgical Center

District Surgery Center

STATE LICENSURE

Commonwealth of Virginia, Board of Medicine

State of Maryland, Board of Physicians

EXTRACURRICULAR ACTIVITIES

Spending time with wife and 2 sons, mountain biking, whitewater kayaking, hiking, backpacking, camping, alpine touring/skinning, technology