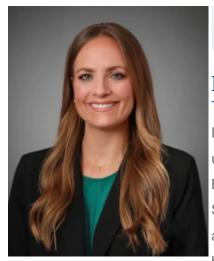
# **Orthocarolina**



#### **LOCATIONS**

- Foot & Ankle Institute
- Matthews
- South Park

#### **CLINICAL SPECIALTIES**

- Foot & Ankle
- Specialties
- Trauma

# Amanda N. Fletcher, MD, MSc

## Bio

Dr. Fletcher was born and raised in St. Louis, Missouri. She completed her undergraduate and medical education in the accelerated 6-year combined B.A./M.D. program at the University of Missouri-Kansas City School of Medicine. She also obtained her master's degree in science and clinical research (M.Sc.) at the University of Kansas Medical Center. She then moved to Durham, NC for her Orthopedic Surgery Residency at Duke University. She completed her subspeciality training at the Institute for Foot and Ankle Reconstruction at Mercy Medical Center in Baltimore, MD before returning to North Carolina to join the OrthoCarolina team in Charlotte.

In addition to her surgical expertise, Dr. Fletcher has extensive research experience which allows her to help advance patient care for foot and ankle pathology. She has been prolific in her research endeavors with over 50 peer-reviewed publications, 15 book chapters, and has presented her research at both national and international conferences. She currently serves on the American Orthopedic Foot and Ankle Society research committee.

Outside of the office, Dr. Fletcher likes to engage in a variety of athletics and outdoor activities including soccer, volleyball, running, hiking, boating, and water sports. She also enjoys traveling, country music, and spending time with her family including her Orthopedist husband and two rescue dogs.

# **Education**

- University of Missouri- Kansas City School of Medicine, Combined 6year MD/BA Program – Bachelor of Liberal Arts, Doctor of Medicine
- University of Kansas Medical Center Master of Science in Clinical Research
- Frontiers: The Heartland Institute for Clinical and Translational
   Research NIH-funded TL1 Clinical and Translational Research Training
   Program. NCATS Clinical and Translational Science Award, TL1 TR000120
- Duke University Medical Center Residency, Orthopedic Surgery

Institute for Foot and Ankle Reconstruction, Mercy Medical Center
 Fellowship, Orthopedic Foot and Ankle Surgery

# **Practice**

Dr. Fletcher offers both conservative (nonoperative) and surgical intervention for a breadth of lower extremity conditions:

#### **Minimally Invasive Surgical (MIS) Techniques**

- Bunion correction
- Forefoot deformity correction (hammertoes, claw toes, others)
- Arthroscopic ankle fusion
- Minimally invasive techniques to manage disorders of the Achilles tendon
- Other minimally invasive techniques involved in deformity and fracture management

#### Arthritis of the Foot and Ankle

- Total ankle replacement
- Revision total ankle replacement
- Total talus replacement
- Ankle, hindfoot, and midfoot fusions
- Avascular necrosis (AVO) / osteonecrosis

#### **Arch Conditions**

- Flatfeet (planovalgus deformity)
- High-arched feet (cavovarus deformity, Charcot-Marie Tooth [CMT])

#### **Adolescent Foot and Ankle Conditions**

- Tarsal coalitions
- Residual/long-term clubfoot manifestations
- -Athletic injuries and rehabilitation

**Trauma and Fracture Management** 



- Management of both acute fractures and chronic arthritis or deformity resultant from prior trauma
- Ankle fractures: tibia, fibula, and pilon
- Other fractures: calcaneus, talus, navicular, Lisfranc, metatarsal, and other foot bones
- Post-traumatic arthritis and reconstruction
- Avascular necrosis (AVN) / osteonecrosis
- Stress fractures

#### **Deformity Correction and Limb Salvage**

- -Deformity evaluation, management, and correction
- Charcot reconstruction
- Ilizarov static and spatial frames
- Custom implants

#### **Forefoot Conditions**

- Bunion correction, including minimally invasive techniques
- Hammertoe, claw toe, and other toe deformity correction
- Great toe arthritis (hallux rigidus)
- Rheumatoid forefoot correction
- Metatarsalgia
- Neuroma

#### **Sports and Cartilage Injuries**

- Foot and ankle sports medicine
- Athletic injuries and rehabilitation
- Arthroscopic surgery
- Cartilage and Osteochondral injuries (OCD)
- Ankle sprains



- Ankle instability
- Achilles tendon ruptures
- Achilles tendonitis, tears, and repair
- Ligament and tendon injuries and repair
- Stress fractures
- Cartilage preservation
- Platelet rich plasma (PRP) injections
- Stem cell injections (bone marrow aspirate concentrate [BMAC])

# **Neuromuscular/ Paralytic Conditions, Lower Extremity Weakness**

- Treatment spectrum: bracing, tendon transfers, ankle and hindfoot fusion, complex reconstruction
- Foot drop
- Charcot-Marie-Tooth (CMT)
- Stroke-related foot and ankle disorders
- Spastic disorder

#### Her professional involvements include:

- Candidate Member: American Orthopedic Foot and Ankle Society (AOFAS)
- Committee Member: AOFAS Research Committee (2023-present)
- Committee Member: AOFAS Humanitarianism Committee (2021-2023)
- Journal Reviewer: Foot and Ankle International (2023- present)
- Journal Reviewer: Foot and Ankle Orthopedics (2023- present)
- Journal Reviewer: Journal of Bone and Joint Surgery (2020-present)

### **Awards**

- 2022 Duke Orthopedic Surgery Annual Award for Excellence, Top Chief Orthopedic Research Presentation, Department Research Day and Symposium
- 2021 Robert Bucholz JBJS Resident Education Fund, Journal Club Support
- 2021 AOFAS Trainee Research Presenter Travel Stipend



- 2021 AOA Annual Leadership Meeting, Chief Resident Nominated by Program Director Dr. Fitch
- 2020 Parekh Indo-US Foot and Ankle Surgery Resident Scholar
- 2019 AOFAS Resident Scholar
- 2018 American Academy of Pediatrics Section on Orthopaedics Young Investigator Award
- 2017 Women is Medicine Scholarship Achievement Citation
- 2017 Vice Chancellor for Student Affairs and Enrollment Management Honor Recipient
- 2017 St. Louis Friend of University of Missouri-Kansas City Award for Research
- 2015 Alpha Omega Alpha Honor Medical Society (A?A)
- 2016 Kansas University Medical Center Master of Science in Clinical Research First Place Thesis Prize
- 2016 First Place in Basic Science Research at Saint Luke's Hospital Resident and Fellow Research Day
- 2015 to 2016 Trainee-Frontiers: The Heartland Institute for Clinical and Translational Research-TL1 Clinical and Translational Research Training
   Program. NCATS Clinical and Translational Science Award TL1 TR000120
- 2015 and 2016 University of Missouri-Kansas City Dean's Scholarship
- 2015 Virginia Caulkin's Memorial Fund Scholarship
- 2015 University of Missouri-Kansas City School of Medicine Scholarship
- 2014 Missouri State Medical Association Scholarship
- 2013 and 2014 Louis & Elizabeth Nave Flarsheim Scholarship
- 2013 Sirridge Fellowship Scholarship for Study Abroad in the Medical Humanities

#### Research

#### **Research Grants:**

- 2021 Piedmont Orthopedic Foundation Research Grant, Histology and Biomechanical Strength of Osteochondral Lesions of the Talus Following Microfracture
- 2. 2020 Piedmont Orthopedic Foundation Research Grant, Prospective Study of Longitudinal Outcomes for Total Talus Replacement

#### Peer-Reviewed Publications:



- 1. Fletcher A, Ponnapureddy R, Patel C, Pluym M, Poisner A.M., Molteni A. "The Renin Inhibitor Aliskiren Protects Rat Lungs from the Histopathological Effects of Fat Embolism." J Trauma Acute Care Surg. 2017;82(2):338-44. PMID: 28107310.
- 2. Fletcher A, Stowell J, Jamoulis S (April 04, 2017) Congenital Tracheobronchomegaly (Mounier-Kuhn Syndrome) in a Woman with Human Immunodeficiency Virus: A Case Report. Cureus. 2017; 9(4):e1136. PMID: 28480154.
- 3. Poisner A, Bass D, Fletcher A, Jain A, England JP, Davis MG, Arif D, Molteni A. Evidence for angiotensin mediation of the late histopathological effects of pulmonary fat embolism: Protection by losartan in a rat model. Exp Lung Res. 2018 Sep;44(7):361-367. PMID: 30638089.
- 4. Fletcher A, Schwend R, Solano M, Wester C, Jarka D. "Pediatric Lawnmower Injuries, 1995-2015. A Grave Threat to Our Youngest Children." J Bone Joint Surg Am. 2018 Oct 17;100(20):1719-1727. PMID: 30334881.
- 5. Sean Ryan, S, Politzer C, Fletcher A. Bolognesi M, Seyler T. "Pre-operative Hypoalbuminemia Predicts Poor Short-term Outcomes for Hip Fracture Surgery." Orthopedics. 2018 Nov 1;41(6):e789-e796. PMID: 30222797.
- Fletcher A, Schwend R. "The Ecuador Pediatric Spine Deformity Surgery Program, an SRS-GOP site, 2008-2016." Spine Deform. 2019 Mar;7(2):220-227.
   PMID: 30660215.
- 7. Black CS, Goltz DE, Ryan SP, Fletcher A, Wellman SS, Bolognesi MP, Seyler TM. "The Role of Malnutrition in 90-day Outcomes After Total Joint Arthroplasty." J Arthroplasty. 2019 Nov;34(11):2594-2600. PMID: 31239176.
- 8. Scott, D, Fletcher A, Steele J, Parekh S. "Early Outcomes of 3D Printed Total Talus Arthroplasty." Foot Ankle Spec. Sept 6, 2019. DOI: 10.1177/1938640019873536.
- Fletcher A, Marasigan J, Hiatt S, Anderson J, Taboada E, Schwend R.
   "Primary Spinal Epidural/Extramedullary Ewing Sarcoma in Young Female Patients." J Am Acad Orthop Surg Glob Res Rev. 2019 Nov 27;3(11):e10.5435.
   PMID: 31875190.
- 10. Fletcher A, Liles J, Steele J, Pereira G, Adams S. "Subtalar Bone Block Distraction Arthrodesis: A Systematic Review." Foot Ankle Int. 2020 Apr;41(4):437-448. PMID: 31958992.



- 11. Black CS, Goltz DE, Ryan SP, Fletcher A, Wellman SS, Bolognesi MP, Seyler TM. "Response to Letter to the Editor: The Role of Malnutrition in 90-day Outcomes After Total Joint Arthroplasty." J Arthroplasty. 2020 Mar;35(3):901-902. PMID: 31859014.
- 12. Fletcher A, Lau B, Mather C. "Endoscopic Proximal Hamstring Tendon Repair for Non-Retracted Tears: An Anatomic Approach and Repair Technique." Arthrosc Tech. 2020 Mar 13;9(4):e483-e491. PMID: 32368468.
- 13. Lau B, Bejarano Pineda L, Wu M, Gregory B, Fletcher A, Hu J, Johnston T, Ledbetter L, Riboh J. "Outcomes Following Revision Anterior Shoulder Stabilization: A Systematic Review" Orthop J Sports Med. 2020 May; 8(5), 2325967120922571. PMID: 32528993.
- 14. Hein R, Fletcher A, Tillis R, Pang E, Richard M. "Association of Lunate Morphology with Scaphoid Fracture Location and Progression to Non-Union." HAND. 2020 Jul 22:1558944720937368. PMID: 32697111.
- 15. Saltzman E, Wahl E, Fletcher A, Said N, Mithani S, Klifto C. ""A reliability study of multiplanar radiographs for the evaluation of SNAC wrist arthritis." HAND. 2020 Jul 16;1558944720937359. PMID: 32674623.
- 16. Akoh C, Fletcher A, Chen J, Wang J, Adams S, DeOrio J, Nunley J, Easley M. "Economic Analysis and Clinical Outcomes of Outpatient Short-Stay Versus Inpatient Total Ankle Replacement Surgery." Foot Ankle Int. 2020 Sep 2;1071100720949200. PMID: 32875812.
- 17. Hein R, Fletcher A, Hollins A, Ruch D, Richard M, Mithani S. "Return to Activities After Simultaneous Bilateral Endoscopic Carpal Tunnel Release." HAND. 2020 Sep 17;1558944720940061. PMID: 32940056.
- 18. Dial B, Catanzano A, Esposito V, Steele J, Fletcher A, Ryan S, Kirkpatrick J, Goodwin R, Torok J, Hopkins T, Mendoza-Lattes S. "Treatment Outcomes in Spinal Metastatic Disease with Indeterminate Stability." Global Spine J. 2020 Sep 25;2192568220956605. PMID: 32975442.
- 19. Akoh C, Fletcher A, Sharma A, Parekh S. "Clinical Outcomes and Complications Following Limited Open Achilles Repair Without an Instrumented Guide." Foot Ankle Int. 2020 Nov 4;1071100720962493. PMID: 33148032.
- 20. Hinton Z, Fletcher A Ryan S, Wu C, Bolognesi M, Seyler T. "Body Mass Index, American Society of Anesthesiologist Score, and Elixhauser Comorbidity Index Predict Cost at Different Phases of Total Knee Arthroplasty Care." J



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- 21. Akoh C, Kadakia R, Fletcher A, Park Y, Kim H, Nunley J, Easley M. "Intermediate-Term Patient-Reported Outcomes and Radiographic Evaluation Following Intramedullary versus Extramedullary-Referenced Total Ankle Replacement." Foot Ankle Int. 2021 Jan 27;1071100720980024. PMID: 33501837.
- 22. Fletcher A, Mody K, Adams S, DeOrio J, Easley M, Nunley J. "Gender Differences in Total Ankle Replacement, are Patient Reported Outcomes Similar?" Foot Ankle Int. 2021 Feb 1;1071100720985292. PMID: 33517772.
- 23. Lau B, Bejarano Pineda L, Johnston T, Gregory B, Wu M, Fletcher A, , Ledbetter L, Riboh J. "Return-to-Play After Revision Anterior Shoulder Stabilization: A Systematic Review." Orthop J Sports Med. 2021 Mar 4;9(3):2325967120982059. PMID: 33748304.
- 24. Liles J, Fletcher A, Johnston T, Riboh J. "Arthroscopic Double Row Bony Bankart Bridge Repair of the Posterior Glenoid for Chronic Defect Using a Tensionable Knotless System." Arthrosc Tech. 2021 Mar 22;10(4):e957-e962. PMID: 33981536.
- 25. Pereira G, Steele J, Fletcher A, Clement R, Arasa M, Adams S. "A Systematic Review of Fresh Osteochondral Allograft Transplantation for Osteochondral Lesions of the Talus." J Foot Ankle Surg. May-Jun 2021;60(3):585-591. PMID: 33642164.
- 26. Fletcher A, Liles J, Pereira G, Danilkowicz R, Amendola A, Riboh J. "The Intra-rater and Inter-rater Reliability of Radiographic Evaluation of the Posterior Tibial Slope in Pediatric Patients." J Pediatr Orthop. 2021 Jul 1;41(6):e404-e410. PMID: 33734200.
- 27. Fletcher A, Pereira G, Lau B, Mather C. "Endoscopic Proximal Hamstring Repair Is Safe and Efficacious with High Patient Satisfaction at a Minimum of Two-Year Follow-Up." Arthroscopy. 2021 Apr 19;S0749-8063(21)00333-9. PMID: 33887414.
- 28. Fletcher A, Chea J, Nho S, Mather C. "Proximal Hamstring Injuries." Clin Sports Med. 2021 Apr;40(2):339-361. PMID: 33673891.
- 29. Zhang H, Fletcher A, Scott D, Nunley, J. "Treatment of Avascular Osteonecrosis of the Talus: Current Trends in Treatments." Foot Ankle Int. 2021 Nov 10;10711007211051013. PMID: 34753345.



- 30. Mody K, Fletcher A, Robb M, Akoh C, Parekh S. "Return to Play and Prior Performance following Anterior Cruciate Ligament Reconstruction in National Football League Players." Orthop J Sports Med. 2022 Mar 7;10(3):23259671221079637. PMID: 35284583
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- 34. Chopra A, Fletcher A, Madi N, Parekh S. "Orthopeadic Foot and Ankle Surgery Leadership Trends: A Cross-Sectional Study of Fellowship Directors and Division Chiefs." Foot Ankle Spec. 2022 Jul 14;19386400221107004. PMID: 35833388.
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- 37. Madi N, Fletcher A, Pereira G, Balu A, DeOrio, Preakh S. "Early Outcomes of Combined Total Ankle Total Talus Replacement Using a 3D-Printed Talus Component with Hindfoot Arthrodesis." Foot Ankle Spec. 2022 Aug 29;19386400221120567. doi: 10.1177/19386400221120567. PMID: 36039497.
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- 39. Johnson L, Buck E, , Anastasio A, Abar B, Fletcher A, Adams S. "The Efficacy of Platelet-Rich Plasma in Soft Tissue Foot and Ankle Pathology: A Review." J Bone Joint Surg Reviews. 2022 Oct 3;10(10). doi: 10.2106/JBJS.RVW.22.00059. PMID:36191089.
- 40. Johnson L, Fletcher A, Wu C, Vernick R, Easley M, Adams S, Nunley J. "Tibiotalar Motion following Achilles Tendon Lengthening and Gastrocnemius Recession in Total Ankle Arthroplasty: A Comparative Cohort Study." Foot Ankle Int, 2022 Dec;43(12):1622-1630. PMID: 36342048.
- 41. Johnson L, Buck E, , Anastasio A, Abar B, Fletcher A, Adams S. "The Efficacy of Platelet-Rich Plasma in Osseous Foot and Ankle Pathology: A Review." Regen Med 2023 Jan;18(1):73-84. PMID: 36382473.
- 42. Madi N, Chopra A, Fletcher A, Mithani S, Parekh S. "3D Printed Total Talus Replacement after Free Vascularized Medial Femoral Condyle Osteocutaneous Flap for Avascular Necrosis of the Talus Leads to Poor Clinical Outcomes: A Case Series." Foot Ankle Spec. Foot Ankle Spec. 2022 Dec 8;19386400221138640. PMID: 36482676.
- 43. Fletcher A, Johnson L, Nunley J. "Response to Letter Regarding: Tibiotalar Motion following Achilles Tendon Lengthening and Gastrocnemius Recession in Total Ankle Arthroplasty: A Comparative Cohort Study." Foot Ankle Int. 2023 March Mar;44(3):257-258. PMID: 36905300.
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- 45. Chopra, A, Anastasio A, Fletcher A, Tabarestain T, Sharma A, Parekh S. "Short-Term Outcomes of Jones Specific Implant vs. Intramedullary Screw and Plate Fixation for Proximal Fifth Metatarsal Fractures." J Foot Ankle Surg. 2023 May 19;S1067-2516(23)00121-7. doi: 10.1053/j.jfas.2023.05.005. PMID: 37211269.
- 46. Chopra A, Fletcher A, Madi N, Parekh S. "Revision Surgery After Failed Index Synthetic Cartilage Implant Resurfacing for Hallux Rigidus: Single-Surgeon 5-Year Experience." Foot Ankle Spec. 2023 Feb



- 2:19386400221147773. doi: 10.1177/19386400221147773. PMID: 25046131.
- 47. Madi N, Braunstein J, Fletcher A, Doumat G, Preakh S. "Early Outcomes of Third Generation Minimally Invasive Chevron/Akin (MICA) Osteotomy for Symptomatic Hallux Valgus Deformity." Foot Ankle Spec. 2023 May 26;19386400231174814. doi: 10.1177/19386400231174814. PMID: 37243379.
- 48. Sharma A, Fletcher A, Shah J, Akoh C, Parekh S. "The Effect of Thursday Night Football on Injuries in the National Football League." Journal of Orthopedics and Sports Medicine. 5 (2023): 304 310.
- 49. Fletcher A, Campbell J, Maloney P, Cerrato R, Jeng C. "The Effect of Tibiotalar Joint Line Level Alterations on Tibiotalar Range of Motion Following Total Ankle Arthroplasty." Foot Ankle Int. Accepted Aug 2023.
- 50. Anastasio A, Chopra A, Madi N, Tabarestani T, Fletcher A, Parekh S. "Polyvinyl Alcohol Hydrogel Hemiarthroplasty of First Metatarsophalangeal Joint Hallux Rigidus: Single Surgeon 5-Year Experience." Foot Ankle Int, Submitted Sept 2022.
- 51. Saltzman E, French R, Fletcher A, Richard M, Ruch D. "Highway to the (Elbow) Danger Zone: A Magnetic Resonance Imaging Study of the Relationship between the Coronoid and Neurovascular Structure." Journal of Shoulder and Elbow Surgery, Submitted January 2023.
- 52. Fletcher A, Johnson L, Easley M, Nunley J, Conti M, Cody E. "Comparison of Radiographic and Clinical Outcomes and Complications of the Lapiplasty System to the Modified Lapidus Procedure." Foot Ankle Int. Submitted January 2023.

#### **Book Chapters:**

- 1. Fletcher A, Day J, Johnson H, Schipper O. "Percutaneous Management of Bunionette Deformity and Fifth Metatarsalgia." Operative Techniques in Foot and Ankle Surgery, 3rd Edition. Lippincott Williams & Wilkins. Oct 12, 2021. ISBN: 978-1975172114.
- 2. Day J, Fletcher A, Johnson H, Schipper O. "Percutaneous Letter Toe Correction." Operative Techniques in Foot and Ankle Surgery, 3rd Edition. Lippincott Williams & Wilkins. Oct 12, 2021. ISBN: 978-1975172114.
- 3. Fletcher A, Younger A. "Percutaneous First Tarsal Metatarsal Arthrodesis (Lapidus)." Operative Techniques in Foot and Ankle Surgery, 3rd Edition. Lippincott Williams & Wilkins. Oct 12, 2021. ISBN: 978-1975172114.



- 4. Fletcher A, Cheah J, Noh S, Mather R. "Chapter 9: Proximal Hamstring Injuries." Clinics in Sports Medicine: Athletic Injuries of the Hip. Elsevier. Apr 2020. ISBN: 978-0-323-77842-8.
- Fletcher A, Johnson H. "Biological Adjuvants for Foot and Ankle Conditions"
   Operative Techniques in Sports Medicine, The Athlete's Foot and Ankle.
   Elsevier. Volume 29, Issue 3 (Suppl 4): 150851. Sept 2021, ISSN 1060-1872.
- 6. Maji N, Fletcher A, Easley M. "Double and Triple Tarsal Fusions in the Severe Rigid Flatfoot Deformity." Foot and Ankle Clinics of North America Managing Challenging Deformities with Arthrodesis of the Foot and Ankle. Elsevier. 27(4):805-818. Nov 20, 2022. ISBN: 978-0323849463.
- 7. Fletcher A, Madi N, Adams S. "Medial column fusion with custom navicular spacer." Clinical Applications of 3D Printing in Foot and Ankle Surgery, First Edition. Elsevier. Apr 21, 2023. ISBN: 978-0323825658.
- Madi J, Fletcher A, Adams S. "Osseous deficits of the tibia." Clinical Applications of 3D Printing in Foot and Ankle Surgery, 1st Edition. Elsevier. Apr 21, 2023. ISBN: 978-0323825658.
- Anastasio A, Fletcher A, Amendola A. "Anatomy and pathology of the Achilles tendon: Tendinosis, tendinitis, or tendinopathy, which is it?" The Achilles Tendon, 2nd edition. Springer Nature. Submitted May 2021.
- 10. Fletcher A. Adams S. "Ruptures of the medial gastrocnemius tendon (tennis leg)." The Achilles Tendon, 2nd edition. Springer Nature. Submitted May 2021.
- 11. Fletcher A, Anastasio A, Nunley J. "Operative management of insertional Achilles tendinopathy." The Achilles Tendon, 2nd edition. Springer Nature. Submitted May 2021.
- 12. Pereira G, Balu A, Flamant E, Fletcher A, Kurkowski S, Ruch D. "Elbow stiffness" Orthopaedics and Trauma. Springer Nature. Submitted Sept 2021.
- 13. Anastasio A, Fletcher A, Parekh S. "Total talus replacement" Master Techniques in Orthopaedic Surgery: The Foot and Ankle, Fourth Edition. Lippincott Williams & Wilkins. Submitted Jan 2022.
- 14. Fletcher A. "Bilateral Ankle Replacement." Foot and Ankle Clinics, Updates on Total Ankle Replacement. Elsevier. Submitted March 2023.
- Patel V, Fletcher A, Cerrato R. "Chp 3: Lapidus." Complications in
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