

From the Office of
Dr. Christopher S. Ahmad

 ColumbiaDoctors | *Orthopedics*

Volume 1, Number 1

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Informative Links

Dr. Ahmad's Website
Keep up to date with Dr. Ahmad's research and any new happenings from our team and new patient stories.

Baseball Health Network
Visit Baseball Health Network to get more baseball-oriented advice from Leaders in the Baseball World...including Dr. Ahmad!

Purchase Skill By Dr. Ahmad
Dr. Ahmad is the author of this easy-to-read page turner that will help anyone harness that skill they want to master.

MLB's Pitch Smart Initiative
Dr. Ahmad sits on the advisory committee along with other physicians of the MLB. This website offers great information for the young pitcher and their family.

Crutches-4-Kids
Have old or used crutches at home? Donate them to Crutches-4-Kids.

Contact Us

Dr. Ahmad's Office

(212) 305-5561

Surgical Scheduling

(212) 305-0622 – Ask for Jessie!

Meet *Team Ahmad* of the renowned Columbia University Medical Center's Orthopaedic Department

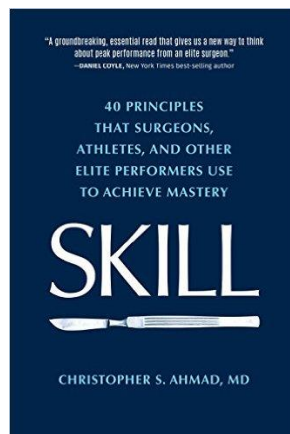
In this section of our first few Newsletters, we will introduce you to a different member of our team. We each have different backgrounds which makes us unique to our profession and our team. This first



Newsletter will introduce you to the man who *Team Ahmad* is named for: Dr. Christopher S. Ahmad. Dr. Ahmad is a specialist in the area of the shoulder, elbow, and knee. He specializes in athletic knee injuries such as ACL reconstructions, meniscus tears, and cartilage injuries; rotator cuff pathology, instability and labral tears of the shoulder; epicondylitis, muscle tears, and Ulnar Collateral Ligament reconstructions (Tommy John Surgery) of the elbow. Additionally, Dr.

Ahmad specializes in advanced arthroscopic surgical techniques of each of these joints. Dr. Ahmad is the Head Team Physician for the New York Yankees and is a member of the Major League Baseball Team Physicians' Association. He also serves as Head Team Physician to the New York City Football Club (NYCFC) and the Rockland Boulders of the CANAM league while serving as a consultant to many local high schools, colleges, swim teams, and gymnastics team. Furthermore, the FC Westchester Soccer Academy is proud to call Dr. Ahmad their official medical provider. You can read more about Dr. Ahmad [here](#).

What to expect from us in our Newsletter.



Welcome to our Newsletter! This forum is intended to keep our patients as up-to-date as we are in the medical field.

As you meet our Team, you'll get to witness our different styles of writing as well. Each publication will be authored by a member of our team to fill you in on the vast processes of being a patient. For example, one issue Dr. Ahmad might take you on an in-depth tour of an Ulnar Collateral Ligament Reconstruction surgery, which is more commonly known as Tommy John Surgery. In another newsletter Jessie and Max might take you through the process of scheduling surgery.

We see patients in Midtown,
Fort Washington Avenue,
Tarrytown, and Englewood.



As you can see, our team is well rounded while encompassing different aspects of orthopaedic medicine and unlike other offices, we bring a multi-faceted team in to educate and care for our patients. Every member of our team brings a unique talent to the table with one common goal - provide you, the patient, the very best care you can possibly get. We strive to bring you the best experience whether you are in need of an office visit to get your aching shoulder checked out, coming in for a follow-up, or want an expert surgeon's opinion.

Another aspect we would like to bring to this newsletter is to highlight our patients. After all, **you** are all the reason we enjoy what we do on a daily basis. We would love to share your story if you'll allow us to. Each month we will highlight new patients and crown an "Athlete of the Month". You don't have to be a Yankee or NYCFC star to earn this title. We love hearing and passing on the stories of our patients while sharing in their successes. If you were able to hold your grandchild after a rotator cuff repair or if you threw 5 scoreless innings in your last outing after Tommy John surgery, we want to hear about it!

If you have any feedback, whether it is regarding this newsletter or any patient-oriented experience, please let us know so we can get better at helping **you**.

More importantly, we are here to help you have a wonderful patient experience. We want all of our patients to receive VIP treatment. If you have not been getting the care (from any members of our team or other staff) you feel you deserve, we are all ears. We want to make sure that we're the team to help you get back to where you want to be!

Looking ahead...



In the subsequent newsletters, we are going to try to have an excerpt regarding the major joints Dr. Ahmad operates on (shoulder, elbow, and knee). Our team of experts will dive deeper into educating our patients on the surgery you had or will be having. If your surgery is not discussed in this issue, don't panic - we'll surely cover it!

We may even bring in experts from the sporting world as well. Pitching, hitting, wrestling, football, swimming, soccer, and any other coach you can think of will offer pearls of wisdom or even some food-for-thought on those hot or controversial topics. This may be in the form of a Q and A session with a member of Team Ahmad or maybe even on Social Media.

If you haven't had the chance yet, go visit the websites listed above under the *Informative Links* tab on the left-hand side. They offer a lot of information that we may not have covered in the newsletter.

We would like to thank you for allowing us the opportunity to participate in your health care! We look forward to providing the same care for you and your loved ones.

We'll see you in the office!

Team Ahmad