

## From the Office of Dr. Christopher S. Ahmad

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### Favorite 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.**

#### Road to Recovery

**Read Dr. Ahmad patient and NYU baseball player Marshall Kramsky's story!**

#### New Roles

**Read about Dr. Ahmad patient and Tottenville softball player Jamie Holmes' story!**

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

Frank Alexander, MS, ATC serves as our [athletic trainer](#) and physician extender. Frank joined *Team Ahmad* in the summer of 2015 already having a well-established background in Sports Medicine. He is responsible for history taking, evaluation of throwing athletes, patient education, and post-operative care and instruction such as removing sutures and seeing patients in the recovery room. Frank earned his Bachelor's degree in Athletic Training from Dominican College and a Master's degree in Kinesiology from AT Still University. Prior to joining Dr. Ahmad's team, he has worked as an athletic trainer at the high school and collegiate levels as well as with Major League baseball players and Olympians. An athlete himself, Frank played baseball and football in high school and continued his baseball career in college. Once he finished his competitive career and knowing he wanted to stay around sports, athletic training and sports medicine held the key to that door. Frank is an expert in patient education for all our patients and can answer any and all questions you may have at any stage of your care whether it is non-operative or operative. A native New Yorker, Frank lives in Rockland County with his wife Kelly and their dog, Louie.



*Dr. Ahmad on Frank:* "Frank joined our team and made an impact almost immediately. His knowledge of athletic and non-athletic injuries has made him an asset to our team."

## HAPPY 4<sup>TH</sup> OF JULY!

Team Ahmad would like to wish you and your families a safe and Happy 4<sup>th</sup> of July! Please remember that our office will be closed on Monday July 4<sup>th</sup> and will re-open on Tuesday July 5<sup>th</sup>.

## Contact Us

### Dr. Ahmad's Office

(212) 305-5561

### Surgical Scheduling

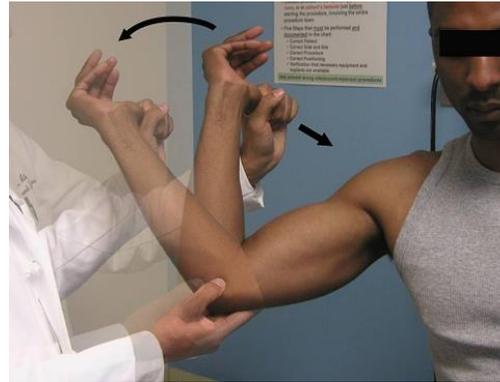
(212) 305-0622 – Ask for  
Jessie!

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



## Dr. Ahmad's Tips on Performing an Elbow Exam

Being able to perform a good elbow exam is critical when you are dealing with a throwing athlete. The information gathered in the history and exam is critical especially if an athlete's season is on the line. Dr. Ahmad offers a few helpful tips for athletic trainers and physical therapists that may be performing the evaluation.



- When performing a moving valgus stress test, be sure the athlete can give you a good idea as to where their pain is located. Make sure they can differentiate pain along the UCL and its attachment sites: the sublime tubercle and medial epicondyle, and the flexor pronator muscle mass. Frequently, athletes will feel pain in the flexor pronator mass and immediately conclude that they have injured their UCL.
- Be mindful of the athlete that cannot appropriately describe if they are feeling pain or if they are just sore from a grueling workout.
- Make sure to evaluate the ulnar and radial nerves! Testing finger abduction and grip strength is a good indicator of nerve involvement. Many throwing athletes also have an ulnar nerve that has a tendency to sublux and should be evaluated.

## Patient-Center Care and Informed Decision Making

You hear it constantly in many facets of life: people making informed decisions. What does it mean when it comes to you and your healthcare? Informed decision making is *shared* decision making. Shared decision making is where the physician takes into account the current evidence while considering the patient's values, desires, and preferences. In our case, Team Ahmad will counsel you in making your decision. If you have a torn rotator cuff you may have the option of surgery but there are non-operative



treatments as well. Same goes if you have a sprained UCL, torn meniscus or any other ailment that brings you to our office. Keep in mind that when surgery is recommended for you, you have the option of deciding on non-operative treatment and surgery will always be made available to you. However, even though patients may have a similar injury, the treatment and results are not necessarily the same.



Through the informed/shared decision making process, we will review any imaging you have and guide you towards the decision we feel is best for you. Our team of experts will explore and explain in detail every option with you and give you our opinion on what the best course of treatment would be for you. We strive to keep you informed on every step of the way and pride ourselves on steering you in the direction you want to go.

Patient-centered care is exactly what it sounds like: care that is focused on *you*. We give you the information needed to make a decision based on what you would like to achieve. If you want to return to sports, then *Team Ahmad* will do all it can to get you back to the top of your game. If you want to be able to hold your child or grandchild again, you can rest assured we will be there every step of the way with you! Our main focus is helping patients get where they want to be throughout the entire process. We don't want you to feel shy or think you are asking too many questions because the more we all know, the better we can help you!

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## Dr. Ahmad's Patients Featured in the News

Dr. Ahmad patients Jamie Holmes and Marshall Kramsky have been featured in the news!



Jamie Holmes

(Photo Credit: Staten Island Advance/Hilton Flores)

Jamie is a standout softball player who recently graduated from Tottenville High School and is bound for The College of Staten Island (CSI). Jamie made it back for part of her senior year at Tottenville but she's kept her recovery geared towards her upcoming freshman year at CSI. You can [read more](#) about Jamie's recovery and new roles as a catcher on her way back from surgery!





Marshall Kramsky

(Photo Credit: Washington Square News/NYU's Independent Student Newspaper)

Marshall Kramsky is a rising star for New York University's (NYU) baseball team as a pitcher. Marshall missed the 2016 season due to his injury but he's on the way back to the mound! In [this great piece](#), you get a front row seat to view the dedication and passion collegiate-athletes have in returning to the field.

Team Ahmad wishes both Jamie and Marshall nothing but continued athletic success in their return to the diamond!



## Team Ahmad takes on Pro Volleyball at the AVP Tournament!



Team Ahmad's Frank Alexander recently spent some time covering the AVP Volleyball Tournament in New York City. The tournament was hosted in Tribeca from June 16-19<sup>th</sup> and was one of the last few times to catch the players in action before some head to Rio for the 2016 Olympics. Frank volunteered his time to help take care of athletes at the highest level of

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ahmad@cumc.columbia.edu



competition in Beach Volleyball that included 3-time Olympic Gold Medalist Kerri Walsh-Jennings and fellow Olympians April Ross, Phil Dalhausser, and Nick Lucena.

Frank on his time spent at the tournament: "Being able to work with Olympians and professional volleyball players was really something special. The level of play was fascinating and

these athletes are extremely dedicated to their craft. I'll definitely head back next summer when the AVP returns."

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## Don't Forget! Catch Dr. Ahmad *live* at the American Orthopaedic Society for Sports Medicine (AOSSM) Meeting

The 2016 AOSSM Meeting takes place next week! Dr. Ahmad will be discussing the Adolescent Elbow with other elite surgeons. The panel discussion will be broadcast for all to see live on Periscope! This highly-anticipated discussion is set to take place on Thursday July 7<sup>th</sup> at 12noon and will run roughly a half hour. You can log in or download Periscope to view the discussion live or if you miss it you can always follow the AOSSM on Periscope to view it at a later time. You can also follow the AOSSM on Twitter and Facebook. This forum is a must-watch for any youth athlete, their parents, and healthcare professional!