

## 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.*

#### Crutches 4 Kids

*Crutches 4 Kids is a non-profit organization that collects and distributes crutches to underserved communities worldwide.*

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



Max Celestin joined *Team Ahmad* in August 2015, serving as Dr. Ahmad's Appointment Scheduler Financial Supervisor. He has been a part of the Columbia Orthopedic facility for over a year. Max is a graduate of Long Island University Brooklyn Campus with a Bachelor's degree in Health Sciences. Not only is Max working full-time with his colleagues on *Team Ahmad*, he is also a full time graduate student. He is currently pursuing his Master's degree in Public Administration while concentrating in Healthcare Administration with a certificate in Gerontology. Max's role on *Team Ahmad* is a critical one where he breaks down Insurance Companies' jargon and explains the process for our

out-of-network patients. Not only does he put patients first, Max spends as much time with each patient to ensure they are comfortable with the process of scheduling an office visit or even surgery.

Max developed an interest in the administration field after clinical rotations where he served as a Respiratory Care student. During these rotations, he met several hospital administrators from various departments. After leaving the Respiratory Care program, Max decided to volunteer in several hospitals and began his career as an Executive Administration Assistant at the Morgan Stanley Health Center.

Aside from work, Max holds bi-weekly meetings for the organization he founded, the Public Administration Society, with two colleagues. He sits on the executive board as the Vice President. Always finding a way to give back to the community, Max and his organization participate in both community and volunteer services which include breast cancer walks, the National Alliance of Mental Illness Walk, Ronald McDonald Foundation, Project Playground, and many more.

*Dr. Ahmad on Max:* "Max is not only an asset to our team, but to our patients as well! The addition of Max to our team was a win not only for

us but for our patients too as he deals directly with insurances, relieving a great amount of stress that was put on our patients.”

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## Athletic Trainer Round Table Discussion

In our last newsletter, we briefly touched on what athletic trainers should have in their kits. This month, we've gathered elite athletic trainers to have a Round Table Discussion about tools they use, past experiences, how they take care of their athletes, and the best advice a mentor has ever given them. Team Ahmad's Athletic Trainer, Frank Alexander, lead the panel of experts which included: Todd Hirsch, MS, ATC from Governor Livingston (NJ) High School, Phil Ryder, MPH, ATC from Pace (NY) University, and New York Yankees Head Athletic Trainer Steve Donohue, ATC.

### 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.*

**Frank (FA):** What made you want to become an Athletic Trainer (AT)?

**Phil Ryder (PR):** I was looking for a number of things when choosing my profession. I knew I wanted to be involved with sports, the medical field, and not have to wear a suit and sit behind a desk for 40 hours a week!

**Todd Hirsch (TH):** Like many others, I was exposed to the profession by being injured quite a bit in high school. While I never really thought of entering this type of career at that time, things changed for me in college. A course in human physiology really peaked my interest. When I was visiting the Athletic Training room during my observation hours for a Care and Prevention course, I fell in love with Athletic Training.

**Steve Donohue (SD):** In high school I loved sports. In our sophomore year, our guidance counselors started having us do projects to try and determine what field of study we wanted to pursue in college. I realized I would never be a professional athlete but was very interested in how teams took care of their players and got them back on the field when they got hurt. That led me to volunteering at the physical therapy department at my local hospital. From there, I wrote a letter to the Jets' Head Athletic Trainer, Jeff Snedeker, who invited me to visit him at the Jets' training camp. I continued to visit him and eventually I had a summer job interning with the Jets' ATs. I guess that's the long version of saying I wanted to become an AT to help players stay healthy through prevention, treatment, and rehabilitation of their injuries.



(Phil Ryder, right, and Barry Moriarty from Pace tend to a down athlete)



**FA:** What do you think is an AT's most important tool?

**SD:** I think the most important tool an AT has is their communication skills. The importance of communication cannot be overstated – between you and your athlete, as well as with your team doctor, coaches, administrators, in the school settings the parents of your athletes, is imperative. Being able to communicate and help everyone understand the “What’s” and “Why’s” of what we do can go a long way in getting better compliance from athletes and assistance from their parents. In our setting, we are all over the country and work with the medical staffs from other teams on a daily basis so we work with their doctors, ATs, and other specialists for our needs while traveling. The same goes for visiting teams when they come to New York – they use our staff so communication is of the utmost importance.

**PR:** Personality, being able to build a strong working relationship with the people you work with is the biggest thing; whether it is the athletes, coaches, or support staff. A great quote I like to reference in regards to building that relationship is: “If you don’t let your athletes get to know you, they will not like you; if they don’t like you then they will not trust you.”

**TH:** Their brain. Being able to think critically and apply knowledge properly to each situation as it presents is so important. Being able to adjust on the fly based on what you see happening in front of you is the key to success.

**FA:** Steve, 162 games is a long season, and that doesn’t include Spring Training or the post-season. How do you keep your guys healthy throughout the season?

**SD:** We play 162 games during the championship season and another 30 in Spring Training. If everything works right, we can play another 20 or so in the post season – so that’s a total of roughly 212 games. That is a lot of baseball. The professional season is a marathon for sure, not a sprint. We work at making sure we do everything possible to help players recover and get adequate rest. We look at nutrition, sleep, hydration, workload and anything else to help our players recover from the daily grind of playing. We have a strength and conditioning staff that work at keeping our players in peak condition. Not only do we play every day, our players are doing this for years. Some of our players are in their late 30’s or 40 years old, so rest and recovery are key.

**FA:** Phil, you get to work with your athletes in both the AT setting as well as the strength and conditioning setting. How does that allow you to take the care of your athletes to the next level?

**PR:** My work as a strength and conditioning coach helps me in the prevention of athletic injuries. As an AT I get to see what common injuries are occurring on a team and develop a conditioning program to reduce the incident rates of these injuries. It is important when designing a strength and conditioning program that performance enhancement is not the only goal. By correcting muscle imbalances and recruiting stabilizing muscles, it will help to keep athletes on the field and performing their best.

**FA:** Todd, you’ve mentored a great number of students that have gone into the AT field. What characteristics do these students have that can help them succeed in Athletic Training?

**TH:** So much has changed in both AT education and the students that pursue it. I give the same advice to every student: “Work harder than everyone else.” Those that are willing to do so are the ones that succeed.



(Steve Donohue, right, and Dr. Ahmad treat Chase Headley [12].)

**FA:** What is the best advice a mentor gave you?

**TH:** I don't know if there is one specific piece of advice, however what I did get from multiple mentors was work ethic. I was taught to do the job and do it well. It won't always be easy, but it still needs to get done. If you're unhappy with the way things are, do something to change it.

**PR:** "Use and trust your network." I have had the benefit of being able to work with many great ATs, coaches, strength coaches, orthopedists, and other doctors. Being able to ask them for advice, recommendations, and reaching out to them to get second opinions is critical for our work. This helps ensure the best treatment for the athlete but also helps in your own personal growth and development.

**SD:** Long time Yankees Head Athletic Trainer Gene Monahan used to say "You have 2 ears and only one mouth – listen twice as much as you speak." We have to listen to our athletes. We learn a lot from listening to our players – such as medical history or history of a certain injury. Yogi used to say "It was impossible to get a conversation going, everyone was talking too much." Just listen.



To find out more about Athletic Trainers visit the [National Athletic Trainers' Association website](#) and the [NATA's public outreach site](#). If you're in the office and want to find out more about ATs and what they can do, just ask Team Ahmad's athletic training expert, Frank!

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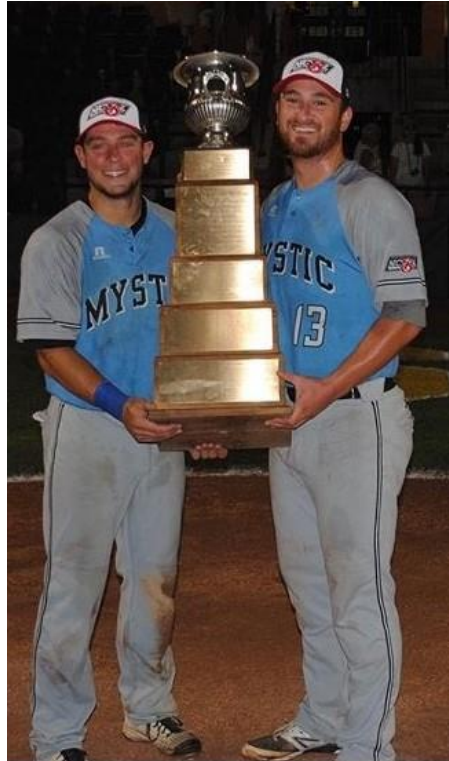
## Dr. Ahmad to give talk on ACL Injuries

Dr. Ahmad will lead a group of expert physicians from Columbia Orthopedics in a Soccer Medicine Symposium. The event is October 6, 2016 from 7 to 9pm at The SUNY Global Center located on East 55<sup>th</sup> Street. Dr. Ahmad's talk will cover *ACL Injuries: Current Concepts and Prevention for the Soccer Athlete*. The program is open for all athletes, parents, coaches and healthcare professionals. For Athletic Trainers, 2 CEUs are available.

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## Team Ahmad Patient Excels on Baseball Field

Congratulations to Danny Marsh and his summer team, the Mystic Schooners, for winning the New England Collegiate Baseball League (NECBL) summer league this past August! Danny is a pitcher for the Wagner College (Staten Island) Seahawks. He underwent a UCL Reconstruction with Dr. Ahmad in April of 2015 and was able to help his summer team win a championship. After having Tommy John surgery, Danny worked tirelessly throughout his rehab to get back to the mound and his hard work and dedication paid off this summer.



Danny on his summer success: "I was pitching out of the bullpen and hit 93 MPH – the hardest I have ever thrown. More importantly, I had no elbow pain. None of that would be possible without the help of Team Ahmad and I cannot thank them enough!"

Team Ahmad congratulates Danny and his NECBL teammates on this amazing accomplishment and also wishes Danny all the best during his upcoming senior year at Wagner College!

(Danny Marsh, right, and a teammate after the Championship Game/Photo courtesy of Danny Marsh)

If you and your teammates have shared a success similar to Danny, [email Team Ahmad](#) so we can share your story!

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## Dr. Ahmad to be honored by Crutches 4 Kids!

On October 25<sup>th</sup>, Crutches 4 Kids (C4K) will be hosting its inaugural fundraising event. The event is called *50 Million Reasons*, and for good reason! The title of the event highlights the fact that there are approximately 50 million children in the world in need of mobility devices. At this esteemed event, Dr. Christopher Ahmad is being honored for the tremendous difference he has made in the lives of countless



children! C4K is thrilled to be honoring Dr. Ahmad at their event.

*50 Million Reasons* is being held on Tuesday, October 25<sup>th</sup> from 6pm to 9pm at the Civic Hall located at 156 5<sup>th</sup> Avenue in Manhattan. Please [click here](#) if you would like to attend the event. If you are unable to attend but would like to make a donation, please do so [here](#). To read more about C4K and their cause, visit their website located above in our *Favorite Links* tab in the left hand column!

To unsubscribe to our Newsletter  
email: Ortho-  
ahmad@cumc.columbia.edu

**CRUTCHES4KIDS**  
www.crutches4kids.org