

From the Office of Dr. Christopher S. Ahmad

 ColumbiaDoctors | *Orthopedics*

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Baseball Health Network

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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.



Happy Holidays, from Our Team to Yours! We hope you and your loved ones enjoy the holiday season!

Running Options for Winter

By Fiona Nugent, RN, FNP-BC

A common dilemma for runners is if, and when, to decide to run indoors in an effort to avoid the frigid temperatures. On one hand indoor running is comfortable, safe, and treadmills allow the ability to vary speed. On the other hand, it can be argued that alternative types of training do not offer wind resistance and varied terrain. With winter quickly approaching, let's explore a runner's options during the winter months.

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.***

- **Treadmills-** Treadmills are great for convenience and comfort. Every gym has one, and they allow you to run without experiencing the cold. Additionally, there is the ability to adjust speed settings, which allows for tempo running when the track isn't available. However, they do tend to have more impact forces through the knee joint, and a stagnant scenery throughout the workout can become boring. Woodway Treadmills are the newest treadmill technology which have a slatted system that decreases joint impact, albeit they come with a big price tag.
- **Alter G –** The Alter G is an anti-gravity treadmill which is particularly useful for rehabbing athletes. It is great for injured runners, allowing them to run hard without putting themselves at risk for further injury. Finding access to an Alter G can be challenging; they are usually in physical therapy offices or elite performance centers.



- **Indoor Track Running-** Running on an indoor track is great for getting in speed and tempo workouts during the winter; however, access to track space is limited and renting lanes can become expensive and crowded. Running a high mileage on Mondo track surfaces is not recommended due to an increased rate of injury, in addition to it making for a boring workout.
- **Cross train-** Cross training is a great way to decrease a runner's risk of overuse injury and allows athletes to change up their typical running routine. Activities such as yoga, cycling, fitness classes, swimming, and aqua jogging allow exercising of muscles that are not heavily utilized when running. While cross training is great for strength and flexibility, there is no guarantee that it will improve your personal best. There is no real substitute for improving your running than by running!
- **Outdoor running-** Training outdoors is great for those who can tolerate the cold. In the cold temperatures, muscles can become tight, so it is important to engage in a proper warm up and dress appropriately. When there is snow and ice, be sure to watch conditions on the roads and sidewalks and slow the pace down to avoid slipping.

No matter what training style runners partake in this winter, remember that safety is always priority. If a runner chooses to run outdoors, do not forget to change your clothes and warm up as soon as the run ends! For

safety purposes, wear high visibility clothing in conditions that do not allow for optimal visibility. Happy running!

What You Should Know: Platelet-Rich-Plasma (PRP) Injections

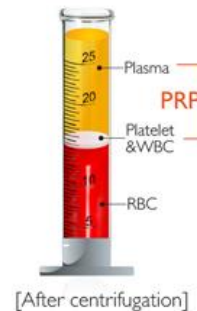
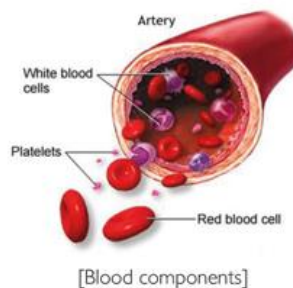
By Julianna Kaplan, BSN, RN

You may have heard about PRP (Platelet-Rich-Plasma) injections being used to treat sports injuries in the media. After all, athletes such as Masahiro Tanaka and Steph Curry have had success rehabbing from injuries with the help of PRP therapy.



What is PRP?

PRP is a treatment used to treat various sports injuries without surgery. PRP involves an injection of the patient's own blood into various tendons, muscles, ligaments, or joints and is used to promote natural healing. PRP is plasma with a high concentration of platelets which contain growth factors that can aid in injury healing. The goals of PRP injections are to aid the body to naturally heal an injured area, to shorten the rehabilitation time of an injury, and to possibly avoid surgery or other interventions.



How does it work?

PRP injections are performed in the office using a sterile technique. A small sample of blood is drawn from the patient and spun in a centrifuge machine. The centrifuge separates the platelets from the rest of the blood. The platelets are then injected into the injured area. Dr. Ahmad may recommend a single injection or a series of injections depending on the injury. After the injection patients may experience temporary soreness or discomfort which is normal. Most patients participate in a course of physical therapy following the injections.



(Dr. Ahmad performs a PRP injection at Yankee Stadium)

Who should consider PRP?

Dr. Ahmad uses PRP injections to treat a variety of injuries. These include: ligament sprains (UCL of the elbow, MCL of the knee), epicondylitis of the elbow, muscle strains (calf, quadriceps, hamstring), and arthritis of the knee, among others. PRP treatment is highly specialized and individualized. Based on an examination Dr. Ahmad can determine if PRP is an appropriate treatment option and the team will make a plan with each patient based on their injury and management needs.

Does it work?

PRP is a newer treatment and the success rates are still being studied. Depending on the severity of the injury, success rates vary but a number of studies suggest rates of 80-85%! PRP can be beneficial for many patients with a small risk of complications. As with any injection there is a very small risk of infection, tissue damage in the area, or pain at the injection site. If you think you may be a candidate for PRP therapy, or would like to find out if you can get better with PRP, please contact our office.



Seasonal Timing for Baseball Players

By Frank Alexander, MS, ATC



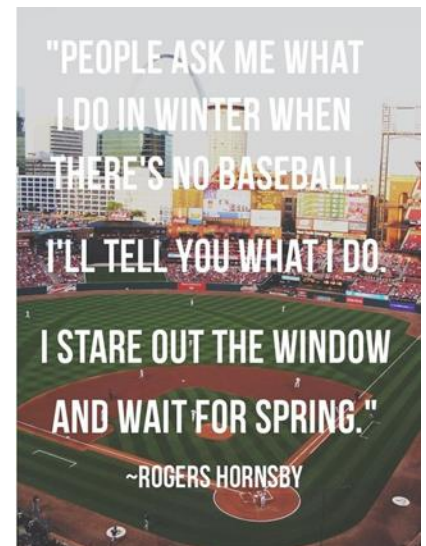
With the winter season approaching, many baseball players take this time to ready themselves for the upcoming season. While strength and conditioning training and a throwing program are essential to improve skills, a period of rest is imperative. This down time gives the athlete's body the recovery

time it desires and can even help with achy and sore muscles. A period of rest can vary depending upon the athlete's level of competition or how prone to injury they may be. For example, an athlete coming off of a shoulder injury or surgery may want a longer period of rest in the off-season. However, an athlete that made it through the previous season healthy may want to shorten their rest. Again, these time frames are dependent on skill levels and individual health.

As the holidays rapidly approach, this is an optimal time for athletes to take their break from training and throwing. High school athletes may want to take month or so off since their season typically does not start until late February or early March. Conversely, collegiate athletes may want to take a few weeks off since their season starts not long after the New Year arrives. Once you resume your throwing program, start with a simple flat-ground throwing program. Be sure not to confuse flat-ground throwing with flat-ground pitching! Having access to a well-versed pitching coach can greatly help achieve optimal throwing after a period of rest.

When it comes to strength and conditioning, make sure your core, legs, and shoulder are strong enough to take you through the spring season and into the summer and fall. Many athletes are specializing in a single sport at an alarmingly young age and maintenance programs are often neglected, leading to younger athletes needing career-altering surgeries such as Tommy John. Upon resuming a conditioning program, be sure to include the Thrower's 10 exercises on a regular basis!

Off-season training is great for athletes of all ages and skill levels. Having access to well-versed coaches, such as pitching and strength-and-conditioning coaches, can help an athlete achieve longevity in their career. Additionally, periods of rest built into a training regimen can do the body some good and allow aches and soreness time to resolve. While some of your teammates may be training every day without a break, remember that a few weeks off now can save your career down the road!



Crutches-4-Kids highlighted in New York Times

The time between Thanksgiving and the New Year is when most people donate to their favorite charities. The New York Times wrote a piece on the giving-season and mention one of Team Ahmad's favorite charities: Crutches-4-Kids. You can read the NYT article [here](#)!

C4K takes used ambulatory devices, such as crutches and walkers, and delivers them to areas in the world that need them most. The [video](#) on Crutches-4-Kids website shows exactly how your crutches can be used for

kids in need - rather than taking up space in your garage or attic! You can visit C4K's website under our Favorite Links section on the left hand column.



Dr. Ahmad leads Expert Panelists at MLB Game Changing Concepts Conference

On November 3rd and 4th Dr. Ahmad participated in the 1st Annual Baseball Sports Medicine: Game Changing Concepts Conference. The conference was held at Major League Baseball's Office of the Commissioner in midtown Manhattan. This revolutionary course was co-directed by Dr. Ahmad and Dr. Anthony Romeo of the Chicago White Sox. The course was attended by sports medicine physicians, athletic trainers, physical therapists, coaches, and nurses from across the country and Major League Baseball. The two-day conference was highlighted by cutting-edge education and focused on management and prevention of injuries to the baseball athlete.



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