

DIVISION OF PEDIATRIC ORTHOPAEDIC SURGERY OUR TEAM

CHRISTOPHER S. AHMAD, MD



Dr. Christopher S. Ahmad is an Associate Professor of Clinical Orthopaedic Surgery at the Columbia University College of Physicians and Surgeons and an Associate Attending Orthopaedic Surgeon at the NewYork-Presbyterian Hospital/Columbia University Medical Center. He completed his orthopaedic surgery residency training at New York Orthopaedic Hospital of NewYork-Presbyterian/Columbia in 2000. In 2001, Dr. Ahmad completed a fellowship in sports medicine, which included physician team coverage for many professional teams and universities, at the Kerlan-Jobe Orthopedic Clinic.

Dr. Ahmad is the Head Team Physician for the New York Yankees and a member of the Major League Baseball Team Physicians Association. He is also the Head Team Physician for The City College of New York, local high schools, and serves as consultant to local metropolitan gymnastics and swim teams.

Dr. Ahmad serves as the Chief of Adolescent and Pediatric Sports Medicine and as the Director of Biomechanics Research at the Center for Orthopaedic Research. He has authored more than 100 articles and book chapters related to shoulder, elbow and sports medicine and has given greater than 100 lectures nationally, and internationally. He is the author of the textbook *Minimally Invasive Shoulder and Elbow Surgery*. He has ongoing research in the areas of biomechanics of the elbow, ACL injury prevention and screening, and surgical techniques for rotator cuff repair.

Dr. Ahmad specializes in shoulder instability and labral tears, rotator cuff pathology, ACL injuries, Tommy John surgery, and advanced arthroscopic surgical techniques for sports related injuries of the knee, shoulder and elbow. Dr. Ahmad has received many awards for outstanding research in the field of sports medicine.

CLINICAL INTERESTS

- Shoulder and Elbow Injuries
- Fractures
- Sports Injuries
- Minimally Invasive Surgery

BOARD CERTIFICATIONS

American Board of Orthopaedic Surgery

LICENSURE

California
New York
New Jersey

EDUCATION

Fellowship

2000-2001

Kerlan-Jobe Orthopaedic Clinic
Los Angeles, CA
Orthopaedic Surgery Sports Medicine

1999-2000

Columbia University
New York Orthopaedic Hospital
Administrative Chief Resident Orthopaedic Surgery

1996-1999

Columbia University
New York Orthopaedic Hospital
Orthopaedic Surgery

Internship**1995-1996**

Columbia University
New York Orthopaedic Hospital
General Surgery

Frank E. Stinchfield Orthopaedic Research Fellowship**1994-1995**

Columbia University
Columbia Orthopaedic Research Laboratory

Medical School**1990-1994**

New York University
New York University School of Medicine
M.D

Undergraduate**1986-1990**

Columbia University
School of Engineering and Applied Science
B.S., Mechanical Engineering

CURRENT HOSPITAL AND ACADEMIC APPOINTMENTS

- Associate Professor Orthopaedic Surgery
Columbia University College of Physicians & Surgeons
New York, NY
- Assistant Attending Orthopaedic Surgery
New York-Presbyterian Hospital (Columbia Campus)
New York, NY
- Assistant Attending Orthopaedic Surgery
Palisades Medical Center
- New York-Presbyterian Healthcare System
North Bergen, NJ

PROFESSIONAL ORGANIZATIONS AND SOCIETIES

- American Society for Sports Medicine
- American Academy of Orthopaedic Surgeons

- American College of Sports Medicine
- American Shoulder and Elbow Surgeons

RECENT HONORS

- 2006 Arthroscopy Association of North America Annual Meeting Fellow Poster Award
- 2001 Frank W. Jobe Excellence in Research Award
- 2000 Frank E. Stinchfield Award for Excellence in Orthopaedic Surgery

SELECTED PUBLICATIONS

- Cadet ER, Hsu JW, Levine WN, Bigliani LU, Ahmad CS. The relationship between greater tuberosity osteopenia and the chronicity of rotator cuff tears. *Journal of Shoulder and Elbow Surgery*, Accepted.
- Park MC, Jun BJ, Park CJ, Ahmad CS, ElAttrache NS, Lee TQ. The Biomechanical Effects of Dynamic External Rotation on Rotator Cuff Repair Compared to Testing With the Humerus Fixed. *American Journal of Sports Medicine*, Available ahead of print.
- Levine WN, Bak SF, Kayshap C, Ahmad CS, Blaine TA, Bigliani LU. Natural history of non-operative management of the adhesive capsulitis. *Journal of Shoulder and Elbow Surgery*, 16:e30-31, 2007.
- Dines JS, ElAttrache NS, Smith W, Ahmad CS, Conway JE: Clinical Outcomes of the DANE TJ Technique to Treat Medial Ulnar Collateral Ligament Insufficiency of the Elbow. *American Journal of Sports Medicine*, Accepted.
- Kowalsky MS, Bell JE, Ahmad CS: Arthroscopic Treatment of Subcoracoid Impingement Caused by Lesser Tuberosity Malunion: A Case Report and Review of the Literature. *Journal of Shoulder and Elbow Surgery*, in print.
- Vitale MA, Kleweno CP, Jacir A, Levine WN, Bigliani LU, Ahmad CS: Training Factors Contributing to Proficiency in Shoulder Arthroscopy: A Survey of Members of the American Academy of Orthopaedic Surgeons, *Journal of Bone and Joint Surgery*, 89:1393-8, 2007.
- Ahmad CS, Kleweno C, Jacir A, Bell JE, Gardner TR, Levine WN, Bigliani LU: Biomechanical Performance of Rotator Cuff Repairs with Humeral Rotation: A New Rotator Cuff Repair Failure Model, *American Journal of Sports Medicine*, Submitted.
- Lee YS, Alcid JG, McGarry MH, Ahmad CS, ElAttrache NS, Lee TQ: Effect of posteromedial olecranon resection on joint stability and strain of the medial ulnar collateral ligament in capsuloligamentous cadaveric elbow: A comprehensive biomechanical study, *Journal of Shoulder and Elbow Surgery*, Submitted.
- Cadet E, Ahmad CS: All arthroscopic reduction and fixation of displaced greater tuberosity fracture using suture anchors. *Journal of Shoulder and Elbow Surgery*, 16:e6-e9, 2007.
- Aviles S, Levine WN, Bigliani LU, Ahmad CS: Combined SLAP and Bankart Lesions, *Journal of Shoulder and Elbow Surgery*, Submitted.
- Ahmad CS, Radnay C, Setter K, Levine WN, Bigliani LU: Meta-analysis of total shoulder replacement verses hemi-arthroplasty for shoulder osteoarthritis. *Journal of Shoulder and Elbow Surgery*, 16:396-402, 2007.

- Ahmad CS, DiSipio K, Gardner TR, Levine WN, Bigliani LU: Factors affecting distal migration of the long head of the biceps following tenotomy. *Arthroscopy*, 23:537-41, 2007.
- Park MC, ElAttrache, NS, Tibone JE, Ahmad CS, Jun BJ, Lee TQ: Part II: Biomechanical Assessment for a Footprint-Restoring Transosseous-Equivalent Rotator Cuff Repair Technique Compared to a Double-Row Repair Technique, *Journal of Shoulder and Elbow Surgery*, In print, Available online ahead of print.
- Park MC, ElAttrache, NS, Tibone JE, Ahmad CS, Jun BJ, Lee TQ: Part I: Footprint Contact Characteristics for a Transosseous-Equivalent Rotator Cuff Repair Technique Compared to a Double-Row Technique, *Journal of Shoulder and Elbow Surgery*, In print, Available online ahead of print.
- Ahmad CS, Wing D, Gardner TR, Levine WN, Bigliani LU: Biomechanical evaluation of subscapularis repairs used during total shoulder replacement, *Journal of Shoulder and Elbow Surgery*, 16:s59-64, 2006.
- Park M, Ahmad CS ElAttrache NS, Tibone JE: Trans-osseous equivalent rotator cuff repair technique. *Arthroscopy*, 22:1360e1-e5, 2006.
- Levine WN, Brandon ML, Shubin Stein BE, Gardner TR, Bigliani LU, Ahmad CS: Shoulder Adaptive Changes in Youth Baseball Players. *Journal of Shoulder and Elbow Surgery*, 15:562-566, 2006.
- Levine WN, Soong M, Ahmad CS, Blaine TA, Bigliani LU: Arthroscopic distal clavicle resection: A comparison of direct and bursal approaches. *Arthroscopy*, 22:516-20, 2006.
- Ahmad CS, Heilman N, Clark AM, Schoebe AS, Levine WN: Effect of Gender and Maturity on Quadriceps-Hamstring Strength Ratio and Ligament Laxity. *American Journal of Sports Medicine*, 34:370-374, 2006.
- Shubin Stein BE, Ahmad CS, Bigliani LU, Levine WN: A comparison of MRI findings of the acromioclavicular joint in symptomatic versus asymptomatic patients. *Journal of Shoulder and Elbow Surgery*, 15:56-9, 2006.
- Park M, Cadet E, Levine, WN, Bigliani LU, Ahmad CS: Comparison of Rotator Cuff Tendon Pressure Against the Tuberosity in Suture Anchor and Transosseous Suture Rotator Cuff Repairs. *American Journal of Sports Medicine*, 33:1154-9, 2005.
- Ahmad CS, Stewart AM, Izquierdo R, Bigliani LU: Comparison of Tendon Bone Interface Motion for Suture Anchor and Transosseous Suture Rotator Cuff Repairs. *American Journal of Sports Medicine*, 33: 1667-1671, 2005.
- Izquierdo R, Cadet ER, Bauer R, Stanwood W, Levine WN, Ahmad CS: A survey of sports medicine specialists investigating the preferred management of contaminated anterior cruciate ligament grafts. *Arthroscopy*, 21:1348-53, 2005.
- Ahmad CS, Wang VM, Suglaski MT, Levine WN, Bigliani LU: Biomechanics of shoulder capsulorrhaphy procedures. *Journal of Shoulder and Elbow Surgery*, 14S:12-18, 2005.
- Ahmad CS, Izquierdo R, Stanwood W, Blaine TA, Levine WN, Bigliani LU: Results of Anterior-Inferior Capsular Shift in Females. 9th International Congress of Shoulder Surgeons Preceedings, Washington DC, May 2004.
- Srinath Kamineni, Neal S. ElAttrache, Shawn W. O'Driscoll, Christopher S. Ahmad, Hirotsune Hirohara, Patricia G. Neale, Kai-Nan An, and Bernard F. Morrey: Medial Collateral Ligament Strain with Partial Posteromedial Olecranon Resection. A Biomechanical Study. *The Journal of Bone and Joint Surgery*, 86-A:2424-2430, 2004.

- Park M, Ahmad CS: Dynamic Contributions of the Flexor-Pronator Mass to Valgus Stability in the Elbow. *The Journal of Bone and Joint Surgery*, 86-A:2268-2274, 2004.
- Ahmad CS, Park M, ElAttrache NS: Elbow Ulnar Collateral Ligament Injury Alters Posteromedial Olecranon Contact. *American Journal of Sports Medicine*, 32:1607-1612, 2004.
- Ahmad CS, Gardner TR, Groh M, Arnouk J, Levine WN: Mechanical properties of soft tissue femoral fixation devices for ACL reconstruction, *American Journal of Sports Medicine*, 32:635-640, 2004.
- Stewart AM, Ahmad CS: Failure of acromioclavicular reconstruction using Gore-Tex graft due to aseptic foreign body reaction and clavicle osteolysis. *Journal of Shoulder and Elbow Surgery*, 15:558-561, 2004.
- Sugalski MT, Hyman JE, Ahmad CS: Avulsion fracture of the lesser tuberosity in an adolescent baseball pitcher. *American Journal of Sports Medicine*, 32:793-796, 2004.
- Ahmad CS, Lee TQ, ElAttrache NS: Biomechanical evaluation of a new elbow ulnar collateral ligament reconstruction using interference screw fixation. *American Journal of Sports Medicine*, 31:332-337, 2003.
- Ahmad CS, Cohen ZA, Levine WN, Ateshian GA, Mow VC: Co-dominance of the individual PCL bundles in posterior tibial restraint: An analysis of bundle lengths and orientation. *American Journal of Sports Medicine*, 31:221-225, 2003.
- Ahmad CS, Freehill MQ, Blaine TA, Levine WN, Bigliani LU: Anteromedial capsular redundancy and labral deficiency in shoulder instability. *American Journal of Sports Medicine*, 31:247-252, 2003.
- Ahmad CS, Sincropi SM, Su B, Puffinbarger W: Congenital medial dislocation of the patella: a case report. *Orthopedics*, 26:189-190, 2003.
- Ahmad CS, Guiney WB, Drinkwater CR: Evaluation of donor site intrinsic healing response in osteochondral grafting of the knee. *Arthroscopy*, 18:95-98, 2002.
- Ahmad CS, Shubin Stein BE, Jeshua W, Nercessian OH, Henry JH: ACL function following tibial eminence fractures in skeletally mature patients. *American Journal of Sports Medicine*, 29:339-345, 2001.
- Ahmad CS and Lee FY: An all-arthroscopic soft tissue balancing technique for lateral patellar instability. *Arthroscopy*, 17:555-557, 2001.
- Ahmad CS, Cohen ZA, Levine WN, Ateshian GA, Mow VC: Biomechanical and topographic considerations in autologous osteochondral grafting in the knee. *American Journal of Sports Medicine*, 29:201-206, 2001.
- Ahmad CS, Shubin Stein BE, Matuz D, Henry J: Immediate surgical repair of the medial patellar stabilizers for acute patellar dislocation: a review of eight cases. *American Journal of Sports Medicine*, 28:804-810, 2000.
- Kwak SD, Ahmad CS, Gardner TR, Grelsamer RP, Henry JH, Blankevoort L, Ateshian GA, Mow VC: Effects of hamstring and iliotibial band forces on tibial and patellar kinematics and contact. *Journal of Orthopedic Research*, 18:101-108, 2000.
- Ahmad CS, Kwak SD, Ateshian GA, Warden WH, Steadman JR, Mow VC: Effects of patellar tendon adhesion to the anterior tibia on knee mechanics. *American Journal of Sports Medicine* 26:715-724, 1998.
- Raimondo RA, Ahmad CS, Blankevoort L, April EW, Grelsamer RP, Henry JH: Patellar stabilization: quantitative evaluation of the vastus medialis obliquus muscle. *Orthopedics* 21:791-795, 1998.

SELECTED PRESENTATIONS AND POSTERS (last 5 years)

- Dines JS, ElAttrache NS, Smith W, Ahmad CS, Conway JE: Clinical Outcomes of the DANE TJ Technique to Treat Medial Ulnar Collateral Ligament Insufficiency of the Elbow. American Orthopaedic Society for Sports Medicine Annual Meeting, Calgary CA, July 2007
- Edwards, S Lee JA, Bell JE, Ahmad CS, Levine WN, Blaine TA. Improved Outcomes with Non-operative Treatment of SLAPs. American Orthopaedic Society for Sports Medicine Annual Meeting, Calgary CA, July 2007
- Ahmad CS, Kleweno CP, Bryant W, Jacir A, Levine WN: Quality and Rates of Publication in Sports Medicine Abstracts. American Orthopaedic Society for Sports Medicine Annual Meeting, Calgary CA, July 2007
- Ahmad CS, Kleweno C, Jacir A, Bell JE, Gardner TR, Levine WN, Bigliani LU: Biomechanical Performance of Rotator Cuff Repairs with Humeral Rotation: A New Rotator Cuff Repair Failure Model. American Orthopaedic Society for Sports Medicine Annual Meeting, Hershey PA, July 2006
- Park, M, Tibone JE, ElAttrache NS, Ahmad CS, Bong JJ Lee TQ: Biomechanical Assessment for a Footprint-Restoring, Transosseous-Equivalent, Rotator Cuff Repair Technique Compared to a Double-Row Technique. American Orthopaedic Society for Sports Medicine Annual Meeting, Hershey PA, July 2006
- Aviles S, Shah A, Levine WN, Bigliani LU, Ahmad CS: Combined SLAP and Bankart Lesions. 5th Biennial AAOS/ASES Shoulder and Elbow Meeting, Orlando, FL April 2006
- Park, M, Tibone JE, ElAttrache NS, Ahmad CS, Bong JJ Lee TQ: Biomechanical Assessment for a Footprint-Restoring, Transosseous-Equivalent, Rotator Cuff Repair Technique Compared to a Double-Row Technique. Arthroscopy Association of North America, Hollywood FL, April 2006
- Park, M, Tibone JE, ElAttrache NS, Ahmad CS, Bong JJ Lee TQ: Biomechanical Assessment for a Footprint-Restoring, Transosseous-Equivalent, Rotator Cuff Repair Technique Compared to a Double-Row Technique. 5th Biennial AAOS/ASES Shoulder and Elbow Meeting, Orlando, FL - April 2006
- Aviles S, Shah A, Levine WN, Bigliani LU, Ahmad CS: Combined SLAP and Bankart Lesions, American Society for Sports Medicine Annual Meeting, Keystone, CO, July 2005
- Park M, Cadet E, Levine, WN, Bigliani LU, Ahmad CS: Comparison of Rotator Cuff Tendon Pressure Against the Tuberosity for Suture Anchor and Transosseous Suture Rotator Cuff Repairs. Arthroscopy Association of North America Annual Meeting, Vancouver, BC, May 2005
- Bigliani LU, Barwood S, Setter K, Voloshin I, Ahmad CS, Blaine TA, Levine WN: Use of a novel glenoid prosthesis in patients with excessive glenoid bone wear. AAOS Annual Meeting. Washington, D.C. ,February 22-25, 2005
- Radnay C, Setter K, Levine WN, Bigliani LU, Ahmad CS: Meta-analysis of total shoulder replacement verses hemi-arthroplasty for shoulder osteoarthritis. American Academy of Orthopaedic Surgeons Annual Meeting, Washington, DC, February 2005
- Setter K, Radnay C, Levine WN, Bigliani LU, Ahmad CS: Meta-analysis of total shoulder replacement verses hemi-arthroplasty for shoulder osteoarthritis. American Shoulder and Elbow Society Specialty Day, Washington, DC, February 2005
- Park M, Cadet E, Levine, WN, Bigliani LU, Ahmad CS: Comparison of Rotator Cuff Tendon Pressure Against the Tuberosity for Suture Anchor and Transosseous

- Suture Rotator Cuff Repairs. American Orthopaedic Society for Sports Medicine Specialty Day, Washington, DC, February 2005
- Park M, Ahmad CS: Dynamic Contributions of the Flexor-Pronator Mass to Valgus Stability in the Elbow. American Academy of Orthopaedic Surgeons Annual Meeting, Washington, DC, February 2005.
 - Park M, Cadet E, Levine WN, Bigliani LU, Ahmad CS: Comparison of Rotator Cuff Tendon Pressure Against the Tuberosity for Suture Anchor and Transosseous Suture Rotator Cuff Repairs. American Academy of Orthopaedic Surgeons Annual Meeting, Washington, DC, February 2005.
 - Bigliani LU, Barwood S, Setter K, Voloshin I, Ahmad CS, Blaine TA, Levine WN: Use of a novel glenoid prosthesis in patients with excessive glenoid bone wear. ASES Closed Meeting. New York, NY, September 30, October 2, 2004.
 - Ahmad CS, Izquierdo R, Bauer R, Stanwood W, Levine WN: ACL graft contamination survey. AANA Annual Meeting. Orlando, F, April 22, 2004.
 - Alcid J, Lee Y, McGarry M, Ahmad CS, Lee TQ, ElAttrache NS: Effects of Olecranon Resection on Elbow Laxity and Medial Ulnar Collateral Ligament Strain. American Academy of Orthopaedic Surgeons Annual Meeting, San Fransisco, CA, March 2004.
 - Stewart A, Izquierdo R, Bigliani LU, Ahmad CS: Comparison of Tendon Bone Interface Motion for Suture Anchor and Transosseous Suture Rotator Cuff Repairs. American Orthopaedic Society for Sports Medicine Annual Meeting, Quebec, Canada, June 2004
 - Ahmad CS, Izquierdo R, Stanwood W, Blaine TA, Levine WN, Bigliani LU : Results of Anterior-Inferior Capsular Shift in Females. 9th Intertnaional Congress of Shoulder Surgeons, Wahington DC, May 2004
 - Ahmad CS, Park MC, ElAttrache NS: Elbow ulnar collateral ligament insufficiency alters posteromedial olecranon contact. American Orthopaedic Society for Sports Medicine Annual Meeting, San Diego, CA July 2003
 - Levine WN, Heilman N, Clark AM, Ahmad CS: Effect of gender and maturity on quadriceps-hamstring strength ratio and ligament laxity. American Orthopaedic Society for Sports Medicine Annual Meeting, San Diego, CA July 2003
 - Sugalski MT, Ahmad CS, Wiater JM, Levine WN, Bigliani LU: The Confluence of the Subscapularis Insertion and the Glenohumeral Joint Capsule. OREF New York Resident Research Competition & Symposium, New York, NY - May 2003.
 - Stewart AM, Izquierdo R, Bigliani LU, Ahmad CS: Comparison of Tendon Bone Interface Motion for Suture Anchor and Transosseous Suture Rotator Cuff Repairs. OREF New York Resident Research Competition & Symposium, New York, NY - May 2003.
 - Ahmad CS, Park MC, ElAttrache NS: Elbow ulnar collateral ligament insufficiency alters posteromedial olecranon contact. OREF New York Resident Research Competition & Symposium, New York, NY - May 2003.
 - Park MC, Ahmad CS, Park MC: Dynamic contributions of the flexor-pronator mass to elbow valgus stability. OREF New York Resident Research Competition & Symposium, New York, NY - May 2003.
 - Shubin Stein BE, Ahmad CS, Pfaff CH, Bigliani LU, Levine WN: A comparison of MRI findings of the acromioclavicular joint in symptomatic verses asymptomatic patients. American Society for Sports Medicine Annual Meeting, Orlando, FL, July 2002

- Sugalski MT, Ahmad CS, Wiater JM, Levine WN, Bigliani LU: The confluence of the subscapularis insertion and the glenohumeral joint capsule. AANA Annual Meeting. Washington, D.C., April 25-28, 2002
- Ahmad CS, Cohen ZA, Levine WN, Ateshian GA, Mow VC: Co-dominance of the Individual PCL Bundles in Posterior Tibial Restraint: An Analysis of Bundle Lengths and Orientation. American Academy of Orthopaedic Surgeons Annual Meeting, Dallas, TX, February 2002
- Shubin Stein BE, Ahmad CS, Pfaff CH, Bigliani LU, Levine WN: A comparison of MRI findings of the acromioclavicular joint in symptomatic versus asymptomatic patients. American Academy of Orthopaedic Surgeons Annual Meeting, Dallas, TX, February 2002
- Ahmad CS, Lee TQ, ElAttrache NS: Biomechanical evaluation of a new elbow ulnar collateral ligament reconstruction using interference screw fixation. American Orthopaedic Society for Sports Medicine Specialty Day, Dallas, TX, February 2002
- Ahmad CS, Cohen ZA, Levine WN, Ateshian GA, Mow VC: Co-dominance of the individual PCL bundles in posterior tibial restraint: an analysis of bundle lengths and orientation. American Orthopaedic Society for Sports Medicine Specialty Day, Dallas, TX, February 2002
- Ahmad CS, Lee TQ, ElAttrache NS: Biomechanical evaluation of a new elbow ulnar collateral ligament reconstruction using interference screw fixation. American Academy of Orthopaedic Surgeons Annual Meeting, Dallas, TX, February 2002
- Ahmad CS, Freehill MQ, Blaine TA, Bauer GS, Murthi AM, Levine WN, Bigliani LU: Anteromedial Capsular Redundancy and Labral Deficiency in Shoulder Instability: The Barrel Stitch. American Orthopaedic Association Annual Meeting, Palm Beach, FL - June 2001