



Columbia University
**Center for Shoulder, Elbow
and Sports Medicine**

Department of Orthopaedic Surgery
622 West 168th Street
New York, New York 10032

Christopher S. Ahmad, M.D.

Associate Professor of Orthopaedic Surgery

Telephone: 212-305-5561

Fax: 212-305-4040

Website: www.cses.cumc.columbia.edu

RE: Hayward, Steven
Professional Baseball Instruction
Throwing Arm Injury Specialists

To Whom It May Concern:

Steven Hayward is a close colleague of mine, and an extremely talented pitching coach who instructs developing athletes of all levels. As Head Team Physician of the New York Yankees, and Director of Pediatric and Adolescent Sports Medicine at Columbia University, I have extreme appreciation of injury prevention and optimal treatment of throwing-related injuries. I have worked with Steven Hayward for the past 12 years and he shares the same principals and expertise. His emphasis is on peak performance, and he always works with cutting-edge methods that ensure maintenance of health of the elbow and the shoulder. In addition, Steve has worked with many recovering athletes who have undergone surgery. These athletes often demonstrate recoveries that are exceptional based on Steve's approach and methods, which ensure return of strength, endurance, and proper throwing mechanics. Steve has impressive coaching abilities to manage improper mechanics, but is also extremely astute in picking up subtleties that may be early signs of injury and difficult to detect during a recovery program.

Lastly, Steve's integrity and commitment are at the highest in his profession, and it is because of this that I consider him a close colleague and recommend him whenever possible to patients who are unfortunately injured.

Sincerely,

Christopher S. Ahmad, M.D.

Head Team Physician for the New York Yankees
Director of Pediatric & Adolescent Sports Medicine
Associated Professor of Orthopaedic Surgery
Columbia University Center for Shoulder, Elbow, and Sports Medicine