

Brisbane Waters  
Private Hospital

Gosford  
Private Hospital



## Dr. Arooge Shafi

M.B, B.S FAFRM (RACP)

General and Age Care  
Rehabilitation Specialist

### Introducing Dr. Arooge Shafi

Dr Arooge Shafi has extensive expertise and experience as a Rehabilitation Medicine Physician treating patients with Chronic Pain, Parkinson's disease, Heart and Lung disease, Cancer, after a stroke, fall or deconditioning from medical illness or surgery.

Dr Shafi has a special interest in chronic pain management for back, neck and shoulder pain, post-surgical pain and complex regional pain syndrome (CRPS).

Dr Shafi also has expertise in bone health, especially prevention, screening and treatment of Osteoporosis. She is experienced in geriatric rehabilitation after joint replacements (hip, knee, shoulder) and fracture neck of femur.

Dr Shafi is a member of the Royal Australasian College of Physicians, and a fellow of the Australasian Faculty of Rehabilitation Medicine.

Dr Shafi completed her Bachelor of Medicine and Bachelor of Surgery (M.B.B.S) in 2000 at the Bahauddin Zakariya University in Pakistan. The completion of her basic rehabilitation training was at the Canberra Hospital in the ACT, where she was the Rehab Registrar, Balmain Hospital, Greenwich Hospital and Liverpool Hospital, NSW.

Dr Shafi completed her Fellowship in 2014.

#### Direct GP referral:

- Management of Medical and Surgical Deconditioning
- Pain Management - Rehabilitation Approach
- Improve Endurance and Mobility
- Falls Prevention
- Neuro Rehabilitation - Post Stroke, Post Brain Injury, Post Spinal Cord Injury
- Amputee Rehabilitation - Neuro Degenerative Disorders such as Parkinsons Disease, Motor Neuro Disease, Multiple Sclerosis etc

Dr Arooge Shafi has joined the teams at both hospitals to care for the patients needing rehabilitation services after a variety of medical and surgical conditions. Arooge is pleased to accept referrals from Surgeons, Physicians and General Practitioners for the rehabilitation of inpatient admissions immediately.

Referrals for Dr Shafi can be made by contacting Brisbane Waters Private Hospital direct on (02) 4341 9522 or fax (02) 4342 7164, or Gosford Private Hospital on (02) 4304 3387 or fax (02) 43238185.

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