



Dr Arooge
Shafi

Dr Arooge Shafi MBBS FAFRM (RACP) 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.

Dr Shafi has joined the teams at both Brisbane Waters Private and Gosford Private Hospitals to care for the patients needing rehabilitation services after a variety of medical and surgical conditions. She is pleased to accept inpatient referrals from Surgeons, Physicians and General Practitioners for:

- 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

Referrals:

Referrals for Dr Shafi can be made by contacting Brisbane Waters Private Hospital directly on:

T: 02 4341 9522 F: 02 4342 7164

For Gosford Private Hospital, contact:

T: 02 4304 3387 F: 02 4323 8185

Gosford
Private Hospital

Burrabil Ave, Nth Gosford NSW 2250 T: 4324 7111

Brisbane Waters
Private Hospital

21 Vidler Ave, Woy Woy NSW 2256 T: 4341 9522