

DR. SABAHAT ASIM WASTI

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Sabahat Asim Wasti, MBBS, MRCPIs

Staff Physician, Neurology, Neurological Institute



BIOGRAPHY

Dr. Sabahat Asim Wasti is a Staff Physician in the Neurological Institute at Cleveland Clinic Abu Dhabi.

Dr. Wasti received his bachelors degree in Medicine and Surgery from Khyber Medical College Peshawar, Pakistan and then moved to the United Kingdom for postgraduate studies in 1984. After obtaining the membership of Royal College of Ireland, he completed Rehabilitation Medicine training at Leeds Teaching Hospital. He then became a Consultant in Rehabilitation Medicine at Sheffield Teaching Hospitals, Sheffield UK, where he served for nearly nine years before moving to the United Arab Emirates to take up the position of Senior Consultant Post in Physical Medicine and Rehabilitation at Sheikh Khalifa Medical City in 2007.

He has served in both the public and private sectors in the UAE and spearheaded the development of rehabilitation services in both. He served on as a British Society of Rehabilitation representative in Consensus Reference Group for Multiple Sclerosis Guidelines, commissioned by the National Institute of Clinical Excellence.

Dr. Wasti is recognized for promoting the cause of neurorehabilitation in particular and widely respected by his peers. He is well known for his views on cultural and ethical variances and the implications of these on neurorehabilitation.

He currently serves as Regional VP, WFNR (Gulf Region), Chair Service Development SIG and Co-Chair Ethics SIG, WFNR. He has also served as Chair of several conferences and frequently delivers invited lectures.

PROFESSIONAL JOURNEY

MEDICAL SCHOOL

1974

1974 - 1981

KHYBER MEDICAL COLLEGE, PESHAWAR, PAKISTAN

LANGUAGES
SPOKEN

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YEARS OF
EXPERIENCE

26

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Dr. Sabahat Asim Wasti can help you with...

Early Neurological Rehabilitation

Spasticity Management

Stroke Rehabilitation

Pain Rehabilitation

Complex Neurological Disability Management

Neurovascular Medicine Program Stroke

Neuro-Rehabilitation

Achievements & Career Highlights

- Leading Physical Medicine and Rehabilitation Physician in the region with extensive experience in Neurorehabilitation, widely known and respected internationally
- Has played a key role in the development of the specialty of physical medicine and rehabilitation in the UAE
- Locally developed PM&R and Neurorehabilitation services both in the Public and Private Sector and improved patient care by introducing early rehabilitation
- Established multidisciplinary and interdisciplinary practices in PM&R
- Introduced comprehensive approach to the management spasticity management in the UAE
- Involved in the introduction of use of Botulinum toxin in spasticity and insertion of first baclofen pump in the UAE
- Established early mobilization and post critical illness rehabilitation protocols for use in local population

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RESIDENCY

1994

1994 - 1998

LEEDS TEACHING HOSPITALS, LEEDS UNITED KINGDOM
Specialist Registrar, Rehabilitation Medicine

WORK EXPERIENCE

2014

2014 - Till Date

CAMBRIDGE MEDICAL AND REHABILITATION CENTER
Medical Director, Rehabilitation

2013

2013 - 2014

BERLIN MEDICAL NEUROREHABILITATION ABU DHABI UAE
CEO/CMO & Consultant, Physical Medicine & Rehabilitation

2007

2007 - 2013

SHEIKH KHALIFA MEDICAL CITY ABU DHABI UAE
Consultant, Physical Medicine and Rehabilitation

1998

1998 - 2007

SHEFFIELD TEACHING HOSPITALS, SHEFFIELD UK
Consultant, Rehabilitation Medicine

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