

Narrative Review of Spasticity Management in the United Arab Emirates

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ABSTRACT

Spasticity is a complex motor disorder characterized by increased muscle tone and exaggerated tendon reflexes, often resulting from upper motor neuron lesions. In the United Arab Emirates (UAE), the management of spasticity presents unique challenges and opportunities due to rapid healthcare development, cultural factors, and the increasing burden of neurological diseases. This narrative review explores the current landscape, challenges, and future prospects of spasticity management in the UAE, emphasizing multidisciplinary approaches, rehabilitation, pharmacologic interventions, surgical options, and national initiatives.