

Sheetal Shroff, MD, Advances Neuromuscular Medicine Through Clinical Leadership, Research, and Patient Advocacy

Houston Methodist Neurologist Specializes in Rare Neuromuscular Diseases While Mentoring the Next Generation of Specialists



Houston, Texas May 13, 2026 ([IssueWire.com](https://www.issuewire.com)) - Houston, Texas — Sheetal Shroff, MD, is a Board-Certified Neurologist specializing in neuromuscular medicine and electrodiagnostic medicine at Houston Methodist Hospital, where she has served patients and trainees since 2014. Recognized for her expertise in diagnosing and treating rare and complex neurological disorders, Dr. Shroff has built a distinguished career centered on compassionate patient care, multidisciplinary collaboration, clinical research, and medical education.

Dr. Shroff earned her Medical Degree from KIMS Medical School in Bangalore, India, graduating in 2007. She subsequently completed a junior residency in neurology in India before relocating to the United States to continue her advanced training. From 2010 to 2014, she completed her neurology residency at the University of Texas Medical Branch in Galveston. She then pursued a fellowship in neuromuscular medicine at Houston Methodist, where she later joined the faculty and has remained an integral part of the institution ever since.

Today, Dr. Shroff serves in several important leadership roles at Houston Methodist, including Fellowship Program Director, EMG and Ultrasound Lab Director, and Co-Director of the Myotonic Dystrophy Multidisciplinary Clinic. Her clinical expertise includes comprehensive neuromuscular evaluations, electromyography (EMG) and nerve conduction studies, as well as outpatient procedures such as skin biopsies, muscle biopsies, neuromuscular ultrasound, and nerve blocks.

She is also actively involved in multidisciplinary patient care initiatives, including participation in the hospital's ALS clinic, while maintaining a continuity clinic dedicated to training neuromuscular fellows and neurology residents. Through these educational efforts, Dr. Shroff remains deeply committed to mentoring the next generation of neurologists and neuromuscular specialists.

Her primary research interests focus on myasthenia gravis, amyotrophic lateral sclerosis (ALS), and amyloid polyneuropathy. Dr. Shroff is heavily involved in clinical trials designed to improve treatment options and quality of life for patients living with rare neuromuscular disorders. Her work reflects a strong commitment to expanding therapeutic possibilities in a field where patients often face limited treatment options and delayed diagnoses.

“What I enjoy most about practicing medicine is knowing that there is so much need for patients with rare diseases — it just keeps me going,” says Dr. Shroff. “Sometimes the feedback from patients, just saying that a treatment or referral made a huge difference in their lives, makes a huge difference to me. Just simple gestures like that, or just letting us know how big of a difference it made in their lives, definitely keeps me motivated and passionate about what I do.”

An active leader within the neurology community, Dr. Shroff is a member of the American Academy of Neurology, the American Academy of Neuromuscular and Electrodiagnostic Medicine, and the Texas Neurological Society. She has presented at national conferences, including AANEM meetings, amyloid polyneuropathy conferences, and the Myasthenia Gravis Conference at Houston Methodist. Additionally, she has served on pharmaceutical speaker and advisory boards, contributing her expertise to advancements in neuromuscular therapeutics.

With more than 20 peer-reviewed publications, including several published within the past year, Dr. Sheetal Shroff continues to advance the field of neuromuscular medicine through innovation, education, and dedicated patient-centered care.

Learn more about Dr. Sheetal Shroff:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/sheetal-shroff> or through her profile on Houston Methodist, <https://www.houstonmethodist.org/doctor/sheetal-shroff/>

America's Best in Medicine

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Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

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