



Gosal Knee Clinic

“As Senior Sports Physiotherapist of Cheltenham Town FC for the past 10 years, I can say that Mr Gosal has been a major asset to me and my medical team.

Mr Gosal has performed successful surgery on many of our players during that time. The diagnosis and prognosis has always been accurate and successful. I have also personally benefitted from bilateral knee surgery performed by Mr Gosal and have been extremely pleased with the results.

At the knee clinic, Mr Gosal provides an exceptional service to patients from the initial consultation right through to the final discharge.”

Ian Weston,
Senior Sports Physiotherapist
Cheltenham Town FC.



Mr Harminder S. Gosal,
MBBS, FRCS(Ed), FRCS(Eng), FRCS(Orth)

Over the years, Mr Gosal has developed a wide-ranging knee practice from sports knee injuries to treatment of general knee conditions, including arthritis. He has been closely associated with a local Football League Club, treating their players, carrying out various operations including anterior cruciate ligament reconstruction. He has also operated upon professional rugby players and helped an Olympic athlete get fit prior to the Beijing Olympics by operating on his knee only a few weeks before the Games. He has helped many other athletes, young and old, get back to fitness.



A large part of his practice is also devoted to treatment of all aspects of knee arthritis, carrying out partial and total knee replacement surgery to relieve the pain of arthritis and help improve the patients' mobility.

Mr Gosal is committed to teaching trainee Orthopaedic Surgeons and has been organising and running Knee Courses for a number of years.

"Before the operations I had heard all sorts of frightening stories but having met Mr Gosal he explained to me in words I could understand what the whole procedure involved which gave me a great deal of confidence to go ahead and have the operations done. Since the operations my joints work well enough for me to be able to run my business full time."

Les Stamp had first his right and then his left knee replaced by Mr Gosal.



Diagnostic Imaging

We offer a full range of diagnostic imaging services. At the Linton House Clinic we use some of the most up-to-date scanning equipment in the country.

MRI

We have access to one of the few 3T scanners in the country. Advantages include high resolution and speed of scanning.

Open MRI is also available to reduce the sensation of claustrophobia.

CT Scanning

A new CT scanner is available in the Linton House Clinic for our patients.

X-Ray

This is a commonly used imaging technique used to investigate knee problems.

"Having practised karate for almost 35 years now, it was important to me to find the best possible surgeon who could provide the quickest possible diagnosis and treatment. Harminder's one stop knee service offered precisely that! Within three days of diagnosis (following an immediate MRI scan of my knee) I was admitted into the Nuffield Health Cheltenham Hospital, operated on and discharged. I was able to train within six weeks of my operation and found that my pain and immobility had all but disappeared.

I really cannot recommend this type of service enough to those who need the best possible treatment at a time that suits them. Perfection!"

Simon Shepherd



Conditions Treated

- Sports knee injuries
- Soft tissue knee injuries
- Meniscal (cartilage) tears
- Anterior cruciate ligament rupture
- Posterior cruciate ligament rupture
- Medial ligament rupture
- Lateral ligament rupture
- Multi-ligament injuries
- Patella dislocation
- Knee arthritis
- Patella mal-alignment
- Patella tracking problems
- Osteochondritis

Surgical Procedures

- Arthroscopic (keyhole) knee surgery
- Meniscectomy (cartilage surgery)
- Meniscus repair
- Anterior cruciate ligament reconstruction
- Posterior cruciate ligament reconstruction
- Multi-ligament reconstruction
- Microfracture
- Patella stabilisation
- Patella tendon decompression
- Unicompartmental (partial) knee replacement
- Patellofemoral joint replacement
- Total knee replacement
- Knee revision surgery
- Osteotomy around the knee joint

Surgery, if required, will be carried out at the Nuffield Health Cheltenham Hospital.



Rehabilitation

We can provide full rehabilitation of your knee through our network of physiotherapist colleagues.

“My husband and I were both very disappointed when I had to give up walking the Cotswold Way due to the pain of my arthritis in my knees. I put my boots away thinking I would never use them again. After my first very successful partial knee replacement I immediately booked for the same again on my other knee. I was very determined to get back to full health and the visits to the physiotherapist gave me the willpower and determination to complete the exercise programme.

I now go to the gym, swim, use my bike and, most importantly, we completed the Cotswold Way and have now began walking the 210 miles of the Severn Way in stretches of up to 10 miles a day.

When the opportunity arose to work in Abu Dhabi, inspecting schools, I jumped at the chance and had a wonderful time. I would not have even considered applying for the job before the operations.”

Sally Hall





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