



Gosal Knee Clinic

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



Mr Gosal's undergraduate training was at The London Hospital Medical College. He did his postgraduate training in Leicester, Nottingham, and on the South West Thames Orthopaedic Training Programme based at St George's Hospital, London. After passing the Intercollegiate Specialist Fellowship in Trauma and Orthopaedics FRCS(Orth), he went to Melbourne, Australia to do fellowships in Knee Surgery, Joint Reconstruction and Hip Surgery.

He has been a Consultant in Cheltenham since 2001, and has a Specialist Interest in Knee Surgery. He has developed a wide-ranging knee practice from sports injuries to general knee conditions including arthritis. He carries out many knee arthroscopies and anterior cruciate ligament reconstructions every year. He has helped many athletes, young and old, get back to fitness.

A large part of his practice is also devoted to the 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.

His Private Practice is based at the Nuffield Health Cheltenham Hospital and the One Stop Knee Clinic at Linton House. His NHS base is Cheltenham General Hospital.

"I would not hesitate!

Deciding to have major surgery of a total knee replacement is a big decision for anyone but for me it was easy having knowledge of an excellent surgeon, Mr Harminder Gosal. My total experience was extremely positive.

I had a convenient outpatient appointment and inpatient stay in comfortable surroundings with wonderful nursing care. All this complimented the highly skilled work of my surgeon.

An excellent outcome has left me totally mobile and pain free. I am back to work, enjoying the gym and my favourite hobbies once again. A total success!

**Nicky Stephenson  
(Knee Replacement Patient)**

"After a race riding I suffered a fall at Towcester racecourse. I was seen by Kate Badger (MSC, BSc Hons MCSP) the jockeys chartered physiotherapist who then referred me to see Mr Gosal at the One Stop Knee Clinic in Cheltenham. Mr Gosal quickly and accurately diagnosed a rupture of my ACL. He explained the various options I had to enable me to continue with my profession at the highest level.

I had a right knee bone patellar tendon bone graft and anterior cruciate ligament reconstruction operation. I was seen in a very professional manner. After the operation my recovery was very quick due to Mr Gosal's skill and excellent communication between Mr Gosal and those working closely on my rehabilitation.

I was therefore race riding and thankfully winning again within 14 weeks from my operation date. I would honestly recommend Mr Gosal to anyone".

**Andrew Tinkler**  
**(professional National Hunt jockey)**





## 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**



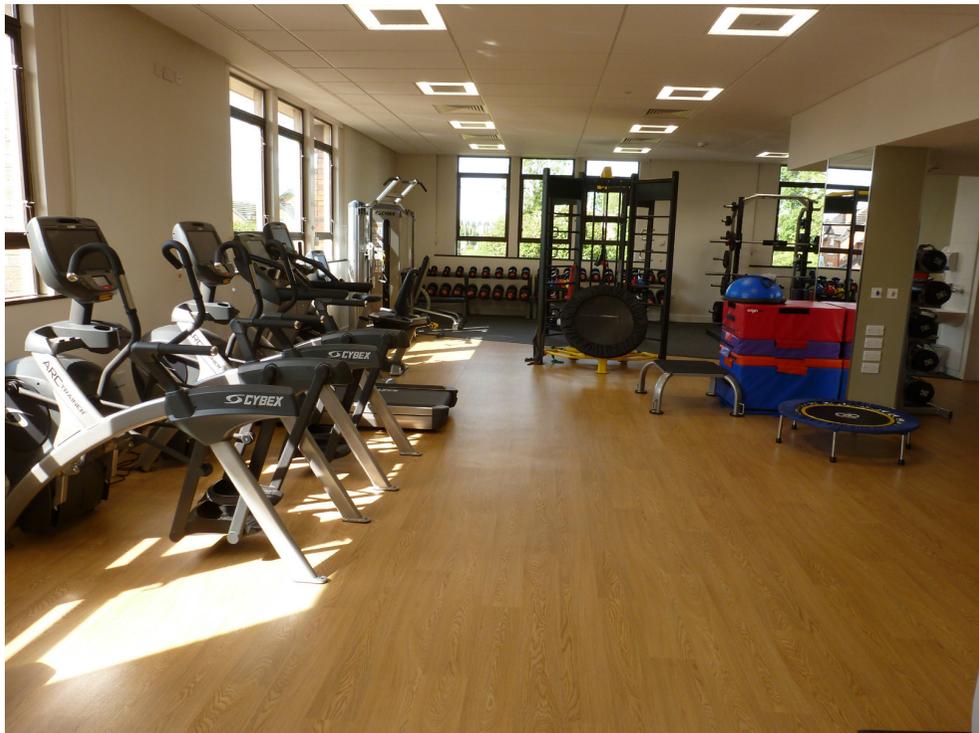
## Conditions Treated

- 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.

"I have been under the excellent care of Mr Gosal & the Cheltenham Nuffield Hospital over the last 3 years. I have had a left and right high tibial osteotomy on each leg. Mr Gosal and all the staff involved were very informative, professional and reassuring throughout every step of each of my procedures, which in turn gave me and my family the confidence that the outcomes and benefits would be life changing and they have been just that.

I cannot thank Mr Gosal and the staff at the Cheltenham Nuffield Hospital enough. I am now enjoying being an active father of three young boys as well participating in the sports I love such as Tennis, Cricket & Cycling"

**Robert Slater**

"Following knee surgery I was very keen to get back into running and playing cricket. However Mr Gosal informed me that I would not be able to do this for 3-6months as I needed to give my knee time to recover after my operation.

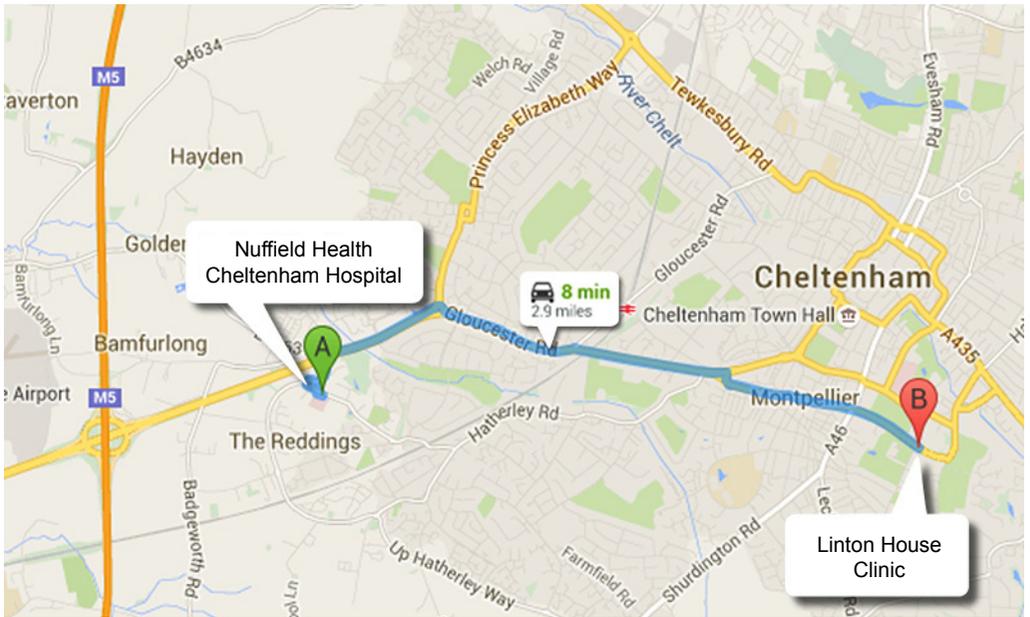
I had physiotherapy treatment once a week and this improved my confidence greatly as the pain had now gone and I was walking properly again. I started to go on long walks and my fitness continued to improve. I mentioned this to Hazel my physiotherapist who suggested I could try using the Alter G running machine. She explained she could take all my body weight off by using the anti-gravity device and assess my progress. I could then gradually increase my body weight on the machine as long as I had no setbacks.

The Alter G is an amazing piece of equipment which was easy to set up and operate. I gradually built up my confidence and fitness. I would definitely recommend this to others who are looking to get back to running and sports but are also lacking in confidence or have just had an operation and want to control the weight load on their knees without causing any damage.

I would like to take this opportunity to thank Mr Gosal, Hazel and all the team as I was thoroughly impressed with every aspect of my treatment and the facilities at the Nuffield hospital".

**Tim Sanderson**





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