

RAPID ACCESS KNEE CLINIC



What is the Rapid Access Knee Clinic?

It provides a specialist service for patients who have recently injured their knee playing sport or through other activities.

Who is it for?

Anyone who has a painful swollen knee from an injury sustained during sport. For example a skiing fall where the knee twisted and swelled, or a twisting injury playing football. Typical injuries include anterior cruciate ligament (ACL) ruptures and meniscal injuries.

What happens in the Rapid Access Knee clinic?

Your assessment will be fully completed in a couple of hours, including your imaging. We will discuss your symptoms as well as the mechanism of injury. You will have a full clinical assessment where your knees are examined and the ligaments tested, followed by an MRI scan to determine the exact nature of your injury. After that, you will meet again with your knee surgeon to discuss the imaging. You will leave the clinic with a diagnosis and treatment plan.

What are the benefits?

The greatest benefit is your assessment, imaging, review appointment and diagnosis are all completed on the same day. Treatment can be started immediately and you will have a clear idea of the severity of your injury, the likely recovery and when you can return to sport. Traditionally patients would have had separate appointments on different days to be assessed, scanned and then reviewed. Not only is this physically challenging with a painful knee but it is also a time of great anxiety waiting to find out how severe the injury is, and how long recovery will take. Streamlining the process into a couple of hours makes the journey simpler, faster and gets the best evidence based treatments started straight away.

Why did Parkside Private Hospital set up a Rapid Access Knee Clinic?

We appreciate a knee injury is an unexpected and significant event and believe that the Rapid Access Knee Clinic is the first positive step to helping a patient recover from an injury and return to an active lifestyle. ■

Meet our Consultants



Mr Martin Goddard is a Consultant Orthopaedic Knee Surgeon specialising in anterior cruciate ligament (ACL) injuries and ACL reconstruction. Mr Goddard has published clinical research articles on ACL reconstruction in leading orthopaedic journals. He was awarded the ISAKOS Scientific Research Award in 2013. Mr Goddard lives in Wimbledon and is an expert skier with a particular interest in assessing and treating skiing related knee injuries, as well as returning patients to the slopes.



Mr Giles Heilpern is a highly experienced specialist knee surgeon and he performs all aspects of knee surgery including ligament reconstruction, meniscal surgery, realignment osteotomy and robotic partial and total knee replacement. Mr Heilpern is widely published with a particular emphasis on soft tissue knee surgery and ligament reconstruction and regularly teaches other surgeons techniques of ligament reconstruction, meniscal repair and knee replacement. Mr Heilpern will ensure a fast safe return to the piste or the sports pitch avoiding surgery wherever possible.



For an appointment please call:
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