Ganglion Cyst



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Characteristics

Benign
Bunny
A ganglion cyst is a benign mass.

Fluid-filled Swelling
Fluid Swollen Joint
Fluid-filled swelling characterized by a ganglion cyst. It is commonly seen as a round or oval bump.

Water Balloon on a Straw
Water Baloon on a Straw
The finding of a ganglion cyst can be described as a water balloon on a straw.

pathophysiology

Herniation of Dense Connective Tissue
Hermit-crab Connected Tissue-boxes
A ganglion cyst is believed to occur due to the herniation of dense connective tissue from ligaments, tendon sheaths, joint capsules, menisci, and bursae. It may contain mucinous and gelatinous fluid.

Location

Dorsal Side of Wrist
Dorsal-fin Side of Wrist
Commonly present in the dorsal aspect of the wrist in 70% of cases. It usually originates from the scapholunate ligament or scapholunate articulation.

Treatment

Observation
Observatory
Observation can be done in asymptomatic patients.

Surgery
Surgeon-with-scalpel
Surgery is indicated in patients who experience symptoms that don't resolve with conservative treatments. It has a lower recurrence rate but a higher rate of complication and a more extended recovery period.

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Considerations

Resolves Spontaneously

Spartan

It resolves spontaneously, which can be seen in around 58% of cases.

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