

Ganglion Cyst



PLAY PICMONIC

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

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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.

Considerations

Resolves Spontaneously

Spartan

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