

## 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.