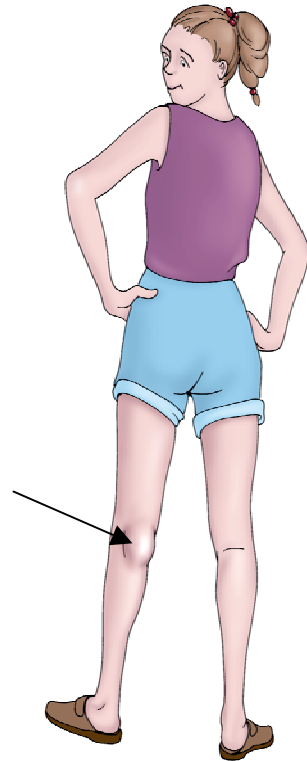


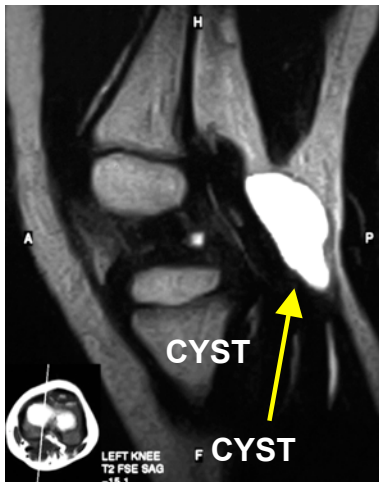
Popliteal Cyst

(Baker's Cyst)

A Baker's cyst or popliteal cyst is a fluid filled mass located behind the knee. It can vary in size and shape based on the amount of fluid in the cyst. It is common in children four to eight years of age and is usually painless. A popliteal cyst does not affect the child's daily activities, but some children may complain of the cyst being irritated after riding in a car seat for an extended period of time or with prolonged running.



Evaluation of the cyst includes physical examination and usually x-rays. The cyst is usually more prominent when the knee is extended. X-rays are used to rule out any other problems with the knee. Ultrasound or



MRI are additional tests used to confirm the diagnosis of a fluid filled cyst. The cyst can be aspirated but this helps only in diagnosing the cyst not in its removal.

Treatment of the cyst is almost always conservative. In most cases the cyst will disappear within two years. If it persists and becomes more symptomatic, the cyst can be aspirated and injected with steroids or surgically removed. However, if it is surgically removed there is about a forty percent chance it will reoccur.



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