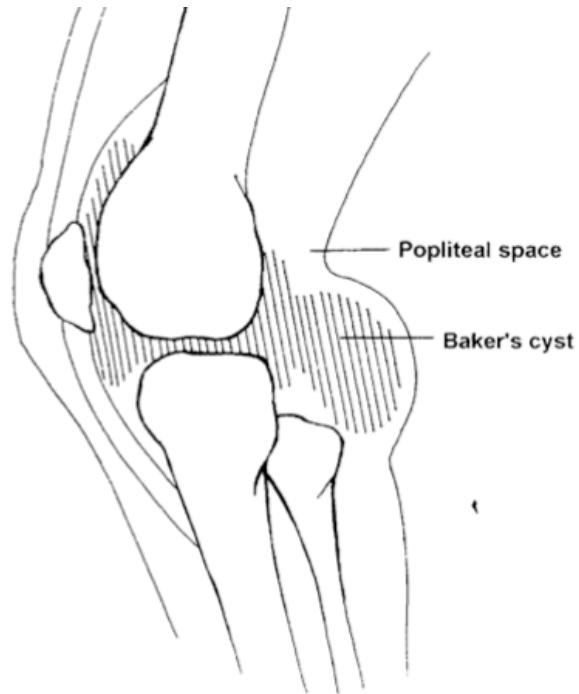


## Baker's Cyst

### Natural History

A Baker's cyst is a benign collection of fluid in the back of the knee. Inside the knee there is a lining that creates synovial fluid to lubricate the cartilage and allow the knee to bend and glide smoothly. A Baker's cyst occurs when this fluid leaks out into the bursa (the lubricating sac) behind the knee. Some patients experience no symptoms from the cyst while others experience a feeling of fullness behind the knee.



Side view of knee

### How does it occur?

A Baker's cyst often occurs as a result of a mechanical issue in the knee like arthritis or an injury, such as a meniscus tear. The injury causes an overproduction of synovial fluid, which then fills the bursa and causes the cyst to form.

### Treatment Options

Because a Baker's cyst is generally a sign of an abnormality inside the knee, the best way to treat it is to diagnose the root cause rather than treating the cyst itself. The cyst itself is not typically symptomatic and rarely requires treatment such as surgical excision. Your doctor will likely exam your knee and order diagnostic imaging tests such as an x-ray or MRI, which can help determine if you have arthritis or a tear of the cartilage inside your knee. By treating the underlying cause the Baker's cyst should resolve.