

# Dr. Colin Gage

---

Nicola Valley Chiropractic  
2076A Granite Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax: (250) 378-8259  
Email: [info@merrittchiro.com](mailto:info@merrittchiro.com)  
Website: [www.merrittchiro.com](http://www.merrittchiro.com)

*"treating the cause of your problem, not just the symptoms"*

---

## **Do You Have a Baker's Cyst?**

If you have some swelling located in the back of your knee that feels like a distinct bulge, you may have what is called a "Baker's Cyst". This problem is named after the physician who described it first, not because bakers have these cysts. The cyst usually occurs due to some other problem in your knee such as arthritis or even a tear of your meniscus.

Completely surrounding and enclosing each of your joints is a flexible sac called a "joint capsule". Normally, there is a controlled amount of slippery "synovial fluid" inside each and every joint. When there is an injury or arthritis present in the knee joint, the swelling from this problem builds within it. This fluid pushes out the weakest point of your "joint capsule" or sac that surrounds your knee. This is usually to the back portion of your knee joint capsule, and a bulge or cyst forms. A Baker's Cyst can cause pain at the back of the knee, usually described as dull and aching. The cyst can vary in size from quite small, causing a feeling of fullness in the back of the knee, to very large with a definite lump. The pain becomes worse with prolonged walking or standing. It is sometimes improved with rest and elevation of the affected leg. Occasionally the cyst can leak fluid into the calf and cause calf swelling, tightness & pain. This may even simulate the very serious condition of a calf DVT (deep vein thrombosis, aka a blood clot in the back of the leg). A Baker's Cyst is easily diagnosed by a careful examination and an ultrasound scan.

Nearly one half of Baker's cysts are found in children, where they appear as painless masses behind the knee that are more obvious when the knee is fully extended. A large cyst may cause some discomfort or stiffness but generally has no symptoms. Baker's cysts usually disappear spontaneously, but the time in which they do so is variable.