

Overview

Any excess fluid at the back of your knee is called a Baker's Cyst. These cysts are really just a ballooning out of the lining of the joint at the back. The cause of the cyst is many and varied. Many come and go, but they tend to be common in people over 50 with osteoarthritis. They are not anything to worry about.

Many cysts do not produce symptoms, but if they are causing aching or pain, the treatment of the cyst is the treatment of the underlying cause eg. Treatment of a meniscal tear, treatment of osteoarthritis, etc.

If you would like to arrange a consultation or just need an informal chat, please contact me at:

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For general enquiries and advice,
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