





Diagnosis

- History:** Usually, the individual cannot pinpoint a significant incident that precipitated cyst.
- Physical exam:** Palpation of the cyst reveals a soft to rigid mass near a joint or over a tendon. A
- Tests:** Draining (aspirating) the cyst produces a thick, gelatinous liquid. X-rays may be

Treatment

Conservative treatment for synovial cysts may include ice packs applied directly to the affected reg

Prognosis

Symptoms of untreated symptomatic cysts worsen with increased activity. Aspiration followed by c

Complications

Synovial cysts on weight-bearing surfaces of the foot may make standing or walking painful. Synov

If the synovial cyst involves the spine, neurological deficits such as numbness and muscle weakness ca