

Fact sheet

Central Adelaide Orthopaedics – Hip & Knee Service

Clinical Information Sheet

Clinical Condition	Baker's Cyst
Eligibility	Swelling behind the knee Stiffness in the knee Knee pain
Priority	Not Eligible: patients with a diagnosis of bakers cyst will not be offered an appointment Assess patient for underlying condition, such as arthritis or a cartilage tear for example
Differential Diagnoses	Popliteal artery aneurysm Tumour
Information required with referral	Patients with a diagnosis of bakers cyst will not be offered an appointment Assess patient for underlying condition, such as arthritis or soft tissue damage
Investigations required with referral	All patients should be assessed by plain x-ray as a basis to establish bony structure and eliminate osteoarthritis as an underlying cause X-ray: AP, Lateral knee & patella skyline view Consider Ultrasound or MRI to exclude other pathologies <i>Upon attendance to appointment, patient will be required to bring plain x-rays (views mentioned above) from within the previous 6 months to establish current bony structure</i>
Pre-Referral management strategies (include with referral)	Ice the area Compression bandaging Physiotherapy for knee strengthening exercises Use of simple analgesia as tolerated including a regular paracetamol product (e.g. Panadol® Osteo) and oral NSAIDs if tolerated Consider hydrotherapy, swimming or cycling for a low-impact exercise alternative Use of viscosupplementation (e.g. high dose fish oil) Use of mobility aids (e.g. walking stick or crutches) Weight loss measures
Discharge Criteria/information	Once underlying cause established, refer patient for underlying cause
Fact sheets	http://www.orthoanswer.org/knee-leg/bakers-cyst/index.html

For more information

Central Adelaide Orthopaedics – Hip & Knee Service

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