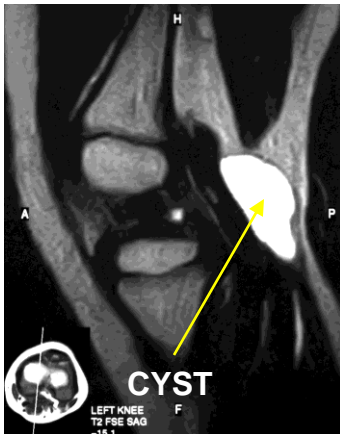
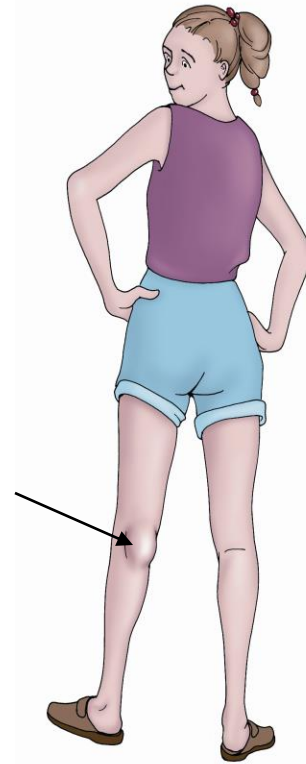


Popliteal Cyst

(Baker's Cyst)

A Baker's cyst or popliteal cyst is a fluid filled mass located behind the knee. It can vary in size and shape based on the amount of fluid in the cyst. It is common in children 4 years to 8 years of age and is usually painless. A popliteal cyst does not affect the child's daily activities. However, some children may complain of the cyst being irritated after riding in a car seat for an extended period of time.

Evaluation of the cyst includes physical examination and usually x-rays. The cyst is usually more prominent when the knee is extended. X-rays are used to rule out any other problems with the knee. Many parents become



concerned that this mass is some kind of cancer. It is important to reassure them that it is not cancer and something that will probably disappear on its own. The cyst can be aspirated but this helps only in diagnosing the cyst not in its removal.

Treatment of the cyst is almost always conservative. In most cases the cyst will disappear within about a year. If it persists and becomes symptomatic the cyst can be surgically removed. However, if it is surgically removed there is about a forty percent chance it will reoccur.



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