





## 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