

Wrist Ganglion Cyst

What is it?

Benign lumps which form under the skin, near to joints or tendons, usually on the wrists or fingers.

What causes it?

Injury to joint capsule and/or tendon sheath or surrounding tissue

Symptoms

Swellings/lumps which can vary in size. At times, weakness and/or pain in wrist.

Top Tips

Seek medical advice as to severity and best course of treatment

How to Treat it

Ice. Anti-inflammatories and/or painkillers.



Rehab

Aspiration by medical professional. Rest, if painful.

Definitions

Ganglion Cyst – abnormal sac or cavity containing fluid, usually near a joint

Benign – non-cancerous

Tendon sheath – membrane around a tendon, allowing the tendon to stretch without adhering to surrounding connective tissues

Joint capsule – an envelope surrounding the joint, made up of an outer fibrous layer and an inner synovial layer secreting lubricating fluid

Aspiration – the draining of matter from the body

Associated Conditions

- Wrist Sprain
- Carpal Tunnel Syndrome (CTS)
- Ulnar Tunnel Syndrome
- Wrist Tendinitis

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