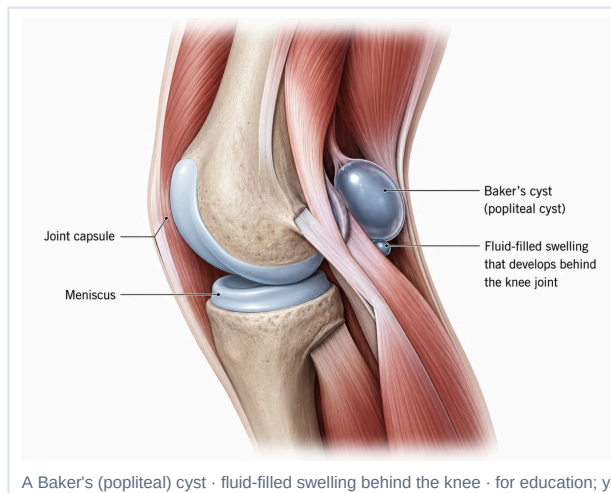


KNEE CONDITION

Baker's Cyst

Popliteal Cyst — Patient Condition Guide



OVERVIEW

A Baker's cyst is a fluid-filled swelling at the back of the knee. It is almost always a signal of something inside the knee producing extra fluid — most often a meniscus tear or arthritis — with the fluid ballooning into a natural pocket behind the joint.

SYMPTOMS

- Fullness or a lump behind the knee, most noticeable when standing or with the knee straight
- Tightness with deep bending or squatting
- If the cyst ruptures: sudden calf pain and swelling that can mimic a blood clot — seek evaluation promptly

DIAGNOSIS

Ultrasound or MRI confirms the cyst and — importantly — identifies the underlying knee problem driving it.

TREATMENT OPTIONS

Treatment targets the cause: managing the arthritis or meniscus pathology usually shrinks the cyst. Options include therapy, anti-inflammatory measures, ultrasound-guided aspiration with injection for tense, symptomatic cysts, and arthroscopic treatment of the underlying meniscus or cartilage problem when indicated. Removing the cyst itself is rarely required.

RECOVERY OUTLOOK

Cysts frequently recur if the underlying problem is untreated — which is why the knee, not just the cyst, gets treated. Managed this way, most patients get lasting relief.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/bakers-cyst.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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HOME EXERCISE PROGRAM

Baker's Cyst: Exercises & Strengthening

Improving flexibility and quad support reduces the fluid production that feeds the cyst.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, swelling, numbness, or symptoms that worsen into the next day. This general program does not replace an individualized plan from Dr. Pettit or your physical therapist.



Hamstring Stretch

3 × 30-second holds, daily

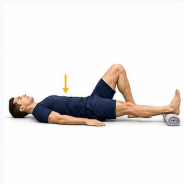
Seated with the leg straight, hinge forward from the hips until a stretch is felt behind the thigh. Keep the back long.



Wall Calf Stretch

3 × 30-second holds each leg, twice daily

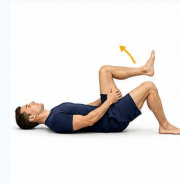
Hands on the wall, step one leg back with the heel down and lean forward until the calf stretches.



Quad Set

10-second holds × 10, 2 sets daily

Sitting or lying with the leg straight, tighten the muscle on top of the thigh, pressing the back of the knee toward the floor. Hold, then relax.



Heel Slides

10 reps, 2–3 times daily

Lying on your back, slowly slide your heel toward your buttock as far as comfortable, then slide back out.