

# Ganglion

This article has been translated from WikiSkript; ready for the **editor's review**.

**A ganglion** is a synovial sac filled with a gelatinous mass near a joint or tendon, usually visible as a subcutaneous resistance of various sizes, superficially or in depth, most often on the hand, usually preceded by trauma.

## Clinical picture

- a rigid mobile mass in the subcutaneous tissue (usually when connected to the joint with a long stalk), soreness
- ganglia dorsally on the wrist most common – originating in the joint capsule of the scapholunate region; usually just a cosmetic issue
- ganglia palmar on the wrist – usually on the radial side originating in the scapholunate or scaphotrapezial joint
- flexor tendon sheath ganglia - small and stiff resistances, can cause pain when grasping
- digital mucinous pseudocyst – a cystic formation containing mucous fluid on the dorsal side of the fingers, originating in the arthrotic DIP joint
- intraosseous ganglia – rare

## Diagnostics

- usually no special tests
- X - ray in the dorsal digital ganglia to show arthritic changes in the joint or to rule out other causes of pain
- USG / MRI in occult ganglia
- ganglion aspiration - fluid is viscous and clear

## Therapy

- wait (most ganglia will spontaneously subside)
- ganglion aspiration provides relief, but recurrence is common
- for recurrent symptomatic ganglion of the wrist, excision together with the pedicle as close as possible to the joint from which it originates is indicated (usual post-operative care: extraction of sutures per week, greasing of the scar, exercise the relevant joints according to location)

## Links

### Related Articles

- Enthesopathy

### References

- BOWDEN, Gavin, Gavin BOWDEN and Simon THOMAS, et al. *Oxford handbook of orthopedics and trauma*. 1st edition. Oxford: Oxford university press, 2010. ISBN 978-0198569589.



Ganglion of the dorsal side of the wrist with a typical localization at the scapholunate joint



Ganglion after extirpation