From Practice - For Practice

Baker's Cysts (Popliteal Cysts)

by Dr. Konrad Werthmann
The name comes from the English surgeon, William Morrant Baker (1839-1896).

Anatomically, this is the formation of a cyst on the inner side of the hollow of the knee by a hygroma which is connected to the joint cavity. Basically, it is a synovial hernia, for there is an evagination of the dorsal joint capsule of the knee joint. In most cases a lesion of the medial meniscus is linked to it.

A Baker’s cyst is one of the rheumatic diseases and is the consequence of an existing gonarthrosis rheumatica. This inflammation of the knee joint frequently involves the bursae near to the joint and, by a rupture of the joint capsule, with the effusion escaping from the joint into the hollow of the knee and soft tissue of the calf, it gives rise to the Baker’s cyst. Generally, the symptoms are swelling and fluctuation. Because of the considerable local pain attending an acute occurrence, a differential diagnosis with thrombophlebitis must be considered. A Baker’s cyst can also result in sudden loss of flexibility in the knee joint.

Important: children can also have a Baker’s cyst. Then, it is a question of Bursitis rheumatica in the shoulder joint (less common) or the knee joint. In children this occurs with systemic chronic polyarthritis (Still’s disease).

Diagnosis: Ultra-sound investigation, magnetic resonance tomography; serologically the Latex and Waaler-Rose tests show a positive result, and in 80% the IgM is not elevated.

Treatment
As we are dealing with a rheumatic disease, which can affect every agegroup, SANUM treatment should commence in a case of gonarthrosis before any Baker’s cyst appears. So, as to avoid fatigue in the wall of the joint capsule, finishing with a tear, BIOFRID Fish Oil and BIOFRID Evening Primrose Oil capsules are always given, or else LIPISCOR capsules. The patient should also be advised to avoid all foods produced from cow’s milk, hen’s eggs and pork, since rheumatism is an allergic reaction, originating in the small intestine.

First published in the German language in the SANUM-Post magazine (83/2008)

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