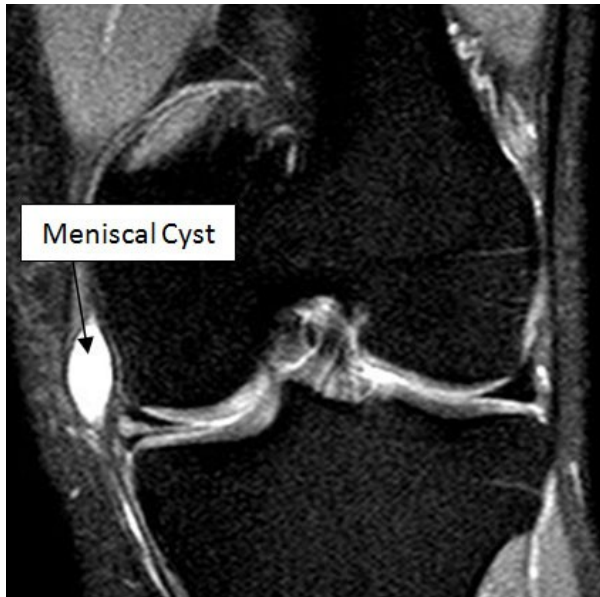


Meniscal Cysts

What are Meniscal Cysts?

These are Cysts (fluid filled sacks) that come from the Cartilages (Menisci) inside your knee.



What causes them?

The Cartilage (Meniscus) tears.

The tear in the Cartilage (Meniscus) then acts as a one way valve inside your knee.

When you exercise, the pressure inside your knee increases, this forces fluid from inside your knee through the tear.

The one way valve stops the fluid coming back out.

Therefore the cyst gets bigger.

Occasionally the valve releases the fluid and the cyst goes away.

What problems do they cause?

On the inside of the knee they cause a vague swelling and aching when you exercise.

On the outside of the knee they cause a discrete swelling on the knee joint.

Investigations

These are best seen on a MRI Scan (Magnetic Resonance Imaging Scan).

Treatment

An operation to look inside your knee with an [Arthroscope \(Scope / Telescope\)](#) allows the tear to be seen and removed.

Once your tear is removed then so is the one way valve and the Cyst.