Central Adelaide Orthopaedics – Hip & Knee Service
Clinical Information Sheet

<table>
<thead>
<tr>
<th>Clinical Condition</th>
<th>Baker’s Cyst</th>
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| **Eligibility**     | Swelling behind the knee  
                        Stiffness in the knee  
                        Knee pain |
| **Priority**        | **Not Eligible:** patients with a diagnosis of bakers cyst will not be offered an appointment  
                        Assess patient for underlying condition, such as arthritis or a cartilage tear for example |
| **Differential Diagnoses** | Popliteal artery aneurysm  
                            Tumour |
| **Information required with referral** | Patients with a diagnosis of bakers cyst will not be offered an appointment  
                                          Assess patient for underlying condition, such as arthritis or soft tissue damage |
| **Investigations required with referral** | All patients should be assessed by plain x-ray as a basis to establish bony structure and eliminate osteoarthritis as an underlying cause  
                                          X-ray: AP, Lateral knee & patella skyline view  
                                          Consider Ultrasound or MRI to exclude other pathologies  
                                          **Upon attendance to appointment, patient will be required to bring plain x-rays (views mentioned above) from within the previous 6 months to establish current bony structure** |
| **Pre-Referral management strategies (include with referral)** | Ice the area  
                                             Compression bandaging  
                                             Physiotherapy for knee strengthening exercises  
                                             Use of simple analgesia as tolerated including a regular paracetamol product (e.g. Panadol® Osteo) and oral NSAIDs if tolerated  
                                             Consider hydrotherapy, swimming or cycling for a low-impact exercise alternative  
                                             Use of viscosupplementation (e.g. high dose fish oil)  
                                             Use of mobility aids (e.g. walking stick or crutches)  
                                             Weight loss measures |
| **Discharge Criteria/information** | Once underlying cause established, refer patient for underlying cause |