

**Part A**

# Baker's Cyst

**TEXT A**

A Baker's cyst, also known as a popliteal cyst or synovial cyst, is a soft, fluid-filled lump that forms on the back of your knee. Like many diseases and disorders, this cyst is named after the doctor who first described it. In the mid-1800s, Dr. William Marrant Baker concluded that these popliteal cysts resulted from fluid flowing out from a damaged knee joint. When structures in or around the joint are damaged, your knee produces extra fluid that can only flow one way so it forms a cyst on the back of your knee.

**TEXT B****Symptoms**

You may only have knee pain from the initial damage that caused the Baker's cyst, but not the lump itself. Any strain can cause this lump or your knee to swell in size. When the knee or cyst swells, this can increase your pain and limit how much you can move your knee.

Symptoms of a Baker's cyst may include:

A fluid-filled lump behind your knee.

Pain.

Stiffness of your knee.

Limited ability to bend your knee.

Swelling of your knee and/or leg.

Sometimes, a Baker's cyst can cause swelling and redness in your lower leg that can be similar to the symptoms of a blood clot. If you are ever in doubt, reach out to your healthcare provider. Your provider can check out your symptoms and determine if it's a Baker's cyst or a blood clot.

**TEXT C****Management and Treatment**

Treatment of a Baker's cyst usually starts with nonsurgical options. One time-honored method that sports doctors and orthopaedic surgeons have relied on for decades to soothe swelling from joint damage is the RICE method: Rest, Ice, Compression, Elevation.

**Nonsurgical treatment.**

Often, your healthcare provider will suggest that you start with a nonsurgical treatment of your Baker's cyst. These are generally things you can do at home and on your own that can improve your symptoms.

Nonsurgical treatment options can include the RICE method:

Resting your leg whenever possible.

Applying ice to your knee.

Using compression wraps on your knee to decrease the amount of joint swelling.

Elevating your knee while you are resting.

Other nonsurgical treatment options for a Baker's cyst can include:

Taking an anti-inflammatory medication, such as ibuprofen.

Maintaining a healthy body weight, which can help put less pressure on your joints.

Avoiding activities that strain your knee. This includes avoiding high-impact sports like jogging.

Using a crutch or cane when you walk.

Getting a referral for physical therapy from your healthcare provider to help strengthen your knee and body.

Your healthcare provider may also give you a steroid injection. This involves cortisone being injected into your knee joint, which can reduce inflammation (swelling) and pain.

**Surgical treatment.**

Even though surgery is rarely used to treat a Baker's cyst, there are some cases where surgery might be recommended. Surgery may be used to repair the source of your knee damage.

Your provider might suggest a surgical option to you if:

Your knee pain is severe.

You're unable to move your knee well (limited range of motion).

In many cases, your provider will treat the cause of your condition in order to fix your Baker's cyst. This might involve surgery for a knee injury or to correct damage to your knee. In other cases, your provider might focus on the cyst itself. Surgical options for Baker's cysts can include:

**Cyst draining:** Your healthcare provider can drain the fluid out of the cyst with a needle.

**Arthroscopic Knee Surgery:** This procedure can be used to both diagnose and correct knee damage. Your surgeon will make a small cut in your knee and insert a device called an arthroscope (a flexible tool with a camera on the end). This is also called knee scoping.

**Knee Osteotomy:** In this procedure, your surgeon cuts part of the bone in order to correct damage to your knee. This surgery can be an option for those with arthritis knee pain.

## TEXT D

### Complications

Existing knee issues are the most significant risk factor. Most effective relief comes from treating the underlying problem.

A Baker's cyst can burst, resulting in synovial fluid leaking into the calf region. This is extremely rare. If a Baker's cyst bursts, the patient will probably experience:

severe and sharp pain in the knee  
inflammation (swelling)  
the calf region may become red  
there may be a sensation of water trickling down the calf

The body will eventually reabsorb the fluid over a period of up to 4 weeks. Doctors may prescribe painkillers to control the pain. Redness in the calf region may also be a sign of a blood clot in a vein. Patients with such signs should see their doctor immediately.

Time: 15 minutes

- Look at the four texts, **A-D**, in the separate **Text Booklet**
- For each question, **1-20**, look through the texts, **A-D**, to find the relevant information.
- Write your answers on the spaces provided in this **Question Paper**.
- Answer all the questions within the 15-minute time limit.
- Your answers should be correctly spelt.

### Baker's Cyst: Questions

#### Questions 1 - 7

For each question 1 – 7, decide which text (**A**, **B**, **C** or **D**) the information comes from. You may use any letter more than once.

In which text can you find information about

1. Alternative names given for the fluid lumps behind knees \_\_\_\_\_
2. Issues associated with Baker cyst \_\_\_\_\_
3. Home based remedial options for Baker's Cyst \_\_\_\_\_

4. Ways to identify Baker's Cyst \_\_\_\_\_
5. An infrequent therapeutic option for the cyst \_\_\_\_\_
6. A similar sign that can be mistaken for Baker's cyst \_\_\_\_\_
7. An intimation to seek clinical attention quickly \_\_\_\_\_

### Questions 8 – 14

Answer each of the questions, 8 – 14, with a word or short phrase from one of the texts. Each answer may include words, numbers or both.

8. Who described the cyst in the 1800?  
\_\_\_\_\_
9. What is only suggested when the patient has limited range of motion?  
\_\_\_\_\_
10. What does the letter 'I' stands for in the most preferred method for soothing swelling from joint damage?  
\_\_\_\_\_
11. What is the maximum time after cyst burst for the body to eventually reabsorb the fluid?  
\_\_\_\_\_
12. Which drug is administered as a nonsurgical treatment option for Baker's cyst?  
\_\_\_\_\_
13. Which is the method trusted by the health professionals for many years for reducing swelling?  
\_\_\_\_\_
14. Which method can be used to both diagnosing and to rectify knee damage?  
\_\_\_\_\_

**Questions 15 – 20**

Complete each of the sentences, 15 – 20, with a word or short phrase from one of the texts. Each answer may include words, numbers or both.

15. \_\_\_\_\_ can help strengthen your knee and body.
16. \_\_\_\_\_ in the calf region may also be a sign of a blood clot in a vein.
17. A rare occurrence of Baker's cyst, resulting in \_\_\_\_\_ fluid leaking into the calf region.
18. \_\_\_\_\_ can be injected into your knee joint, which can reduce inflammation and pain.
19. A procedure which chops pieces of the bone in order to correct damage to your knee is \_\_\_\_\_.
20. Using \_\_\_\_\_ on your knee to decrease the amount of joint swelling.

**END OF PART A**

**THIS QUESTION PAPER WILL BE COLLECTED**