

Clinician Good afternoon, Benjamin. I'm doctor Donald Keene . Patient Good afternoon , doctor . Clinician Okay . Before we get started , I just have questions . Can you please confirm your date of birth for me ? March Patient 28th , 2002 . Clinician Great . Thanks Benjamin . So what brings you to see me today ? Patient Uh I've noticed this hard lump behind my knee and I'm not sure what caused it, but it's not going away. Clinician Okay . Is there any pain in the lump ? Patient Uh , no pain , but I can feel it back there when I move . Clinician Okay . So a painless hard subcutaneous mass in the popliteal fossa . How long have you had this Patient lump ? 00 , I noticed it around three months ago . Clinician Okay . Do you play sports , Benjamin ? Patient Yeah , I play soccer a few times a week and I try to do baseball a couple times a month if I can . Clinician All right . Have you ever suffered any injuries from these sports ? Patient A few , I've sprained my ankle pretty badly a few times while playing soccer , which kept me off the field for a few weeks . But , you know , and one time I tore my knee , uh Menciis while playing basketball , Clinician uh your , your d uh meniscus what sort of treatment did you receive ? Did you need surgery ? Patient Uh , no , it wasn't that bad . I just had to stay off it for about six weeks . Clinician Were there any complications during or after your recovery period ? Patient No , everything went back to normal ? Clinician All right . So you said you don't experience any pain in your knee currently ? Is that correct ? Patient Correct ? Clinician Okay . Are there any disruptions to a range of motion ? Patient Um , not really . I guess it feels a little stiff when I'm fully flexing my knee. Clinician Okay . What do you do for work ? Benjamin ? Patient Uh , I'm an apprentice at a mechanic shop . Clinician Is that something you find physically demanding ? Patient Uh , some days ? Depends on the job Clinician if you do a lot of bending or crouching at work . Patient Yeah , I'd say so . Clinician Okay . Do you think the lump has grown in size since you noticed it ? Patient Yeah , I think it has . That's , that's why I finally decided to go see a doctor . Clinician All right . Do you have any allergies ? Benjamin ? Patient Uh , my peanut allergy . Clinician Okay . Anything else ? Patient Nope . Clinician Are you taking any medications currently ? No , any drug use ? Patient No , no , never touched stuff . Clinician All right . How about alcohol ? Patient A couple of beers every other night, maybe ? Clinician All right . Do you smoke ? Patient No way . Clinician Okay . That's good . Now , have you ever had any surgeries or been hospital hospitalized ? Patient I did have my appendix removed two years ago . Clinician Okay . Anything else ? No . Have you ever been diagnosed with arthritis ? Patient Uh , no , but my grandfather has it , I think . Clinician All right . How about diabetes ? No . Okay . Any other medical problems in your immediate family ? Uh , Patient my grandmother had breast cancer when I was a kid. Clinician Okay . Now I'm just gonna do a quick physical exam . Now , Benjamin , I would like to check the lump itself and test your range of motion . Okay . All right . Now let's have a feel of the lump . Okay . Uh Could you straighten your leg for me , please ? Sure . Uh Great . Uh , now bent . Okay . All right . Uh Could you just walk a few steps for me so I can have a look ? That's good . Okay . Thank you , Benjamin . So , based on what I've seen and what you've told me , I think we might be looking here at a Baker cyst . Patient The Baker cyst , what's the , Clinician uh , a baker's cyst is a fluid filled sac behind your knee . It often causes a bulge and feeling of tightness . Um , it's also called , uh , Popliteal cyst . Patient What would cause that ? Clinician Oh, swelling in the knee, arthritis, gout, injuries or direct damage to the need to name a few. Patient Okay . And how will , you know for sure that it's a Baker cyst ? Clinician Well , I'd like to do two tests . The first one will be an ultrasound . This will determine whether the lump is salad or fluid . And the second test is an X ray . This will help to determine

the potential cause . Patient Okay . And if it is a Baker cyst , so what sort of treatment am I looking at ? Would I have to get surgery or something ? Clinician No , I don't think he'll need to get surgery . Surgery is rarely used as a treatment , but it will depend on the severity . However , since you're not experiencing any pain and are still able to move your knee , I don't think surgery will be necessary . Patient Oh , good . That's a relief . Clinician Yes . And what you will have to do though is the good old rice method it as an athlete. I'm sure you're familiar with this rest ice compression elevation . You're going to need to rest your leg whenever possible . Apply ice to the knee . I recommend using a compression wrap on the knee to help reduce swelling and elevate your knee while resting . Try to keep it above your heart level, when possible if you experience any pain, uh, then you can take an over the counter medication like Ibuprofen. Patient Okay . Got it been through this before . Clinician Okay . Once we get those tests done , we'll know more about the immediate effects . If necessary , we may have to drain the fluid from the cyst . This is a simple procedure involving the needle and syringe after the drainage . We would then inject you with Cortisone to prevent further fluid production . You should know though it's not always necessary to perform a drainage . Patient Oh , not good . I guess we'll wait and see . Uh, what about recovery, time? Clinician Well , I think as long as you follow these instructions and try to avoid any strenuous activity . You should only be looking at a few weeks . Patient Oh , that's great . Clinician All right , let's set you up with an ultrasound and X ray . Hello , nurse Johnson . Can you set up my patient , Mister Benjamin Hawkins with an ultrasound and X ray ? Okay . Great . Okay , good , thanks . Alright , Benjamin , wait , here . The nurse will come and get you in a few minutes after the tests are done . I'll be back to discuss your results . Patient All right , thanks doc .