

Mayo Clinic Medical Edge

Spinal Synovial Cysts

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YEARS OF BENDING, TURNING AND TWISTING CAN TAKE A TOLL ON THE SPINE. HERNIATED DISCS AND SPINAL STENOSIS ARE A COUPLE OF AGE-RELATED PROBLEMS. SO IS A SYNOVIAL CYST.
	SYNOVIAL JOINTS, EXPLAINS MAYO CLINIC DR. JOHN ATKINSON, HAVE A MEMBRANE—THE SYNOVIUM— THAT PRODUCES FLUID WHICH ACTS AS A LUBRICANT. BUT WITH TRAUMA OR WEAR AND TEAR...
John Atkinson, M.D.	"A SYNOVIAL JOINT CAN PRODUCE AN EXCESS AMOUNT OF FLUID AND BULGE IN CERTAIN AREAS."

	<p>THESE FLUID-FILLED SACS ARE BENIGN. BUT MOST CYSTS SLOWLY GET BIGGER. AND IN THE SPINAL CANAL IT DOESN'T HAVE TO GET VERY BIG BEFORE IT CAN START PUTTING PRESSURE ON THE NERVES AND CAUSING PROBLEMS.</p>
<p>Dr. Atkinson</p>	<p>“IT WOULD BE A SCIATIC-TYPE PAIN DOWN THE LEG IN SOME WAY SHAPE OR FORM THAT WOULD BE WORSE, PROBABLY WITH STANDING AND WALKING.”</p>
	<p>THE AMOUNT OF DISCOMFORT WOULD DICTATE THE COURSE OF TREATMENT. THAT CAN RANGE FROM OVER-THE-COUNTER MEDICATIONS UP TO SURGERY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>