

Mayo Clinic Medical Edge

What is a Synovial Cyst?

1:00

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Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>JUST LIKE A CAR'S ENGINE, YOUR JOINTS NEED LUBRICATION TO KEEP THE MOVING PARTS FROM BREAKING DOWN. IN THE BODY, THE MOST MOBILE JOINTS—LIKE THE KNEE, WRIST AND SPINE—GET LUBRICATION FROM THE SYNOVIUM, A MEMBRANE THAT SURROUNDS THE JOINT.</p>
<p>John Atkinson, M.D.</p>	<p>"IT MAKES THE FLUID AND TURNS IT OVER, MUCH AS YOU WOULD CHANGE THE OIL IN YOUR CAR. IF SOMETHING GETS OUT OF WHACK ONE WAY OR ANOTHER, THEN IT CAN MAKE EXCESS FULID."</p>
	<p>THE RESULT, SAYS MAYO CLINIC</p>

	<p>DR. JOHN ATKINSON, CAN BE A SYNOVIAL CYST. THESE ARE BENIGN, FLUID-FILLED SACS. BUT THAT DOESN'T MEAN THEY CAN'T CAUSE PROBLEMS.</p>
<p>Dr. Atkinson</p>	<p>"IF THE CYST FORMS IN THE SPINAL CANAL WHERE THE NERVE ROOTS ARE, THE CYSTS DOESN'T HAVE TO GET LARGER THAN THE END OF YOUR LITTLE FINGER TO START COMPRESSING A NERVE ROOT."</p>
	<p>IT'S JUST LIKE A HERNIATED DISC, CAUSING PAIN DOWN THE LEGS. THANKFULLY, NOT ALL CYSTS ARE THIS PROBLEMATIC. BUT WHEN THEY ARE, SURGERY IS USUALLY NEEDED.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>