

# GANGLION CYST

## Symptoms

- Swelling or a round lump on the hand
- A lump that changes in size, or comes and goes
- Discomfort or pain

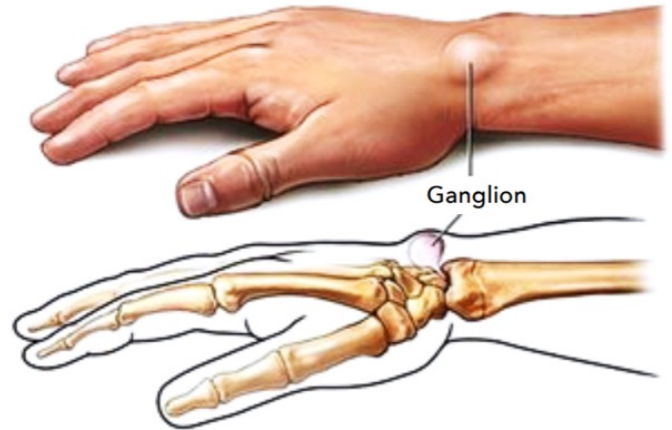
## Anatomy/Cause

Ganglion cysts are the most common lumps found in the hands. They are a smooth fluid-filled sac that originate from a joint or tendon. Ganglions are mostly found at the back of the wrist, however can occur through the fingers or other areas of the hand. It is not exactly known what causes a ganglion cyst to occur, but it is believed they form in response to instability or mechanical changes at the joint or tendon.

## Treatment

Many ganglions do not produce symptoms and may not require any treatment. If you are experiencing pain or discomfort your therapist may:

- Provide a custom-made wrist splint, immobilisation may assist in reducing the size of the ganglion and associated symptoms.
- Provide education on activity modifications to prevent extra pressure on the ganglion
- When appropriate, commence gentle strengthening exercises and stretches to increase strength and stability of the surrounding joint to prevent the ganglion from re-occurring.



## Referral

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Name: \_\_\_\_\_

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Mobile: \_\_\_\_\_

Therapy Requested:

\_\_\_\_\_

Medical Centre: \_\_\_\_\_

Provider Number: \_\_\_\_\_

## LOCATIONS

### MURDOCH

Suite 16, Level 1  
Wexford Medical Centre  
3 Barry Marshall Parade

### WEST PERTH

Level 1, 1 Havelock Street

### SOUTH PERTH

Suite 6, 77 South Terrace

### DUNCRAIG

3/64 Arnisdale Road

### MT LAWLEY

61 Walcott Street

### MANDURAH

271 Pinjarra Road

### ROCKINGHAM

24 Pedlar Circuit