



Everett Foot Clinic

# Ganglions

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## What Are Ganglions?

Ganglions are fluid-filled sacs that often grow on a joint capsule or tendon. They may appear on the top or side of the foot or ankle, and come in a range of sizes. Ganglions cause irritation, swelling, and pain when they press against nerves.

### Causes

Repeated irritation can weaken the lining of a joint or tendon and lead to ganglions. Bone spurs (bony outgrowths) may also cause ganglions by irritating the joints and tendons.

### Symptoms

Ganglions often form with no symptoms. But if the ganglion puts pressure on the nerves in the overlying skin, it can cause tingling, numbness, or pain. Ganglions sometimes swell and their size can change with different activities or a change in weather.

### Physical Exam

During your evaluation, your podiatrist may do a translumination exam, shining a light through the swelling (usually, you can see through a ganglion, but not through a tumor). When your foot is palpated (pressed), a ganglion feels spongy and the fluid moves from side to side.



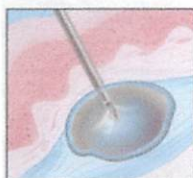
### Tests

If a bone spur is suspected, x-rays may be needed. Fluid removal (needle aspiration) may be done to help determine the degree of swelling and to decrease pain. To confirm a ganglion, magnetic resonance imaging (MRI) may be done, which reveals images of soft tissue and bone.

Sometimes, special dyes may be injected into the area to show the outline of ganglion.



Fluid withdrawn from the ganglion may reveal the severity of the swelling and decrease pain.



## Will I need Surgery?

### How Are Ganglions Treated?

Ganglions are often difficult to treat without surgery-but nonsurgical methods may be helpful in relieving some of your symptoms.

#### Non-Surgical Care

- Pads placed around the ganglion can ease pressure and friction.
- Fluid removal may also relieve symptoms, though ganglions may reoccur.
- Limiting movements or activities that increase pain may bring relief.
- Icing the ganglion for 15-20 minutes may temporarily relieve inflammation and pain
- If your inflammation is severe, your podiatrist may treat your symptoms with medication.

If a Ganglion is causing ongoing or severe pain, your podiatrist may recommend surgery.

**Treatment: Excision.** In this procedure, your podiatrist determines the position of growth, separates it from the surrounding tissues of your foot, and removes it completely.

**Follow-up Care.** You will have a bandage, which may be changed on your first return visit to your podiatrist. Keep your incision dry until your stitches are

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"The first of these is the fact  
 that the different countries are  
 developing at different rates. Some  
 are still in the stage of primitive  
 development, while others are  
 already in the stage of modern  
 development. This is due to a  
 variety of factors, including  
 the amount of capital, the  
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 amount of technology. The  
 amount of capital is the most  
 important factor, as it is the  
 basis for all other factors. The  
 amount of labor is also important,  
 as it is the source of all  
 production. The amount of  
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 3. but a collection of many different  
 4. parts, each of which is a different  
 5. kind of thing. This is the first of the  
 6. principles of the world, and it is the  
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