



WHAT IS A WRIST GANGLION?

Ganglions, also known as ganglion cysts, are fluid filled lumps that arise from tendons or joints. Ganglions are harmless and non-cancerous. They often appear as a firm, round bump under the skin, ranging in size from a pea to a golf-ball. Ganglions may fluctuate in size, becoming larger or smaller over time. Not all ganglions are visible. Smaller ganglions may only be detected with an MRI scan.

IS A GANGLION SERIOUS?

No. Most ganglions cause no symptoms at all. They often spontaneously disappear, so if they are not causing any pain, they are best left alone.

WHAT CAUSES A GANGLION?

The exact cause of wrist ganglions is unknown. However, the following factors may contribute:

1. Repetitive activities or movements, that strain the wrist joint or tendons
2. A previous wrist injury, such as a sprain or fracture
3. Age and Gender: Ganglions are more commonly found in individuals between the ages of 15 and 40, and they are more prevalent in women than men.
4. Genetic Predisposition: Certain individuals may have a genetic predisposition to developing ganglions.



HOW IS A GANGLION TREATED?

If a wrist ganglion is causing discomfort or interfering with your daily activities, there are treatment options available. Some common treatment approaches include:

Immobilisation: Wearing a wrist splint to prevent wrist movement may alleviate pain and allow the ganglion to reduce in size. Our hand therapists can fit you with a custom-made wrist orthosis which is light-weight, cooler and more comfortable than off-the-shelf braces.

Aspiration: This procedure is performed by a doctor under ultrasound guidance. It involves using a needle to drain the fluid from the cyst. It can provide temporary relief, but there is a chance the ganglion may return. Wearing a splint for 2-4 weeks following aspiration, may help to prevent the cyst from reforming.

Surgery: In some cases where a ganglion causes significant pain, surgical removal of the ganglion may be necessary. Following surgery to remove a ganglion, our hand therapists can help with reducing pain and swelling, restoring movement and preventing any problems with the scar.