

Clinical Image*Open Access, Volume 5***Parameniscal cyst: A rare cause of swollen knee****Maria João Cadório Simoes***; João Oliveira; Cátia Duarte

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Keywords: Parameniscal cyst; Knee swelling.**Description**

A 72-year-old woman with rheumatoid arthritis presented with a slow growing painful mass on the anteromedial aspect of the proximal right tibia over the past 2 years. She denied history of fever or local trauma, and acute phase reactants were within normal limits. She underwent knee ultrasound that showed a round well-defined homogeneous hypoechoic lesion connected to the medial meniscus, as well as mild synovitis and degenerative changes. Arthrocentesis of the knee revealed a non-inflammatory synovial fluid, negative for crystals and microbiologic study. Overtime, it fistulized and drained sero-hematic fluid, that was negative on culture swab. MRI of the knee demonstrated a lobulated cystic collection with internal fine septa located in the subcutaneous tissue, measuring 11.4 x 9.5 x 5 cm, and also signs of medial meniscal tear (Figure 1). Given the dimensions and functional impairment the cyst caused, the patient was referred to surgery.

Discussion

The menisci play a crucial role in maintaining knee joint stability and distributing load forces during weight-bearing activities. Traumatic injury or degenerative changes can disrupt its integrity, sometimes leading to extrusion of synovial fluid through a meniscal tear, forming cystic structures known as parameniscal cysts. While relatively rare, parameniscal cysts are responsible for 4% of all knee injuries [1]. They are usually small and asymptomatic [2], but can grow larger and present as painful masses on either the medial or lateral aspect of the knee, leading to functional impairment and requiring surgical intervention [3].

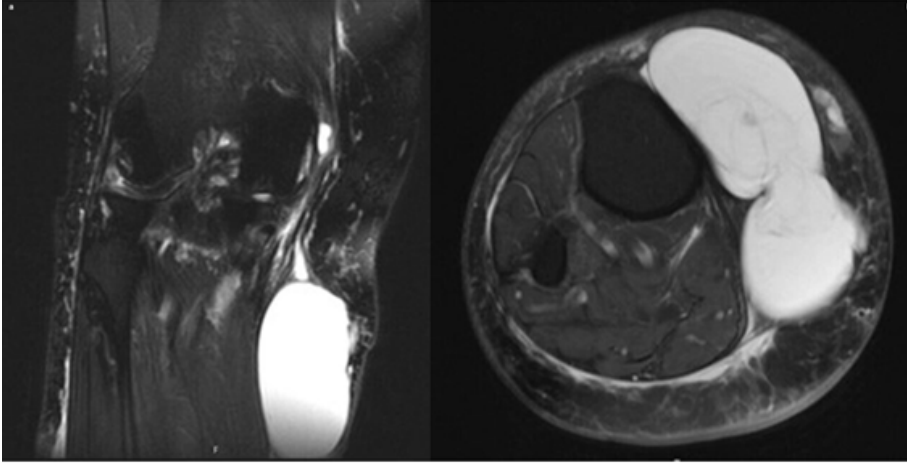


Figure 1: Clinical image.

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