

An unusual presentation of a ganglion cyst: herniation causing a defect of the iliotibial band

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Ganglion cysts are soft tissue lesions that develop around the joints and can cause a range of symptoms. This article presents an unusual case of a ganglion cyst that had herniated, causing a defect in the iliotibial band.

A 32-year-old male patient was admitted to the authors' hospital with complaints of left lateral knee pain and a swelling that had been growing slowly for 6 months. Greyscale ultrasound and magnetic resonance imaging revealed a focal defect on the distal part of the iliotibial band and a well-circumscribed cystic lesion that herniated from the defect on the iliotibial band into the subcutaneous tissue (Figures 1a and b). A ganglion cyst was diagnosed and confirmed by aspiration.

In this case, the ganglion cyst had caused the defect of the iliotibial band. A case of extensor tendon rupture caused by a dorsal wrist synovial cyst has been reported (Allahham et al, 2021), and a ganglion cyst may similarly cause a defect in the iliotibial band. Being aware of this condition will help clinicians to reach the correct diagnosis and provide appropriate management.

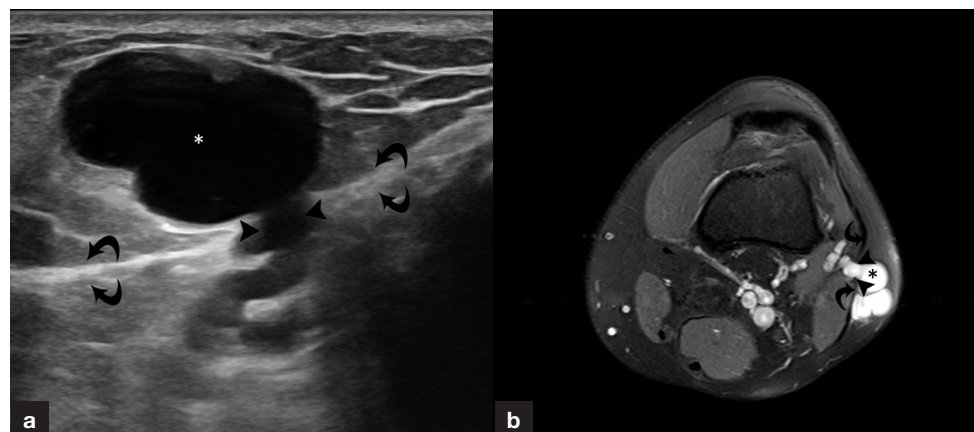


Figure 1. a. Longitudinal sonogram and (b) fat-suppressed axial proton density images showing iliotibial band (curved arrows) and herniation of ganglion cyst (asterisk) from the defect (arrowheads) of the iliotibial band.

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Reference

Allahham S, Aljasseem G, Alyazji Z et al. Unusual presentation of extensor tendon rupture caused by a dorsal wrist synovial cyst. *Plast Reconstr Surg Glob Open*. 2021;9(7):e3664. <https://doi.org/10.1097/GOX.0000000000003664>

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