

# BAKER'S CYST ULTRASOUND PROTOCOL (UEXTR, UEXTL OR UEXTB)

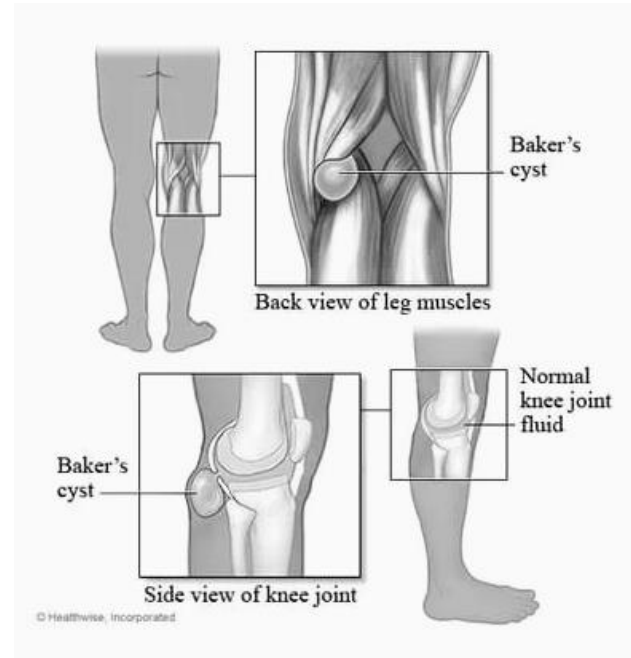
**PATIENT PREP: No prep**

**POSITION: Prone**

Baker's cysts, also called popliteal cysts, are located behind the knee on the **medial** side.

A **neck** originating from the joint distinguishes it from other cysts.

Baker's cysts can rupture, when that is the case, the fluid collects between the two muscles of the calf. Patients often feel relief of pain after rupture, so it is still important to evaluate the area if their symptoms have resolved.



## IMAGES TO OBTAIN

### POPITEAL FOSSA:

Transverse cine clip, superior to inferior of:

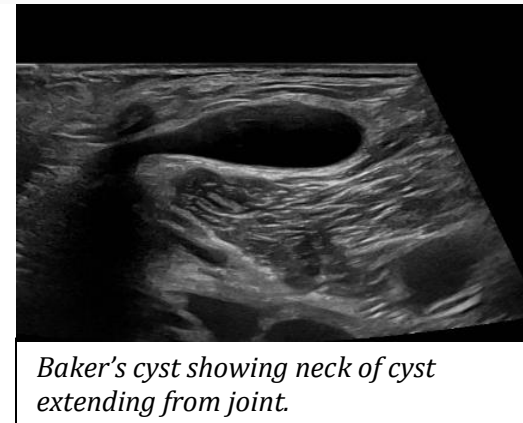
- Medial popliteal fossa
- Central/mid popliteal fossa
- Lateral popliteal fossa

Sagittal cine clip, medial to lateral of:

- Superior to the popliteal fossa
- Central popliteal fossa
- Inferior to the popliteal fossa
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If Baker's cyst present:

- Sagittal and transverse 2D image of cyst
- Color image of cyst



*Baker's cyst showing neck of cyst extending from joint.*

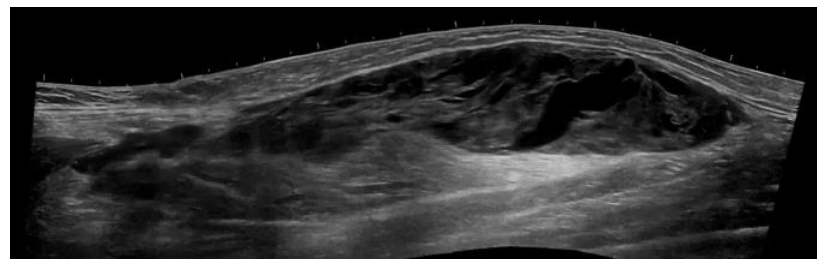
### CALF:

Transverse cine clip, superior to inferior of:

- Medial calf
- Central calf

Sagittal cine clip, medial to lateral of:

- Superior calf
- Mid calf



*Example of ruptured cyst in calf area*

### ADDITIONAL IMAGES:

- Any area of interest as needed.
- Area of pain as needed.

### Baker Cyst Ultrasound Protocol History

	Date	Changes made	By whom
Created	1/22/2024		Renee Betit Fitzgerald
Approved	1/22/2024		Manjiri Dighe