

GANGLION

EXCEPTIONAL FUNDING REQUIRED

There is a reasonable chance that ganglia will disappear spontaneously and even if they persist they do not cause adverse long term effects.

Wrist ganglia have a high spontaneous resolution rate (it is suggested 50% over 5 years).

Treatment options include observation, aspiration/injection and surgical (open or arthroscopic) excision. Although aspiration and surgery will remove ganglions in the short term, recurrence rates are high. Injection of steroid following aspiration does not improve recurrence rates.