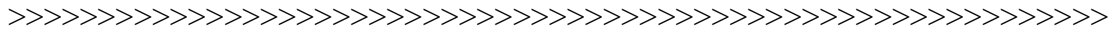


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### Baker Cyst

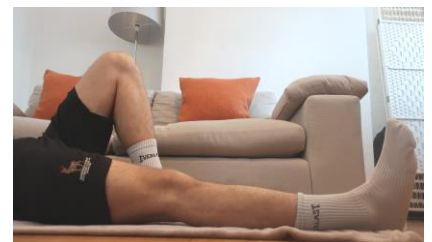
A Baker Cyst is a lump that develops on the back of the knee, often painless. A cyst is a bag of fluid and occurs when the knee is damaged due to an injury, osteoarthritis, gout or inflammation.

Pain management methods:

We advice ice treatment (10 min) 2/3 times a day, to reduce inflammation, relative rest from activities, knee support and strengthening exercises.

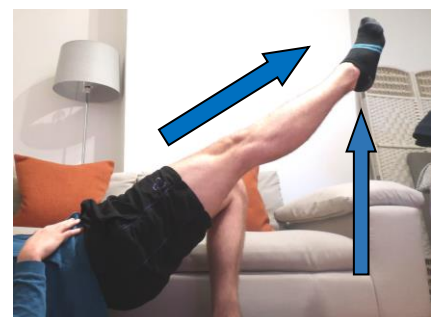
Straight leg raise:



- Lie on your back
- Bend the good leg
- Straighten the painful leg and pull back your toes
- Lift your leg 1 foot off the floor/bed
- Hold 5 seconds
- 10 repetitions



Bridge with leg extension:

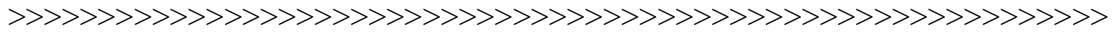
- Lie on your back
- Bend both knees
- Lift up your hips
- Keeping your pelvis level, straight one leg up
- Hold 10 seconds
- 10 repetitions
- Repeat for the opposite side



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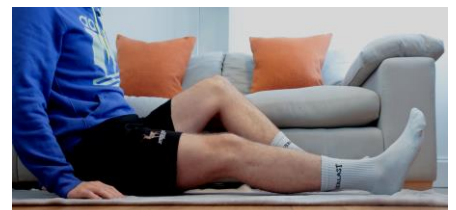
Resistance band bridge:



- Lie on your back
- Place a theraband across your pelvis,
- Press the ends of the theraband into the floor
- Squeeze your glutes and lift up your hips
- Hold 10 seconds
- 10 repetitions



Quads sets:

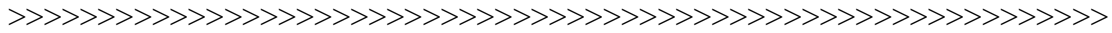
- Sitting on the floor
- Bend the good leg
- Straighten the injured leg
- Press the back of the injured knee into the floor
- Hold 10 seconds
- 3-5 repetitions



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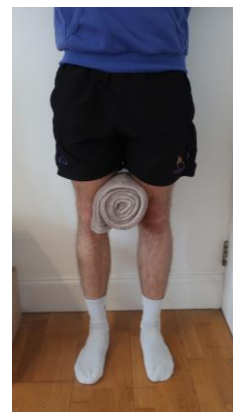
Clam:



- Lie down on your good side
- Bend both knees
- Lift up your upper knee, keeping both heels together
- Hold 5 seconds
- 10 repetitions, 2 sets



Wall slide:

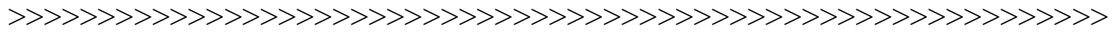
- Stand against a wall
- Keep your feet 20 cm distance from the wall
- Add a ball or towel between your knees
- Slowly slide down the wall
- Return to starting position
- 10 repetitions



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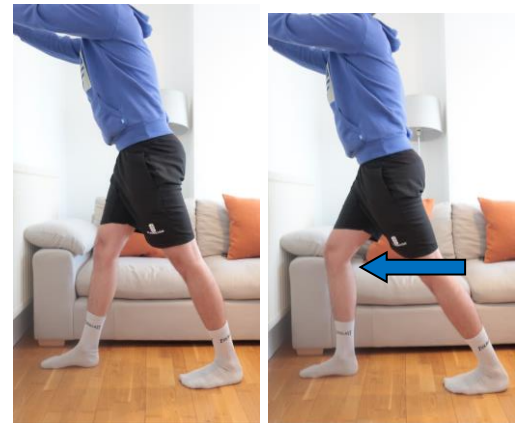


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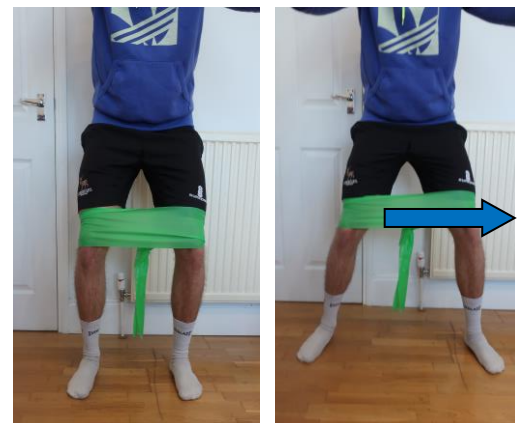
Calf stretch:



- Stand against a wall
- Place both hands on the wall
- Keep the injured leg on the back and good leg on the front
- Bend the front knee forward
- Keep the back knee straight
- Keep both heels on the floor
- Hold 20 seconds
- 3 repetitions



Resistance side walking:

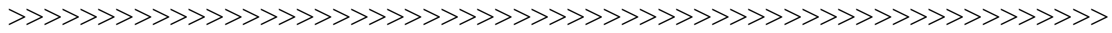
- Tie a theraband above your knees as shown
- Do a small squat
- Do side steps
- 15 steps each side
- 3 repetitions



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Heel raises:

- On sitting position with both feet flat on the floor
- Lift the heel from the affected leg but keep the ball of your foot on the floor
- Slowly bring the heel to the starting position
- 10 repetitions, 2 sets

