

# Cruciate ligament ganglion

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**Val d'Isère Advanced Course Knee Course**  
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# Basics

- Not very well known
- Clinical diagnosis
- MRI confirmation
- 2 efficient treatment
  - Cystic aspiration under CT guidance
  - Arthroscopic debridement
- *Different from ACL mucoïd degeneration*



# Introduction

- Rare
- Painfull et stiffness
- MRI diagnosis
- Extra/juxta – ligamentous (ACL and PCL) lesion

# Patient status

- Men and women
- 20 to 65 y.o
- Assosiated lesions :
  - Degenerative meniscal tear
  - Rare ACL tears

# Symtoms

- Diffuse pain / global knee pain
- « Deep » pain
- R.O.M limitations :
  - Limitation in flexion if posterior location
  - Limitation in full extension if anterior location

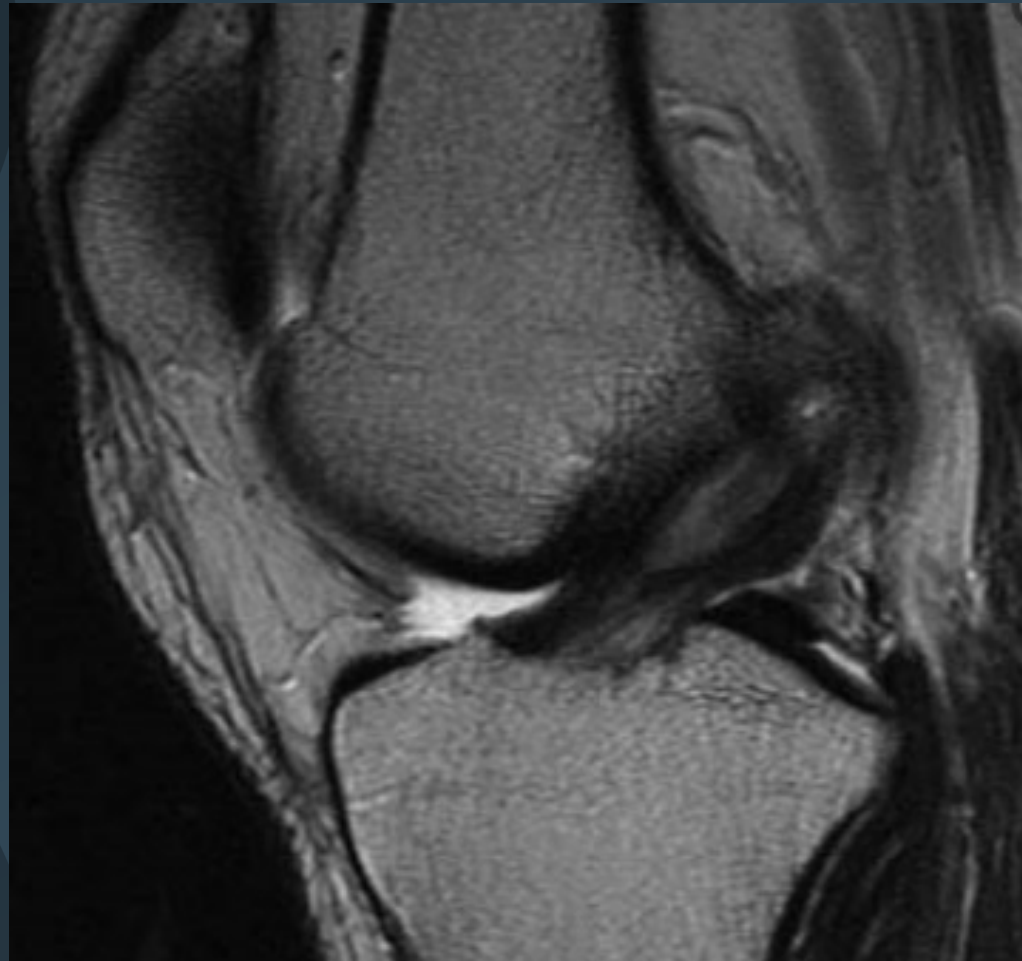


# Clinical exam

- Stiff knee
- Worsening pain
  - hyperextension anterior ganglion/cyst
  - In deep flexion posterior ganglion/cyst
- No effusion
- ! Clinical signs of associated lesions

# Imaging

- X-rays : normal
- MRI :
  - hypo density lesion in T1
  - hyper density lesion in T2
  - Cyst often fusiform parallel to the fibers of the ACL
  - Not in the ACL , next to it (addition)



*Plotkin et coll(1)*

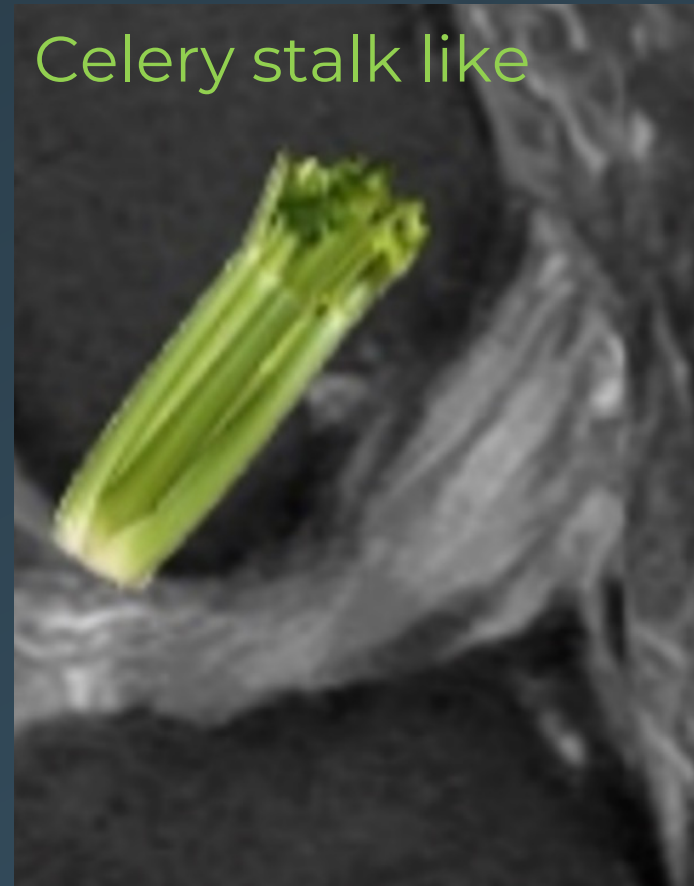
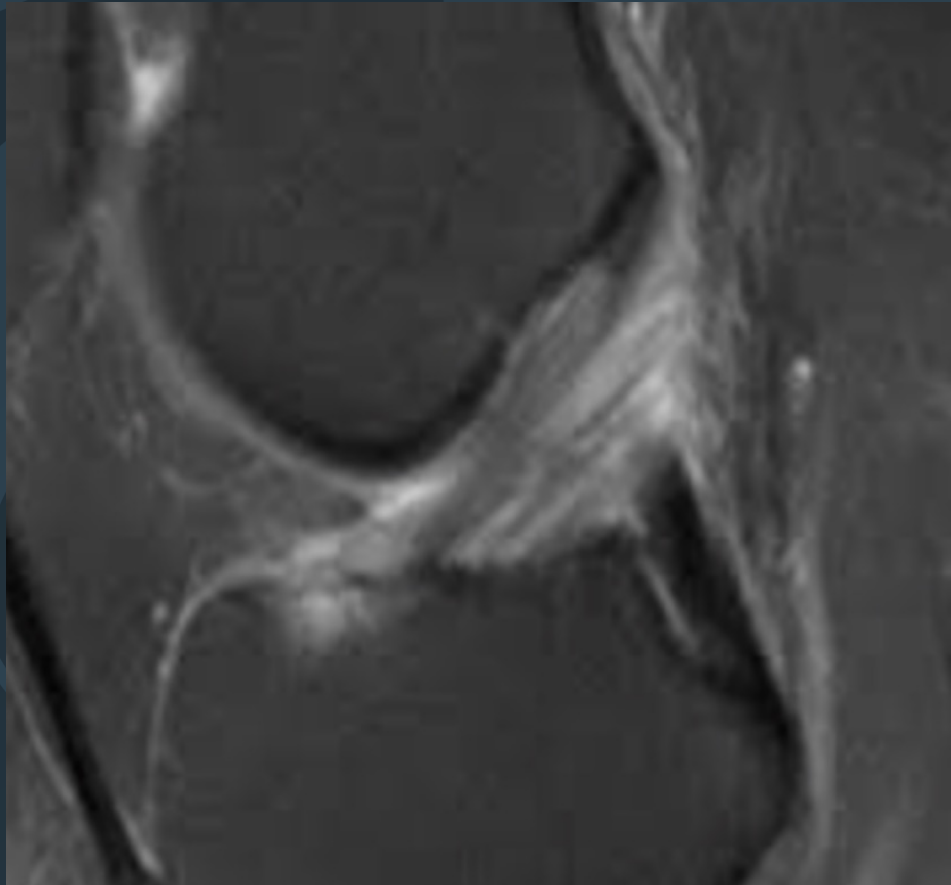


*Plotkin et coll (1)*

# Differential diagnosis

- ACL mucoïd degeneration:
  - ACL hypertrophy by mucoïd infiltration
- Clinical :
  - Posterior deep pain
  - Painfull limitation of deep flexion
- **MRI :**
  - ***Celery stalk like***
- Traitement :
  - Arthroscopic debridment

# ACL mucoïd degeneration

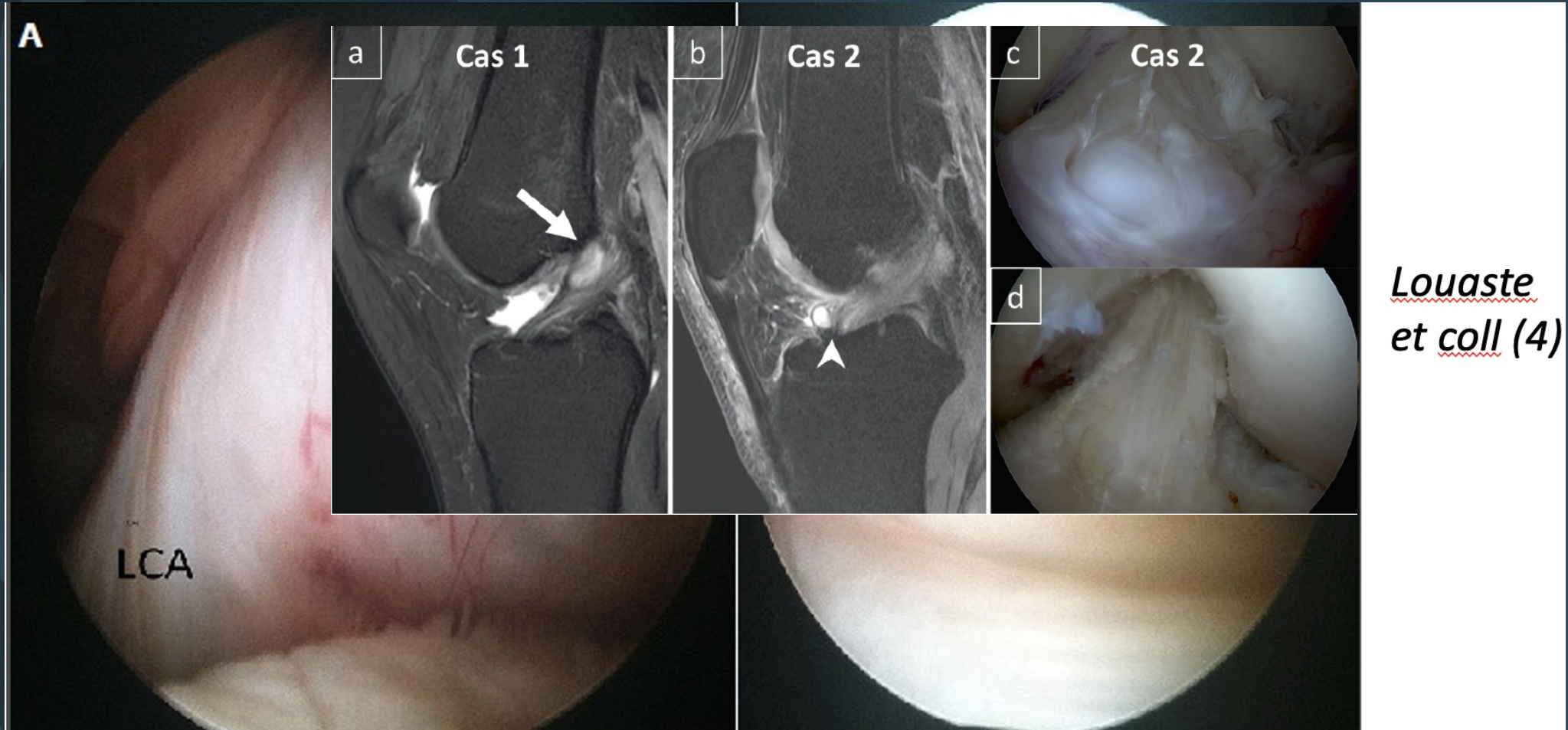


*Pujol et coll (2,3)*

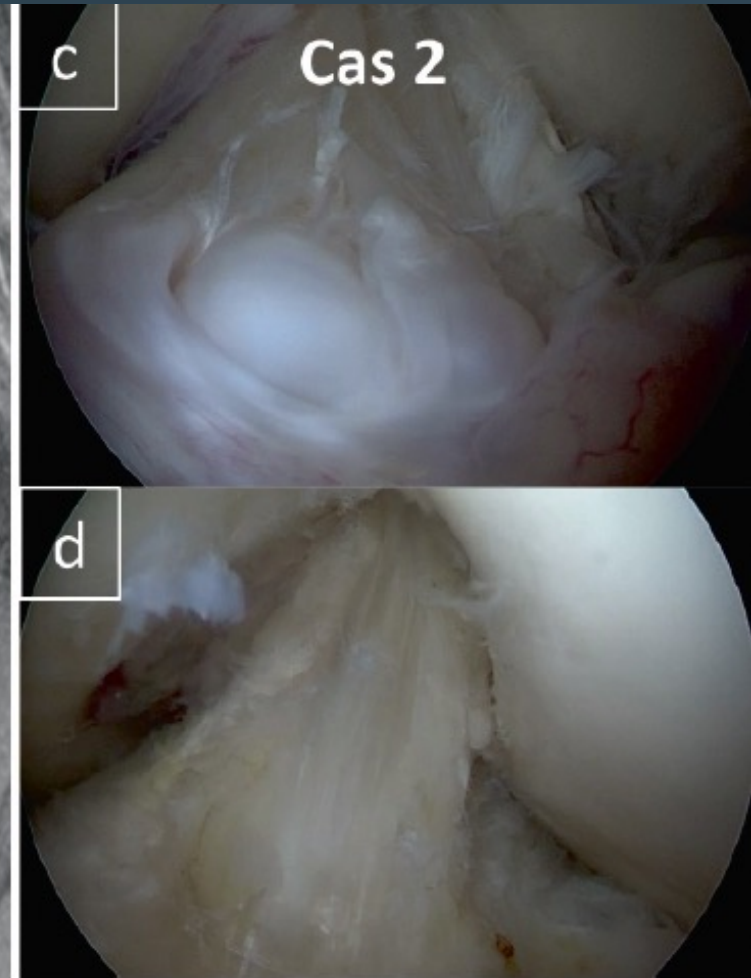
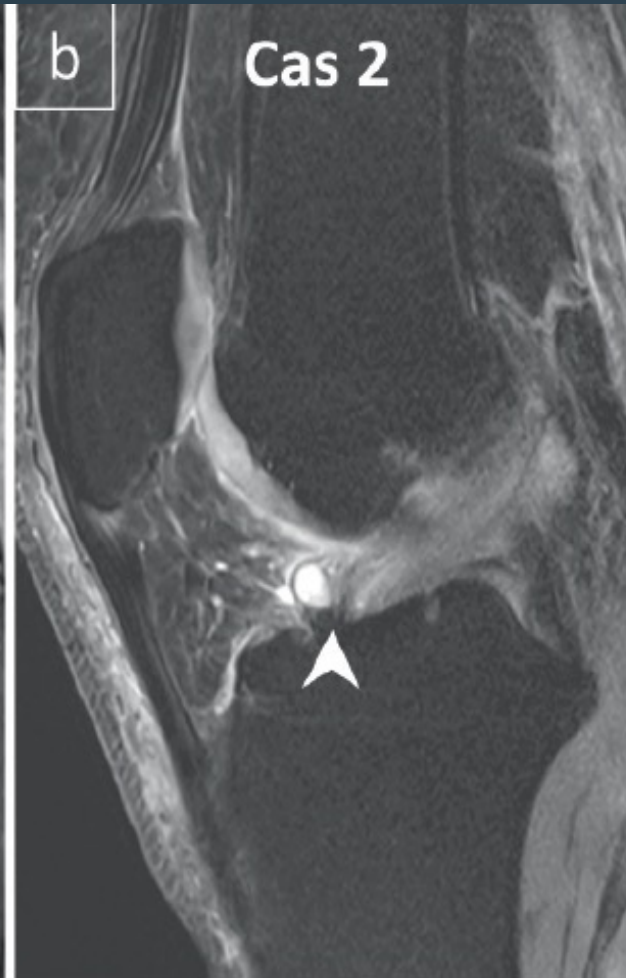
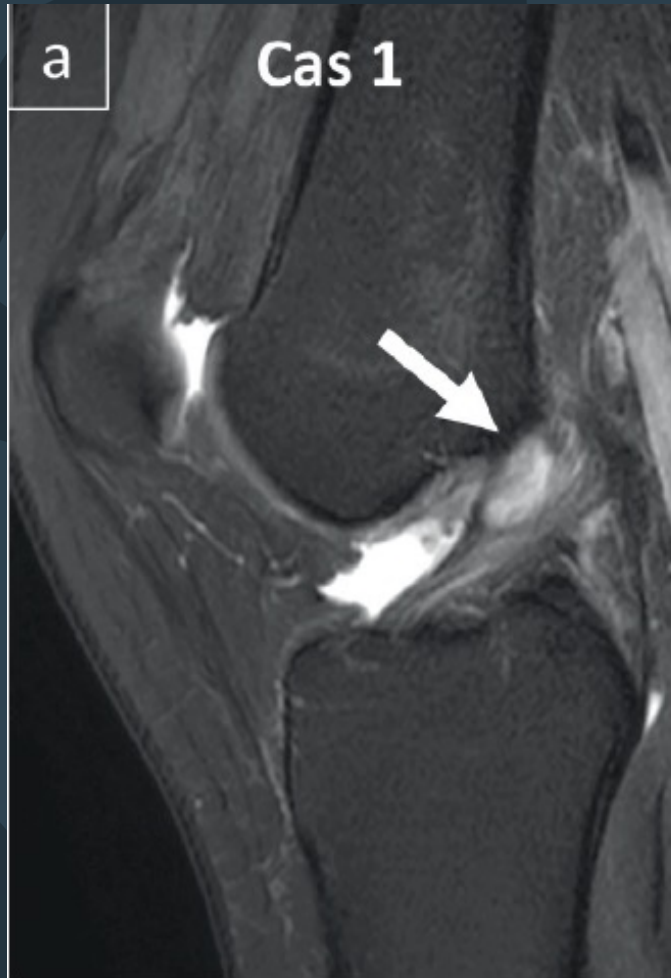
# Treatment options

- Conservative if asymptomatic
- Aspiration under CT contrôle depending of the access / radiologist : *X-rays / US / CT*
- Arthroscopic debridement

# Arthroscopic aspect



# Arthroscopic aspect

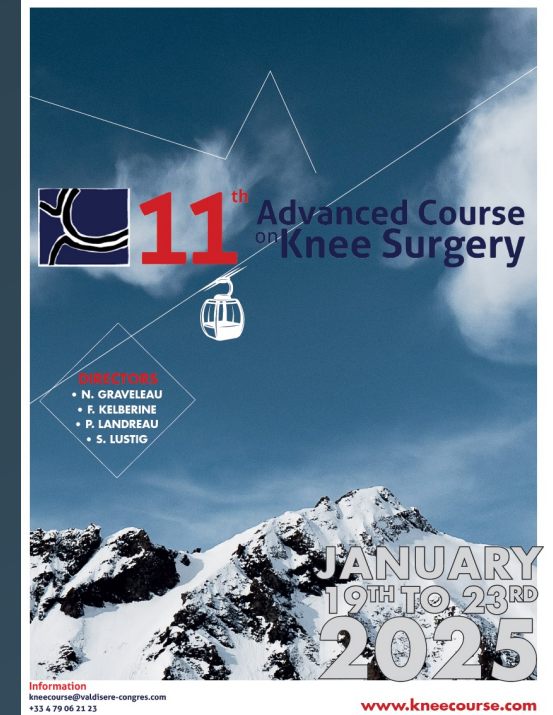


# Results

- Good
- Few recurrency
- Slight instability if removal of part of ACL ( ?)
- Good ROM recovery 1-2 months after surgery

# Take home message

- Rare
- Clinically : Deep PAIN and ROM limitations
- **MRI +++** : Cystic/ ganglion lesion close to ACL
- Traitement :
  1. Aspiration + injection
  2. Arthroscopic removal
- Do not confuse : ACL mucoïd degeneration
- Come back in Val d'Isère in 2027



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