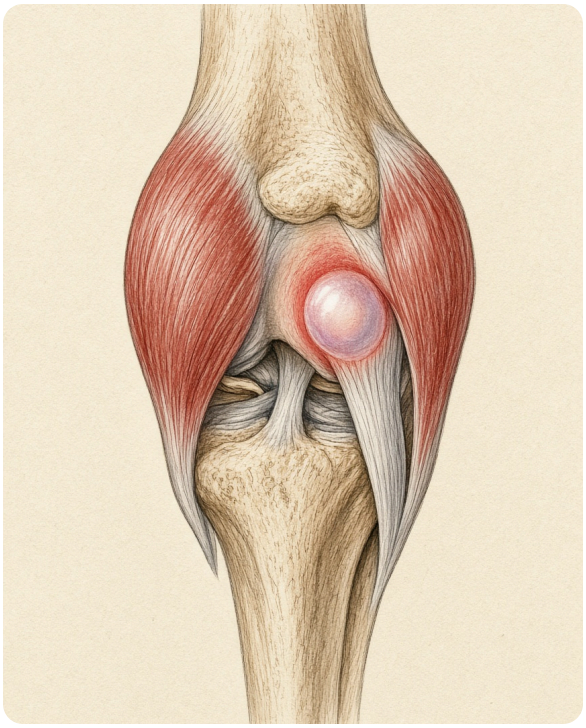
ARMIN PHYSIO



PATIENT GUIDE

Baker’s Cyst

Pain behind your knee? It could be a **Baker’s cyst.**

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What is a Baker’s cyst?

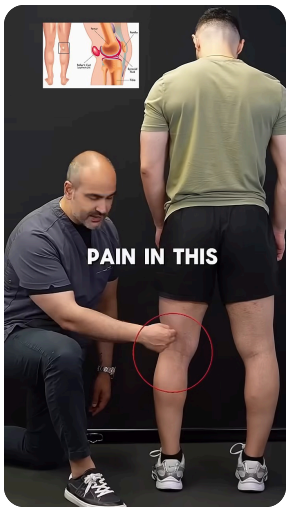
A Baker’s cyst usually forms when extra fluid from the knee joint leaks into a small sac (bursa) behind the knee. It takes up space there and can irritate the tissue around it, so it’s painful to touch and when you fully bend or straighten the knee. It’s often self-limiting, gets better on its own and isn’t always anything serious. Gentle mobility helps keep the knee moving while it settles.

QUICK CHECK

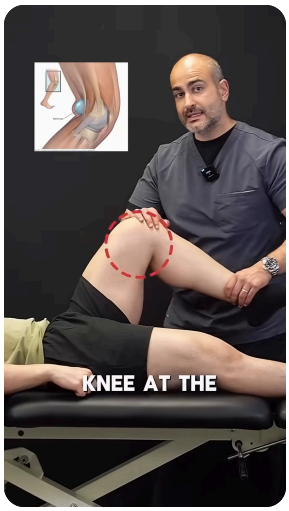
Does this sound like you?

- [ ] Pain or a **bulge behind the knee**
- [ ] Pain behind the knee at the **end of bending** the knee
- [ ] A spot that, **when touched**, makes you want to jump
- [ ] Pain when you **straighten the knee** fully
- [ ] Pain behind the knee when **standing up from sitting**

If you ticked a few boxes, a Baker’s cyst could be the cause. Try the 3 exercises on the next pages.



Pain behind the knee



Pain at the end of knee bending

YOUR 3 EXERCISES

Try these exercises

1 Standing back-of-knee stretch

Stretches the calf and the back of the knee





1. **Hold on to a chair** for support.
2. **Keep your affected knee straight**, with that leg behind you.
3. **Drive the other knee forward**, stretching the back of the knee.
4. Hold, then relax and repeat.

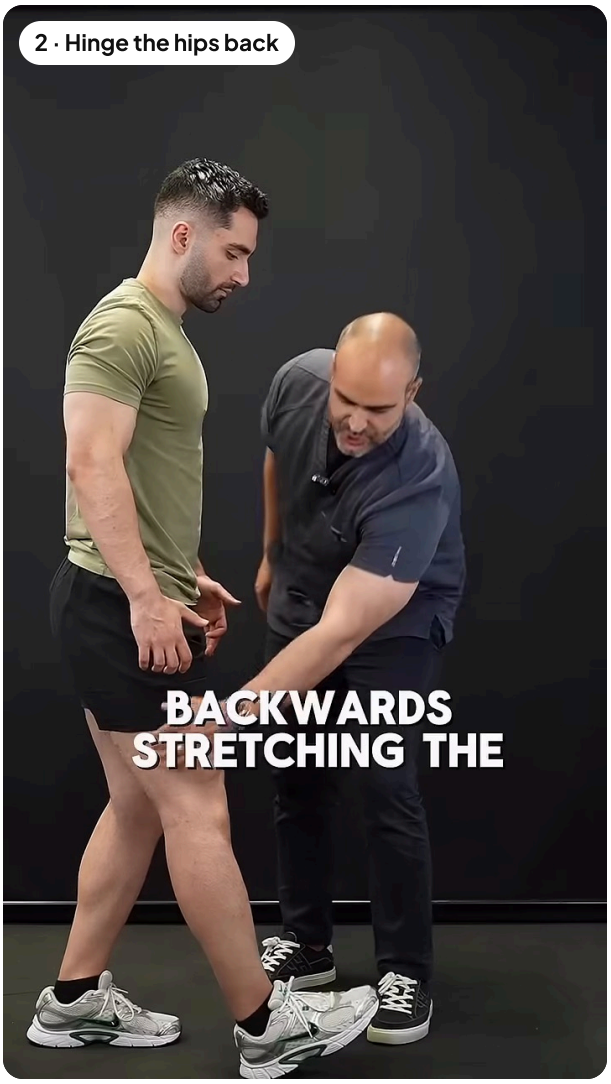
Hold about 30 seconds, 2–3 times
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Heel-down hip hinge stretch

Stretches the hamstrings and the back of the knee





1. **Have the heel of the affected leg planted on the ground** in front of you, toes up.
2. Keep the knee straight and your back flat.
3. **Hinge your hips backwards**, stretching the back of the knee.
4. Hold, then come back up and repeat.

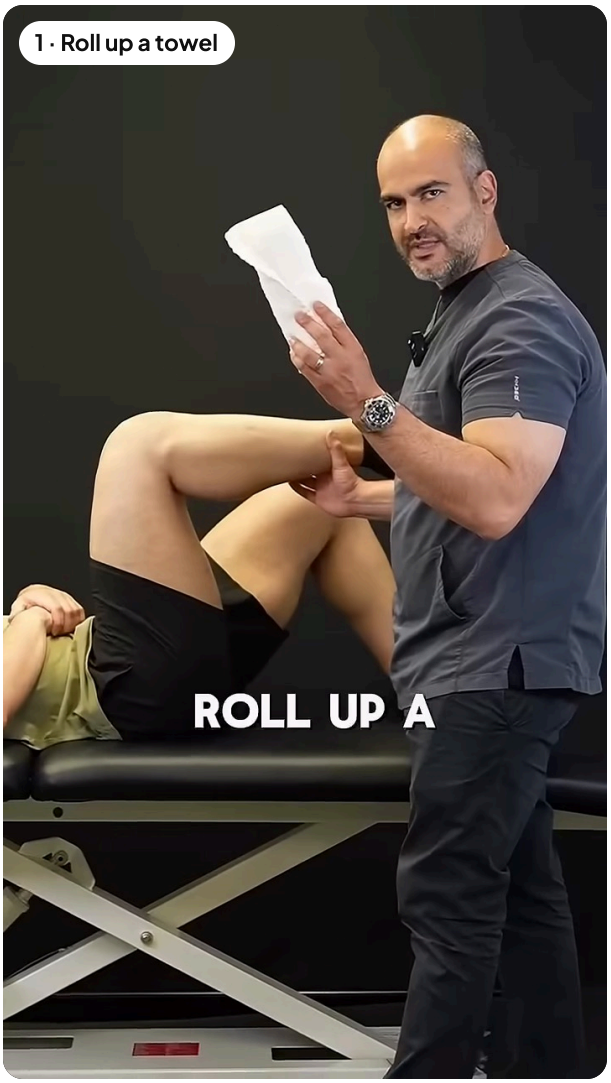
Hold about 30 seconds, 2–3 times

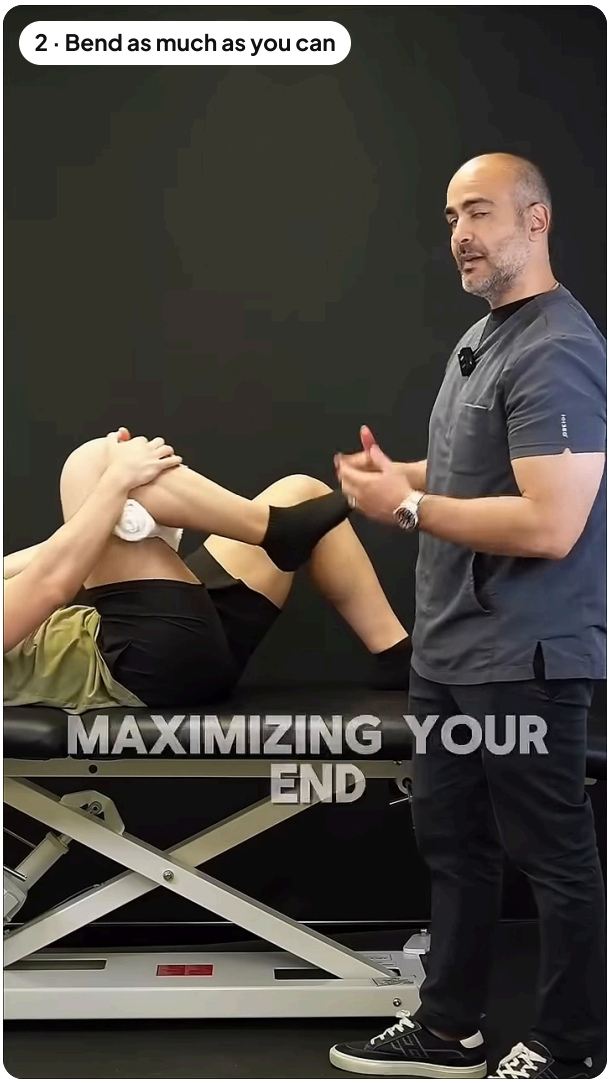
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Towel knee bend

Gently maximizes your end-range knee bend





1. **Roll up a towel** like this.
2. Lying on your back, **place it underneath (behind) your knee**.
3. **Bend that knee as much as you can**, hugging the shin in to maximize your end-range knee flexion.
4. Ease back out and repeat.

10–15 slow reps, 2–3 sets

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Stretch
Standing back-of-knee stretch, 30 s

02
Stretch
Heel-down hip hinge, 30 s

03
Mobilize
Towel knee bend, 10–15 reps

Armin doesn't give sets or holds in this video, so the holds, reps and doing it once or twice a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

If you have pain that radiates, or it keeps going and feels abnormal, get it fully checked out (from Armin's description). Calf swelling or redness needs same-day medical care.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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