

The following will apply for CME credits for the 2017-2018 recertification year. All completed answer sheets should be held until you receive your recertification notice in the mail (April of 2018)

WHAT ARE GANGLIONS?

A ganglion is a fluid-filled swelling of the lining of a _____ or tendon. Although ganglions can form on any part of the foot, they most often appear on the ankle or _____ of the foot. Ganglions tend to change in size and usually grow slowly.

WHAT CAUSES GANGLIONS?

Repeated irritation can weaken the _____ of a joint or tendon and lead to ganglions. People who wear _____ are more vulnerable to ganglions, as this type of footwear puts stress on the foot and ankle. Bone spurs (bony outgrowths) may also cause ganglions by irritating the joints or tendons.

WHAT ARE THE SYMPTOMS OF GANGLIONS?

Ganglions often form with no _____. But if the ganglion puts pressure on the nerves in the overlying skin, it can cause tingling, numbness, or pain. Ganglions sometimes swell and their size can _____ with different activities or a change in weather.

HOW ARE THEY DIAGNOSED?

Because ganglions are sometimes mistaken for _____, it's important to have a complete examination and possibly, tests to confirm the diagnosis.

MEDICAL HISTORY

During the medical history an important question is how _____ the patient has had the ganglion, what kind of symptoms they have felt, if it has changed in size, or if its size varies according to their activities.

PHYSICAL EXAMINATION

During the evaluation a _____ examination (shining a light through the swelling) may be performed because you can usually see through a ganglion and not through a tumor. When the foot is palpated (pressed), a ganglion feels _____ and the fluid moves from side to side.

TESTS

If a bone spur is suspected, _____ may be needed. Fluid removal (needle aspiration) may be done to help determine the degree of swelling and to decrease pain. To confirm a ganglion, magnetic resonance imaging (MRI) may be done, which reveals images of soft tissue and bone. Sometimes, special dyes may be injected into the area to show the outline of ganglion.

HOW ARE GANGLIONS TREATED?

Ganglions are often difficult to treat without surgery, but nonsurgical methods may be helpful in relieving some of the symptoms.

NONSURGICAL CARE

Pads placed around the ganglion can ease pressure and friction

Fluid removal may also relieve symptoms, though ganglions may recur.

_____ movements or activities that increase pain may bring relief.

_____ the ganglion for 15-20 minutes may temporarily relieve inflammation and pain.

If the inflammation is severe, treatment may include medication to treat the symptoms.

IF THE PATIENT REQUIRES SURGERY

If a ganglion is causing ongoing or severe pain surgery may be recommended. The entire ganglion wall is removed during the procedure as well as some surrounding tissue.

POST SURGIVAL PRECAUTIONS

The patient may feel pain, swelling, _____, or tingling for several weeks following surgery. They are usually able to walk soon afterward, though their foot may need to be wrapped or _____. Although surgical intervention is usually successful, there is a chance that the ganglion will recur.

Fill in the blanks with these words.

Casted	Spongy	Numbness	Lining
Trans-lamination	Limiting	Long	Change
Boots	X-rays	Joint	Symptoms
Icing	Top	Tumors	