

**후방십자인대 낭중에 의해 발생한 슬와 중앙부 중물**  
**Central popliteal mass due to communicating**  
**posterior cruciate ligament cyst :**  
**An indication for combined approach**

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## CASE REPORT

Cysts arising from the posterior cruciate ligament (PCL) are relatively uncommon and are mostly incidental findings on MRI and arthroscopy. Symptomatic PCL cysts maybe isolated or associated with other intra-articular lesions and are usually well defined and confined to the surface of the ligament. Extra-articular communication of these cysts through the joint capsule is extremely rare and we found no detailed reports of such lesions in literature.

In this reported case a fairly large PCL cyst with extra-articular communication into the popliteal space was found to be in close proximity to the popliteal nerve and vessels on MRI.

Any attempt of arthroscopic excision using a shaver might not have been effective in view of the multilocular nature of the cyst and attempts to disrupt the communicating tract and dealing with the extra-articular part would have put the neurovascular bundle at risk. In view of these difficulties, we approached the cyst through a combined arthroscopic and open approach.

Arthroscopy allowed us to effectively deal with the intra-articular part of the cyst and to rule out any other intra-articular knee pathology and the open approach through the popliteal fossa allowed us to safely excise the extra-articular part of the cyst and close the communicating track.

## Key Words

PCL, Cyst, Arthroscopy