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Ganglion Cysts

Work Related Upper Limb Disorder Guides

1 Ganglion Cysts

Ganglion cysts, which can be as small as a pea or as large as a golf ball, form when tissues that surround joints become inflamed and full of fluid.

They're totally painless and harmless in most cases but can be painful particularly if they're on a joint or knuckle, and if you knock them it could bring tears to your eyes. They disappear with time, however, and can be treated by draining with a needle.

2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation.

If you'd like to discuss your situation, you can call us on
0800 122 3130