

THUMB ULNAR COLLATERAL LIGAMENT INJURIES

Symptoms

- Pain, swelling and bruising at the thumb joint and webspace.
- Pain whilst pinching and grasping
- Reduced thumb movement and strength

Anatomy/Cause

Thumb Ulnar Collateral Ligament (UCL) injuries are commonly referred to as 'Skier's thumb' due to the nature of how the injury occurs. Thumb UCL injuries are often the result of the thumb being forced sideways away from the hand. Injuries may also be a result of degeneration over time by various stresses on the joint. The UCL of the thumb is an important ligament that provides stability to the joint at the middle of the thumb. When this ligament is injured or torn, it can result in pain and loss of stability to the joint.

Treatment

At Hand Works, we can assess your injury and determine the best treatment and therapy going forward. Your therapist may:

- Provide a custom-made hand-based thumb splint that will immobilise the thumb to protect and promote ligament healing
- Guide you through when/how to wear from your splint
- When appropriate, commence gentle strengthening exercises and stretches to increase thumb range of movement and regain function
- Advise you on how to proceed if a surgical review is required



Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit