

What is it?

A stretch or tear to a finger ligament due to sudden injury

What causes it?

Direct impact to, hyperextension or side displacement of joint.

Symptoms

Pain, swelling and discomfort

Top Tips

Immobilise and ice as soon as possible

How to Treat it

RICER for 48-72 hours until pain reduces. Anti-inflammatories and painkillers.



Rehab

Splint or 'buddy tape' the thumb to its neighbouring digit, to protect and secure thumb. Gentle exercises to improve range of movement.

Definitions

Ligament - strong fibrous connective tissue, which connects two bones, or cartilages or holds a joint together

Hyperextension - forceful posterior movement of joint beyond its normal limits

Associated Conditions

- Thumb Sprain or Skier's Thumb (Ulnar Collateral Ligament)
- Mallet Finger (Long Extensor Tendon)
- Hand/Finger Tendinitis

Get Help Now

Products

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