

# Thumb Sprain or Skier's Thumb (Ulnar Collateral Ligament)

## What is it?

Acute injury – when the thumb is forcefully and suddenly stretched away from the hand, hyperextending or tearing the ulnar collateral ligament.  
Chronic injury – gradual and cumulative wear and tear to the ulnar collateral ligament

## What causes it?

Sudden hitting, or hyperextension of the thumb. Repetitive gripping action between the thumb and index finger.

## Symptoms

Pain, swelling, impaired ability to grip objects and/or control thumb

## Top Tips

Immobilise and ice as soon as possible

## How to Treat it

Ice, elevate and immobilise using splint



## Rehab

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

## Definitions

**Sprain** – a stretching or tearing of ligaments, which connect two bones. Classified as first (mild), second (moderate) to third degree (severe) sprains.

**Ulnar Collateral Ligament** – strong fibrous connective tissue located at the base of the thumb knuckle

**Acute** – sudden injury

**Chronic** – gradual injury over time

**Hyperextension** – forceful posterior movement of joint beyond its normal limits

## Associated Conditions

- Mallet Finger (Long Extensor Tendon)
- Finger Sprain
- Hand/Finger Tendinitis

## Get Help Now

### Products

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