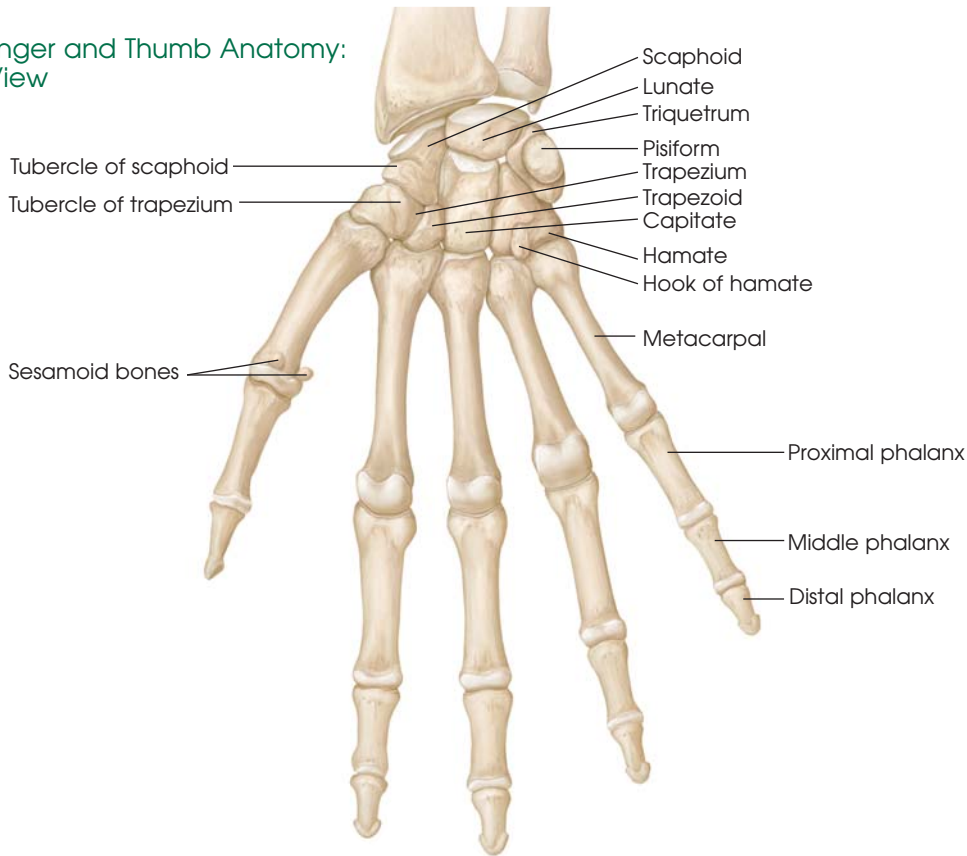
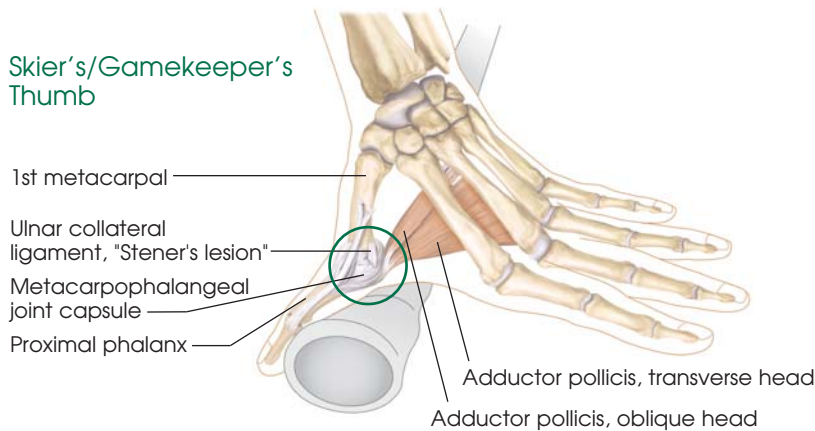


Skier's/Gamekeeper's Thumb

Normal Finger and Thumb Anatomy:
Anterior View



Skier's/Gamekeeper's
Thumb



Skier's or Gamekeeper's Thumb is an injury to the ulnar collateral ligament which helps prevent the thumb from bending too far away from the hand. This injury can be caused by trauma, such as a fall onto a ski pole or can be due to chronic overstretching of the ligament over a long period of time. Symptoms include pain, swelling, difficulty grasping/holding objects and sometimes instability or "catching" of the thumb.

Common Treatment Options

- Apply ice packs to the thumb for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Elevate the hand.
- Physical therapy may be recommended.
- A splint or cast may be worn to aid proper healing.
- Surgery may be recommended if the tear in the ligament is severe and the thumb is unstable.

