



Information for
patients and
carers

Thumb Collateral Ligament Injury

Hand Therapy Advice

Thumb Anatomy

The thumb is made up of three bones separated by two joints.

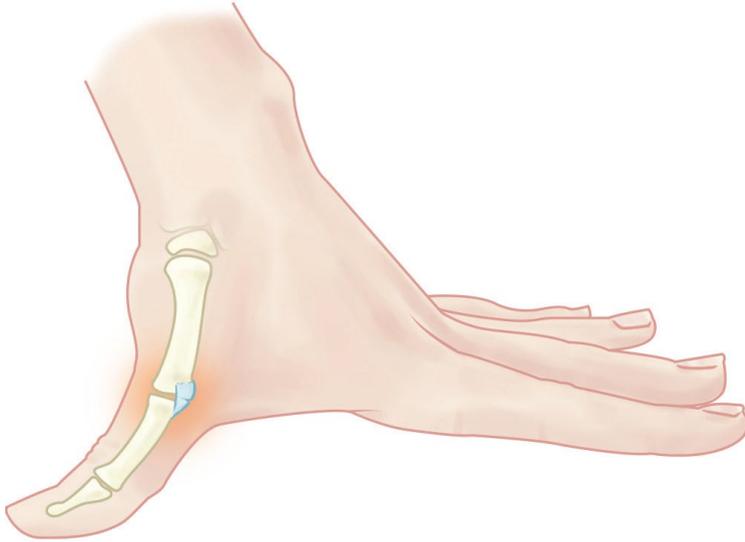
The joints allow the thumb to bend and straighten and are protected on either side by collateral ligaments. Ligaments are tough bands of fibrous tissue that connect bones together.

When the thumb is straight, the collateral ligaments are tight and protect the joint against sideways force. The ulnar collateral ligament (UCL) is on the side closest to the index finger, and the radial collateral ligament (RCL) on the opposite side.



Mechanism of Thumb Collateral Ligament injury

A forced sideways movement of the thumb away from the hand can cause partial or complete collateral ligament tears.



Treatment of Thumb Collateral Ligament injury

- Collateral ligament injuries can be serious injuries and may take 3-6 months to fully recover from
- Immediately after your injury keep your hand elevated above shoulder height as this will help to reduce any swelling
- Applying an ice pack to your thumb for 10 mins at a time will help to decrease any pain and swelling in the thumb. Continue this frequently for three days after the injury

- You may be fitted with temporary taping, a splint or a plaster cast to initially protect the injured ligament
- If you are given a splint by a hand therapist you will be allowed to perform specific exercises to prevent joint stiffness. Your hand therapist will inform you of these
- You should also avoid using your hand and thumb for functional tasks to prevent further injury and allow healing to take place. The most important of these is spanning to open or grasp objects/ tools
- At approximately 4-6 weeks you can start to use your hand for light functions whilst wearing a splint/support
- At approximately 6-8 weeks you should be building up functional use of your hand and only be using your splint for heavy tasks and sports
- By approximately 8 weeks you should aim not to use the splint and feel ready to return to normal activities

Feedback about the care you have received

We are always striving to ensure we provide the best possible care and improve our services based on what our patients tell us. We would really appreciate if you could take a few minutes to complete a short anonymous survey by scanning the QR Code on the next page. Paper versions are also available in our department next to the anonymous drop box for posting your feedback.

THE NHS FRIENDS AND FAMILY TEST

Have your say to improve your care. We would like your feedback on the care or treatment you have received today. Put us to the test and tell us what is working and what we can improve. You can say what you think as we do not ask for any of your personal details. The feedback will be used to plan and implement improvements to our services.

THANK YOU for taking the time to complete this survey.

Preston Hand Therapy



Chorley Hand Therapy



Contact details

Should you require further advice or information please contact Hand Therapy at Royal Preston Hospital on 01772 522879 or Chorley District Hospital on 01257 245757

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

Arabic:

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مسا عدة في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

Department: Hand Therapy
Division: Diagnostics and Clinical Support
Production date: March 2022
Review date: March 2025
JR 762 v1