

Thumb Sprains

Thumb sprains result from hyperextension and involve injury to the ulnar collateral ligament. Clinicians sometimes refer to this injury as "Gamekeeper's Thumb" because the mechanism of ulnar collateral ligament injury was common

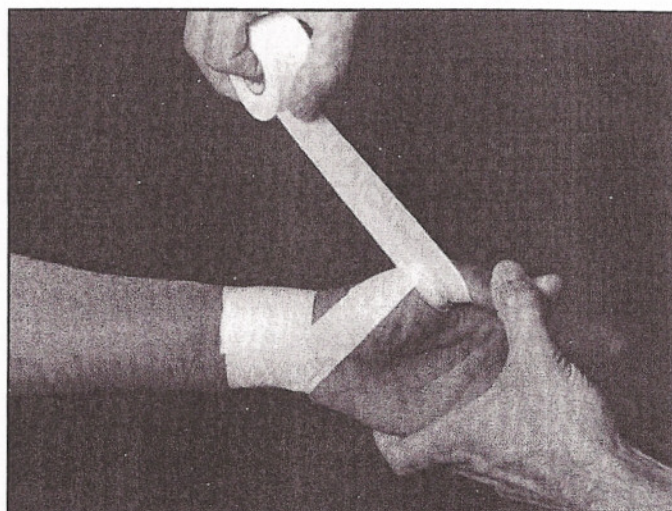
in gamekeepers who attempted to manually break the neck of their fowl. Injuries that completely rupture the ulnar collateral ligament usually require surgical repair. Partial ligament tears will benefit from a taping procedure.

Thumb Sprain Taping

The athlete's pain and disability, along with the dexterity that he or she requires, will determine how you proceed. For minor injuries, a simple figure-eight taping around the thumb and wrist will suffice (Figure 7.6). If the athlete needs the wrist to move freely, begin the individual strips on the anterior, encircle the thumb's metacarpophalangeal joint, and finish on the wrist's posterior aspect.

Figure 7.6

Figure-eight taping to support the thumb's metacarpophalangeal joint. Following application of anchor strips around the wrist, begin a strip of tape from the wrist's palmar surface and proceed around the thumb (A). Adduct the thumb as the strip passes toward the wrist's dorsal surface. To prevent the bulk that will result from continuous strips around the wrist, individually apply the figure-eight strips (B).



A



B

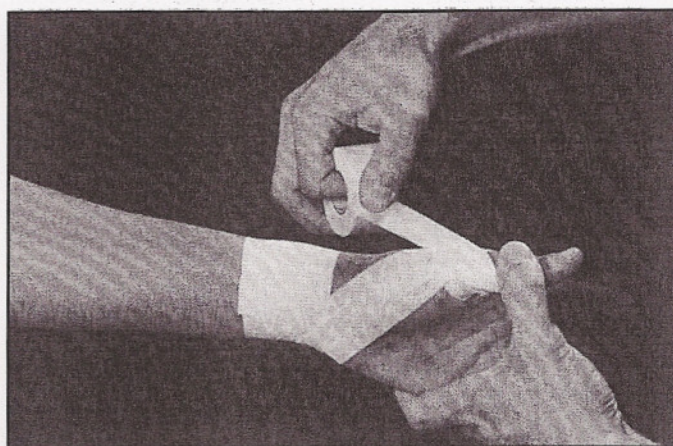


Figure 7.6 (continued)

Successive figure-eight strips overlap the preceding strips in a "staircase" fashion (C-F). Anchor strips around the wrist complete the procedure (G-H).



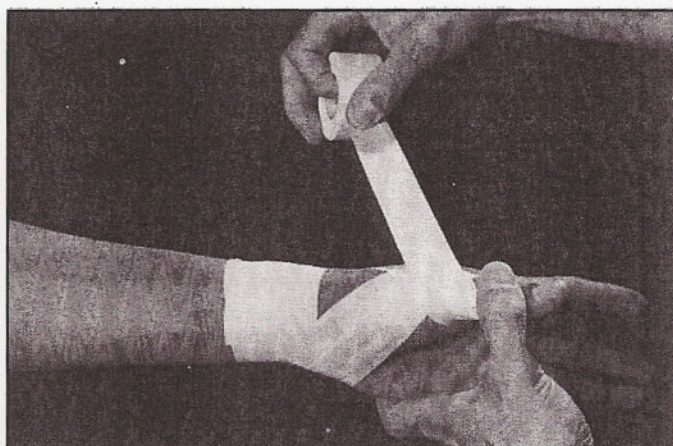
C



D



E



F



G



H