

WRIST, HAND, & FINGERS INJURIES

IDENTIFICATION AND TREATMENT

Gamekeepers Thumb

- Damage to ulnar collateral ligament of the Metacarpal Phalange (MP) joint of the thumb
- Forced abduction or forced adduction and hyperextension of thumb
- Will feel a pop or snap
- Pain intense and localized over ligament
- Initial swelling on ulnar side of the thumb will spread to the base of the thumb and hand
- Sore over ulnar collateral ligament at the MP joint

Treatment

- Ice
- Tape for activity
- Refer to MD for evaluation, in severe cases

Boutonniere Deformity

- Caused by forced flexion of proximal inter-phalange (PIP) joint and forced hyperextension of distal inter-phalange joint (DIP)
- Dislocation of PIP
- Direct blow to top of finger
- Immediate and severe pain
- Swelling around PIP joint
- Deformity
- Tenderness along top of finger, over middle phalange

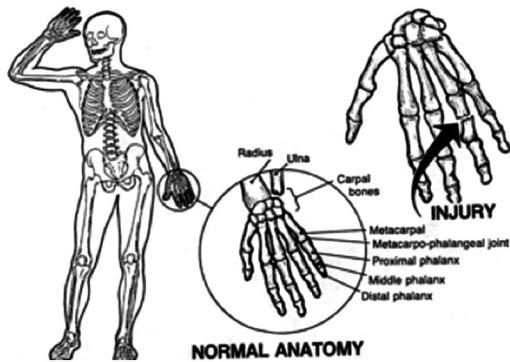
Treatment

- Ice
- Splint 24 hours/day 7 days/week
- Refer to MD for evaluation



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Finger Fracture



- *Hyperextension of finger*
- *Compression (direct blow)*
- *Dislocation*

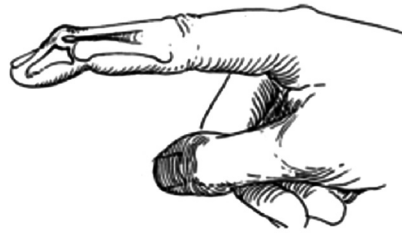
Evaluation

- Relates mechanism
- Note a pop or a snap
- Mild localized pain
- Localized swelling
- Discoloration noted 12-24 hours post injury
- Tenderness at fracture site
- Possible crepitation
- Possible deformity

Treatment

- Ice
- Splint
- Refer to MD for evaluation

Mallet Finger



Rupture or tearing of the extensor tendon at the Distal Inter-Phalange (DIP) joint

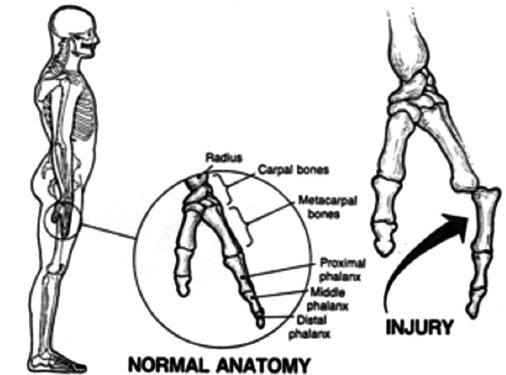
Evaluation

- Direct blow
- May relate pop or snap
- Small amount of localized swelling
- Deformity noted
- Painful over top of finger to palpation

Treatment

- Ice
- Splint 24 hours/day 7 days/week
- Refer to MD for evaluation

Finger Dislocation



Injury to bone and joint where bones are displaced from their normal position and no longer touch

Evaluation

- Forced beyond normal limits of range of motion
- Relates mechanism
- Will feel a pop or snap
- Presents with obvious deformity

Treatment

- Reduction
- Will require a MD evaluation (dislocation can cause a tear or avulsion of the volar plate)