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Hand, Upper Limb & General Orthopaedic Surgery

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Ligament injuries of the thumb & fingers

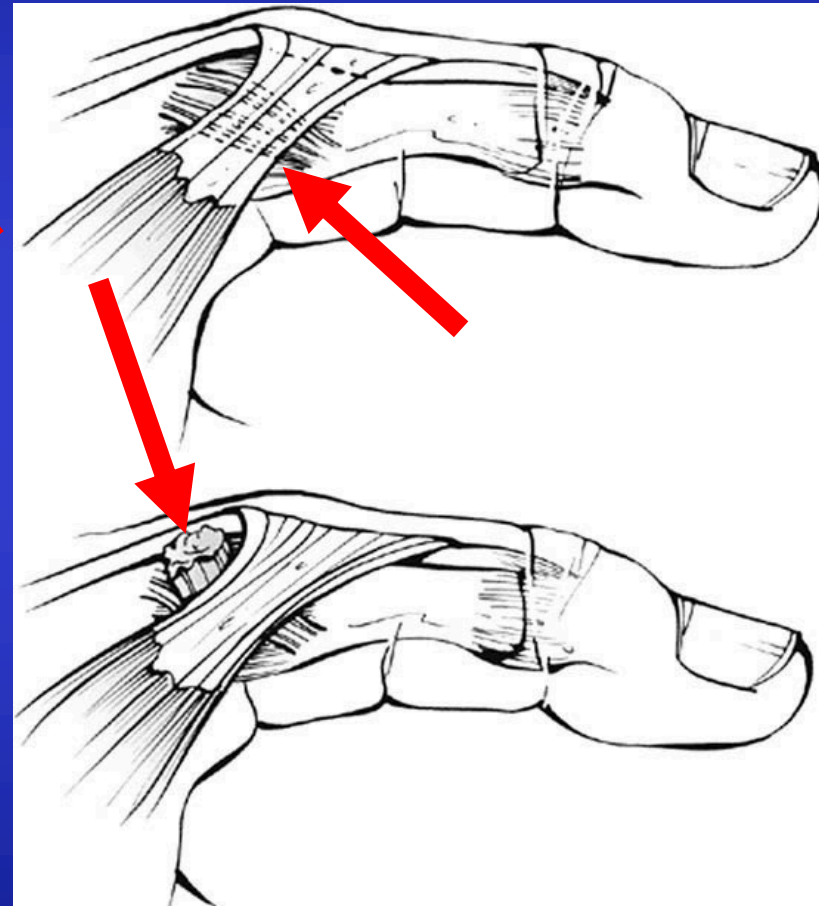
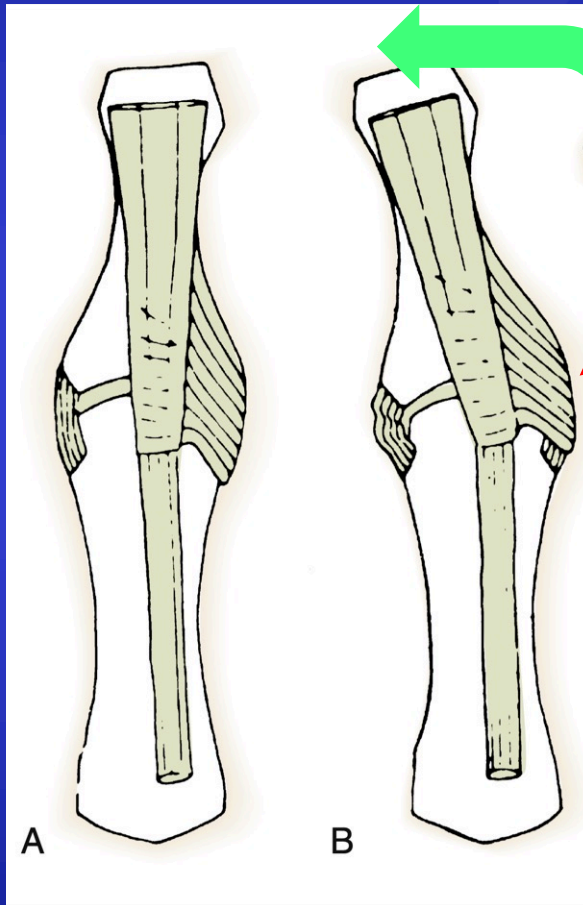


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Skier's thumb



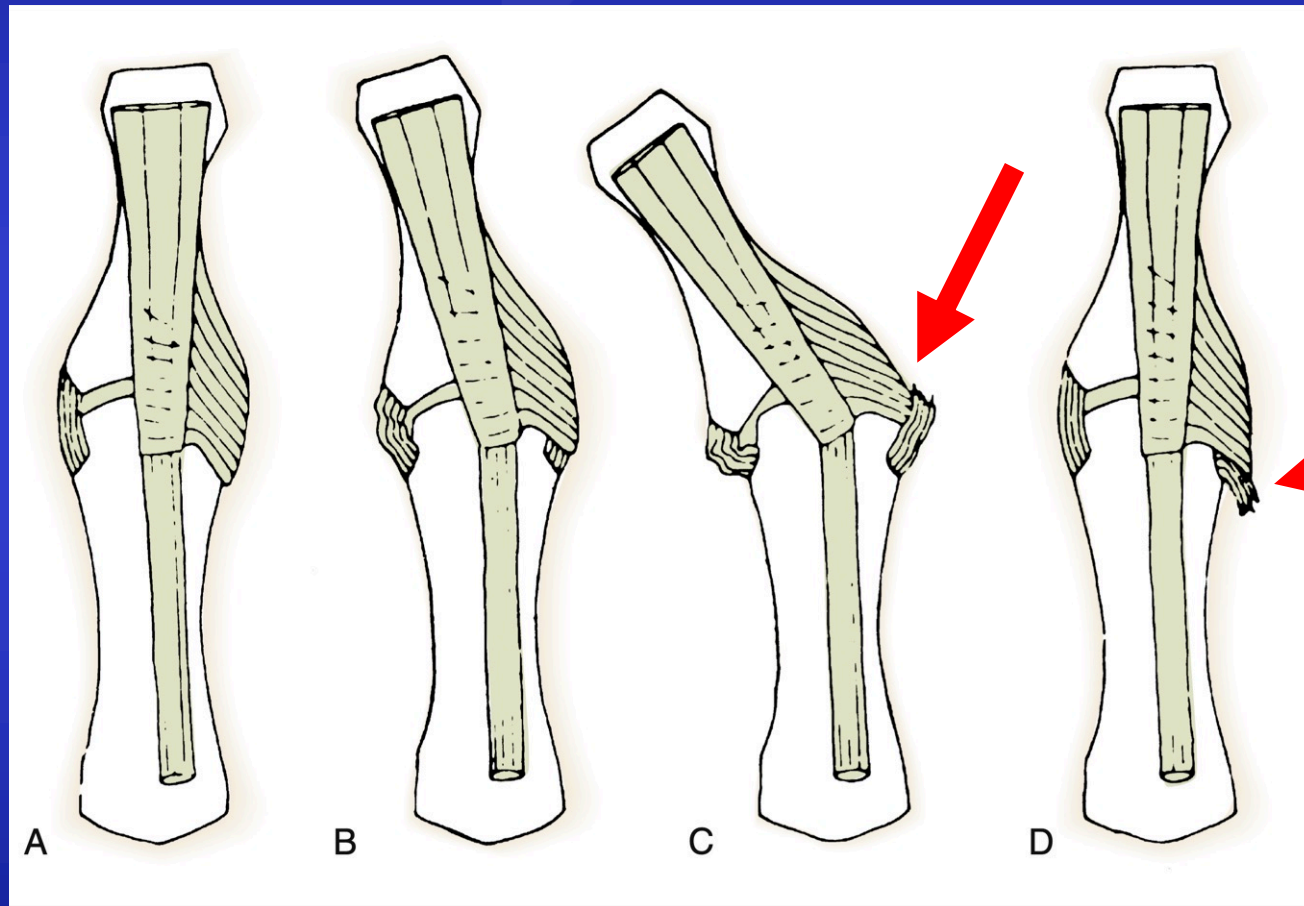
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Skier's thumb



Stener
lesion



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Skier's thumb

X-ray!



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Skier's thumb

MRI or US



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Skier's thumb: Treatment

- Partial undisplaced tears:
 - Splint
- Complete undisplaced tear:
 - Splint
- Complete displaced tear:
 - Surgical repair (then splint)



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Skier's thumb: Treatment

- Partial ulnar collateral ligament tear
 - Splint
- Complete ulnar collateral ligament tear
 - Splint
- Complete ulnar collateral ligament tear
 - Surgical repair (then splint)

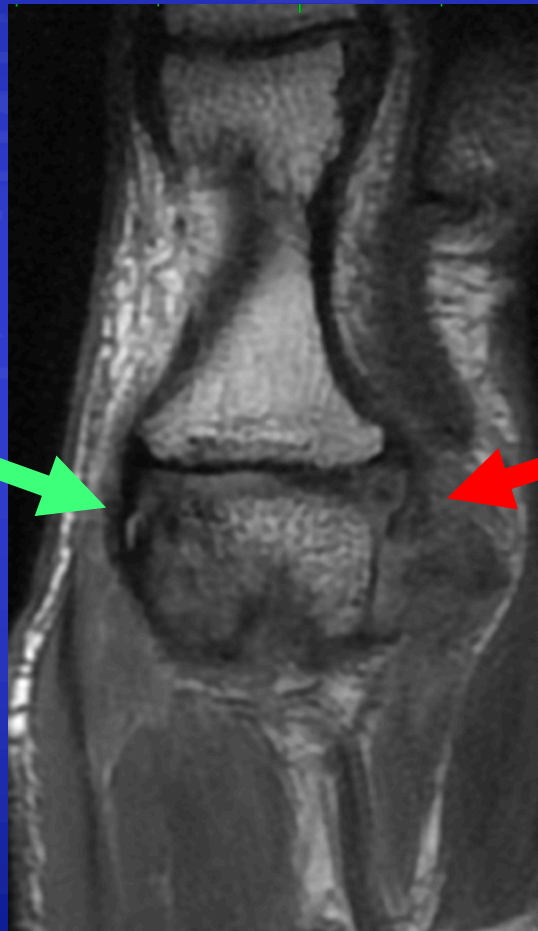


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Skier's thumb: Chronic rupture



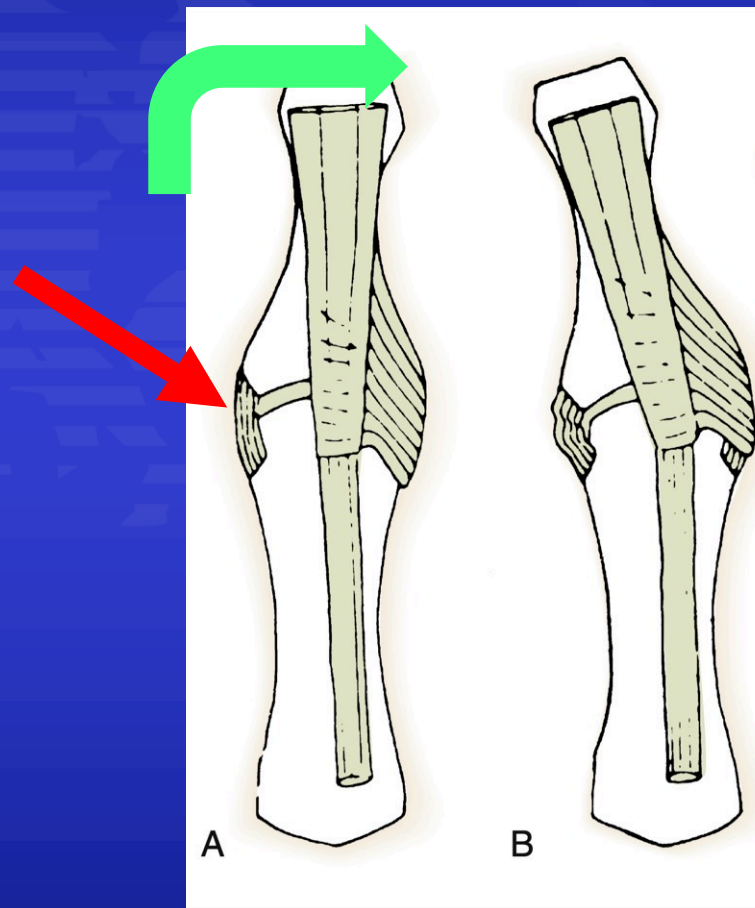
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Radial collateral ligament



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Skier's thumb



X-ray!

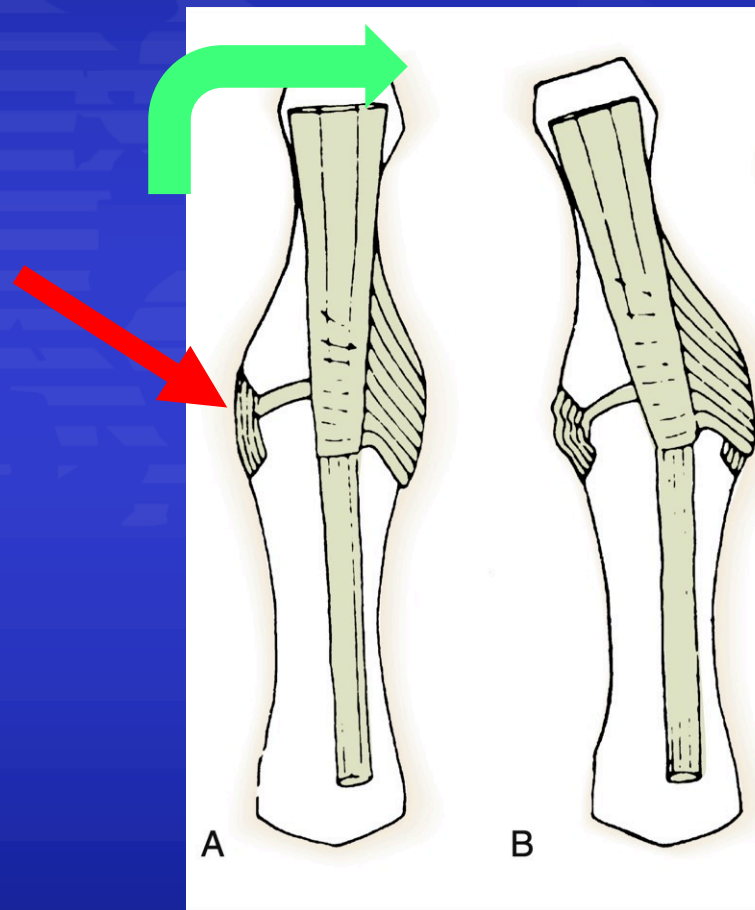
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Skier's thumb



MRI or US

RCL: Treatment



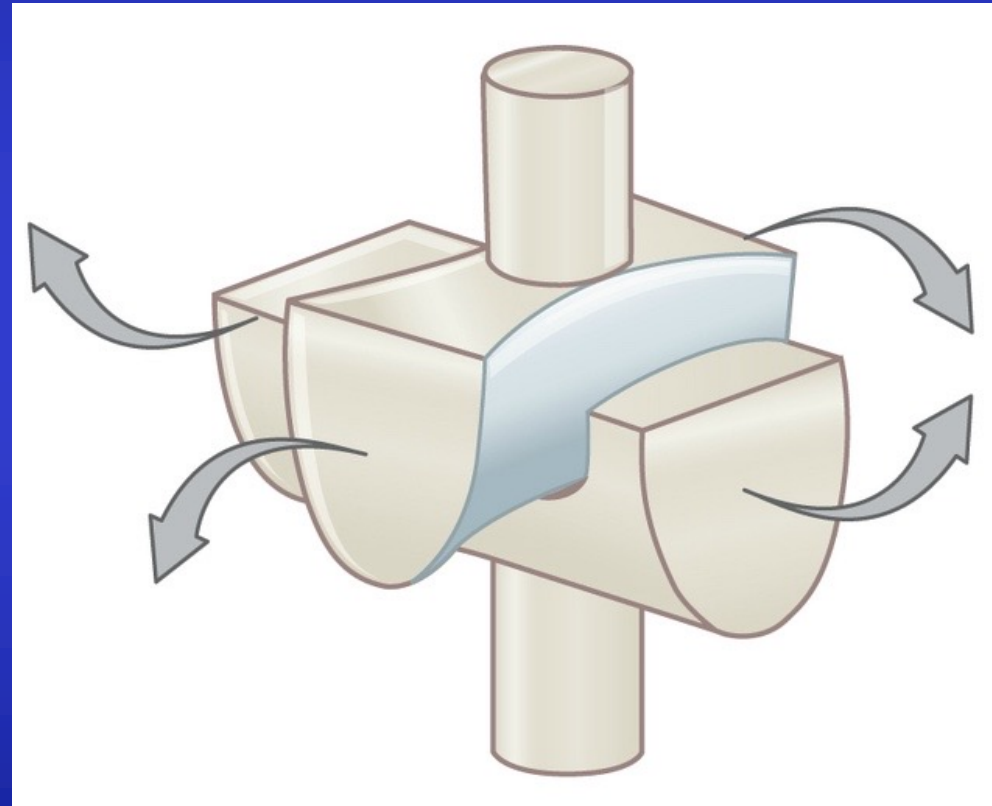
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Thumb CMC joint



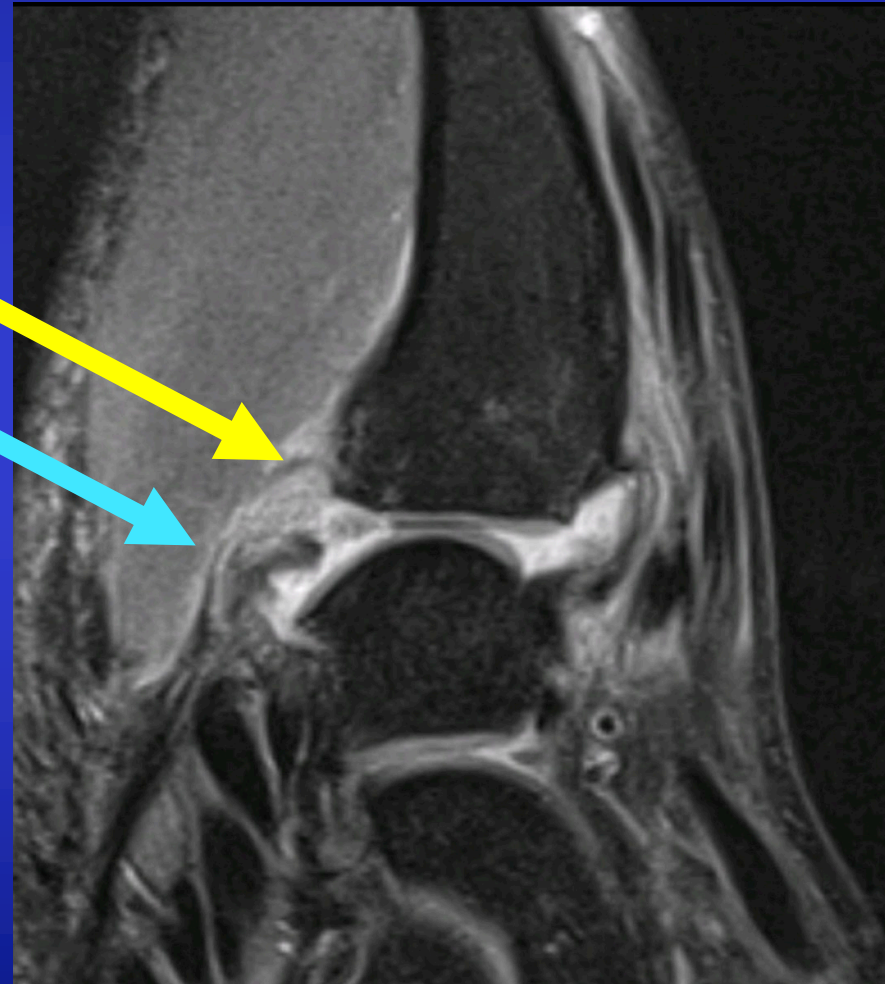
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Right image: simplemed.co.uk

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Thumb CMC joint: Investigations



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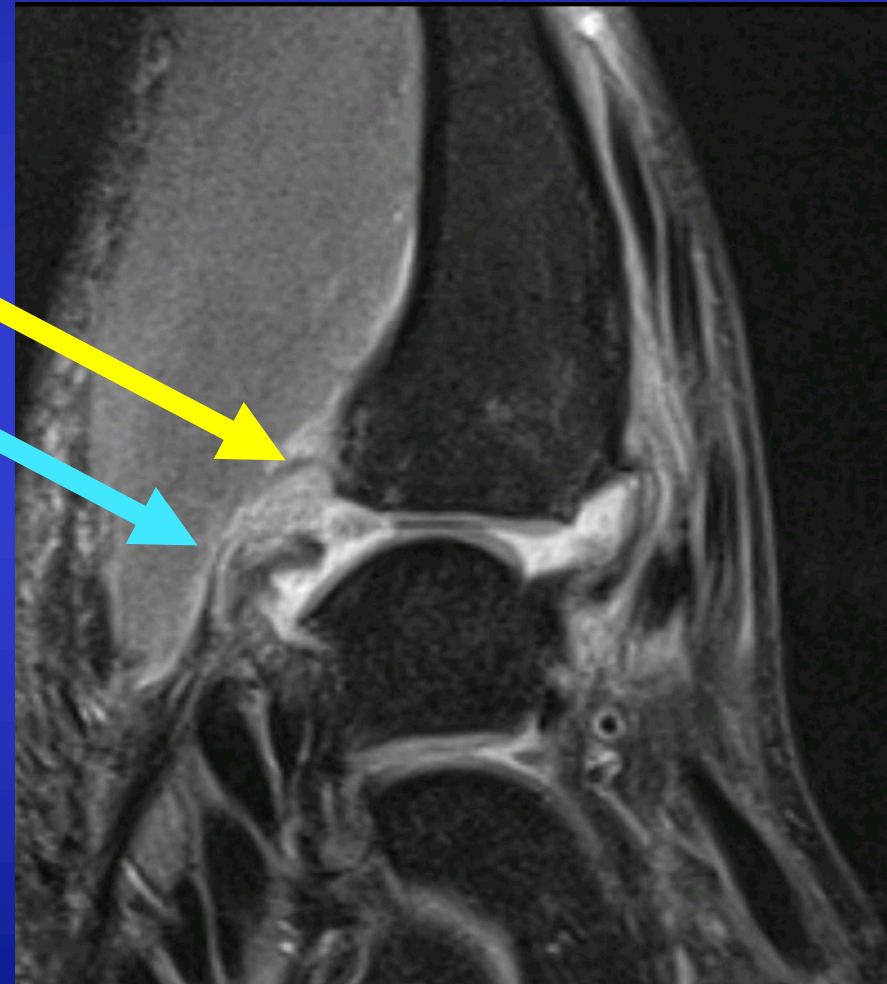
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Thumb CMC joint: Treatment

- Splint
- Mobilise
- Analgesia, injection
- Surgery



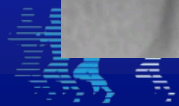
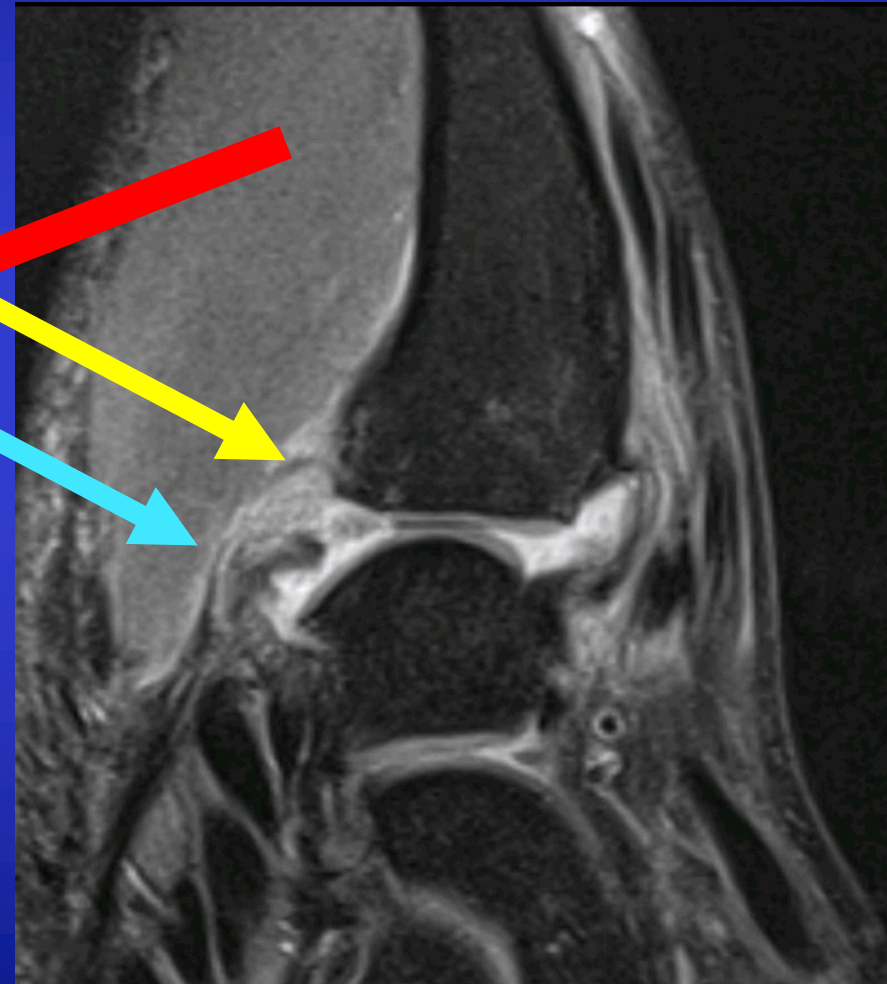
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Thumb CMC joint: Treatment



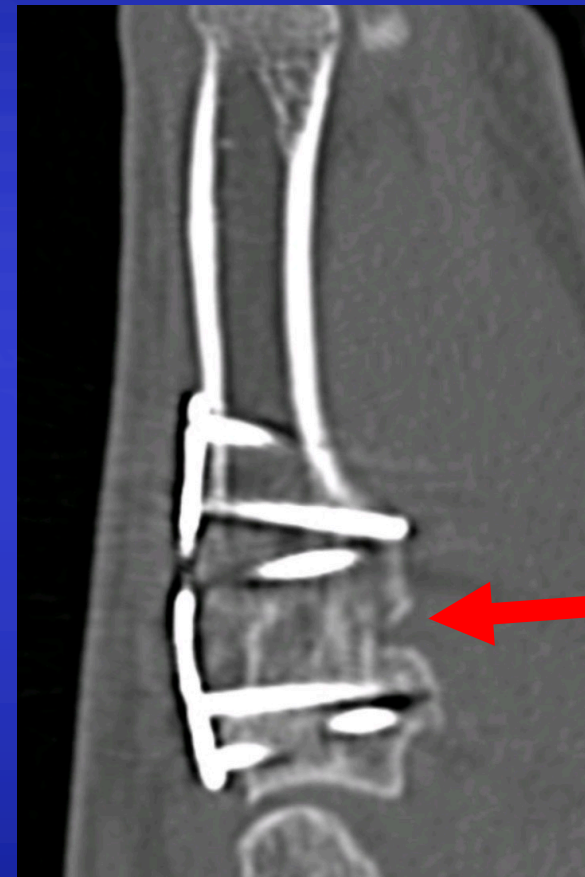
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Thumb CMC joint: Treatment



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Non-thumb PIP joints: Collateral ligaments



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Non-thumb PIP joints: Collateral ligaments

Skier's thumb

X-ray!



Non-thumb PIP joints: Collateral ligaments

Skier's thumb: Treatment

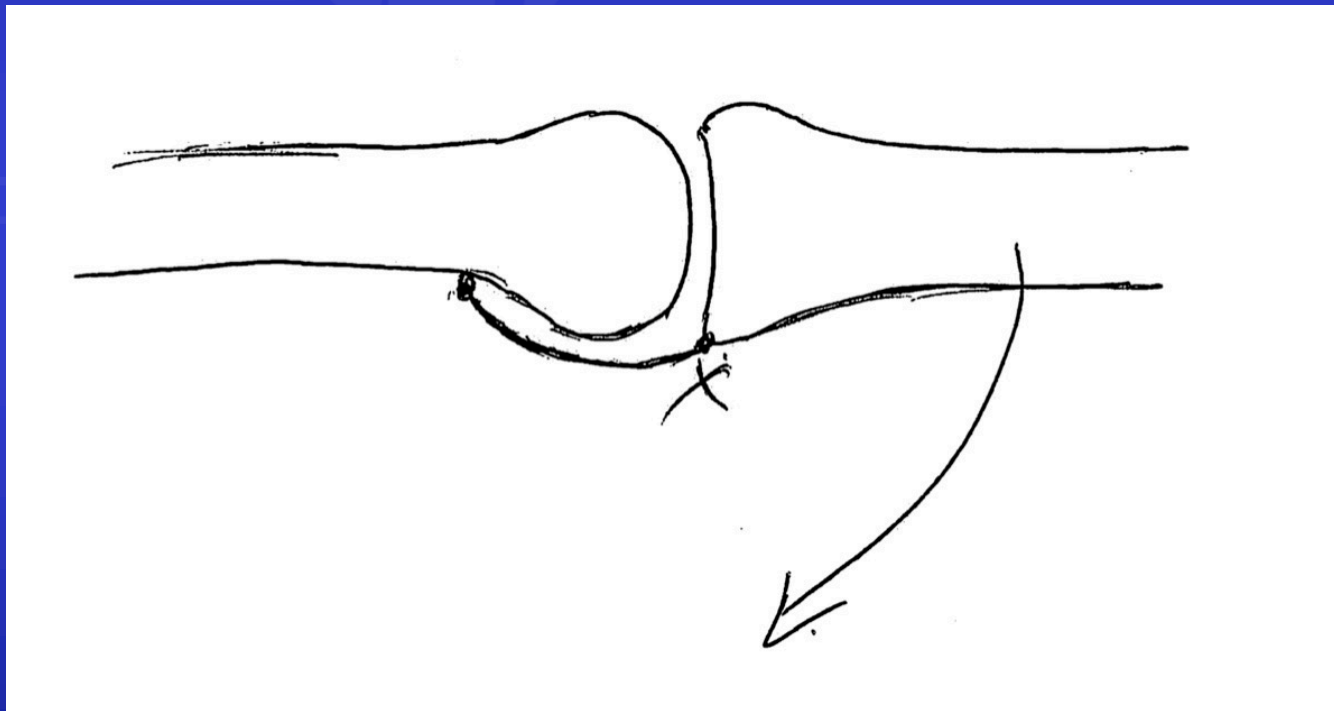
- Partial undisplaced tears:
 - Splint
- Complete undisplaced tear:
 - Splint
- Complete displaced tear:
 - Surgical repair (then splint)



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Non-thumb PIP joints: Volar plate



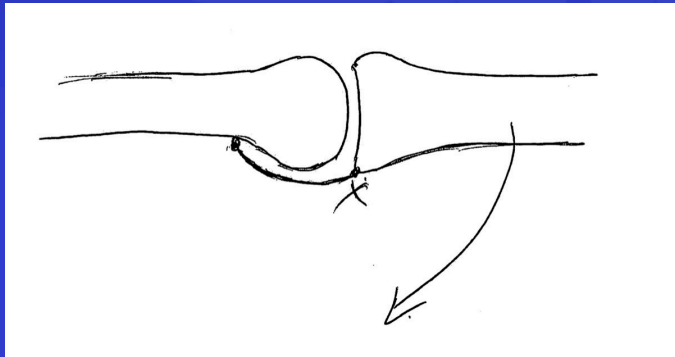
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Non-thumb PIP joints: Volar plate: Investigations



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Non-thumb PIP joints: Volar plate: Investigations



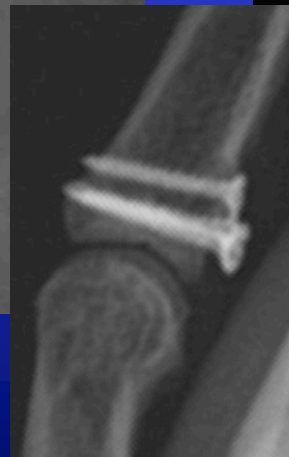
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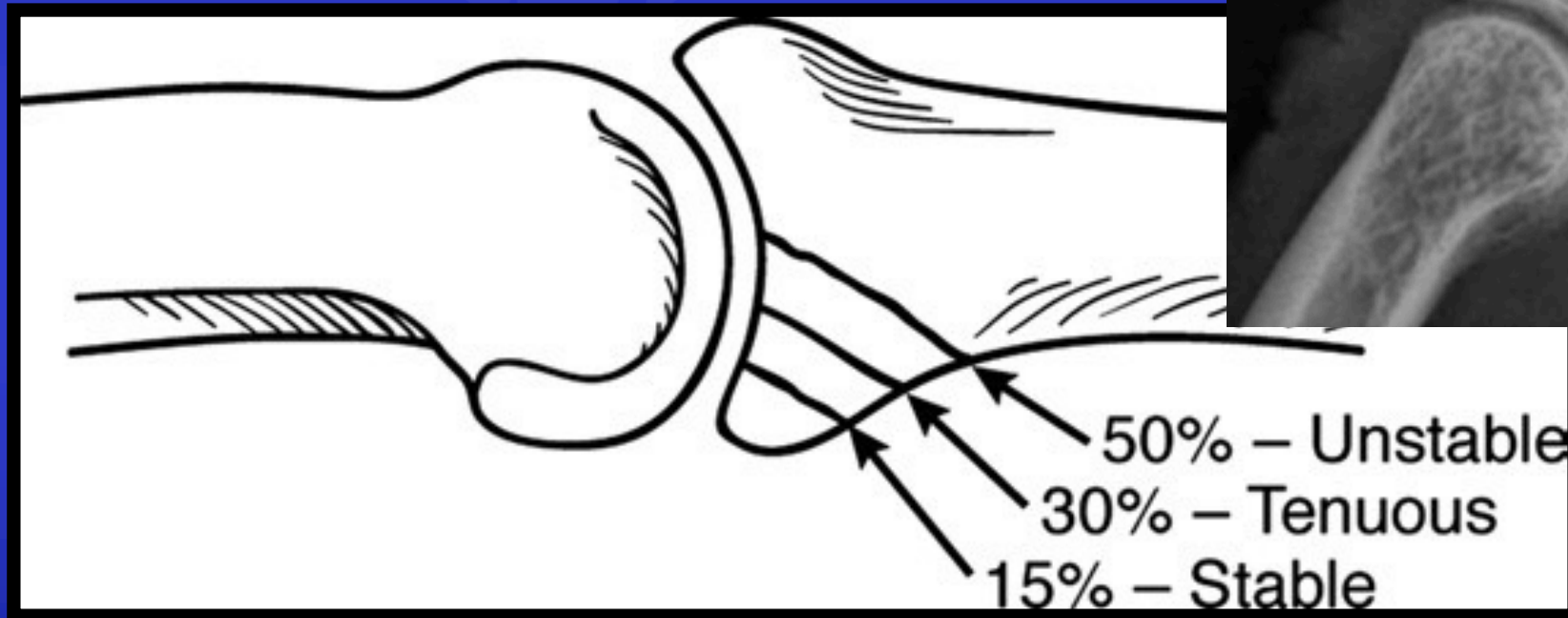
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Non-thumb PIP joints: Volar plate: Investigations



Non-thumb PIP joints: Volar plate: Investigat



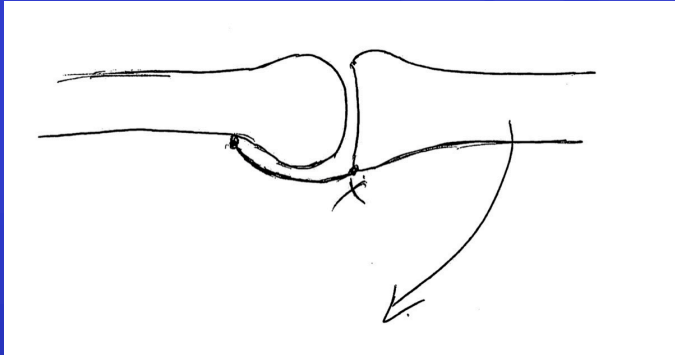
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Non-thumb PIP joints: Volar plate: Treatment options



- Gentle mobilisation
- Buddy tape
- Dorsal PIP splint 3 weeks
 - Prevent hyperextension
- Surgery



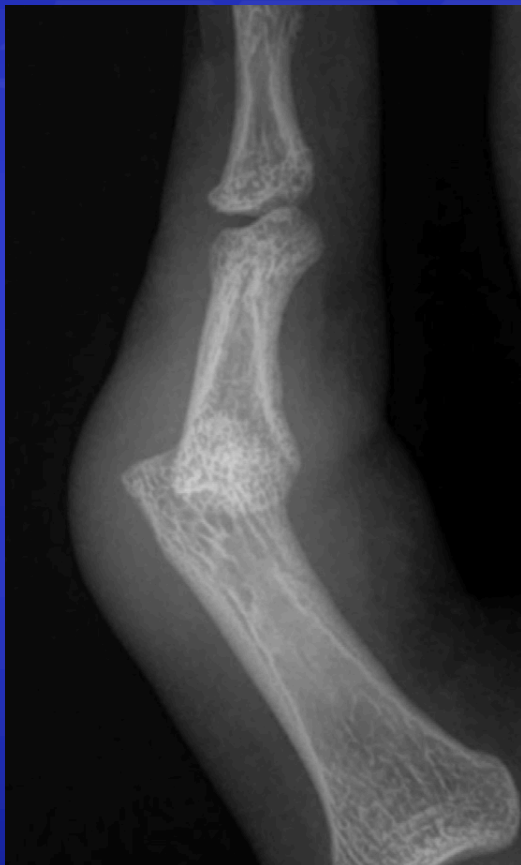
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Non-thumb PIP joints: Dislocation



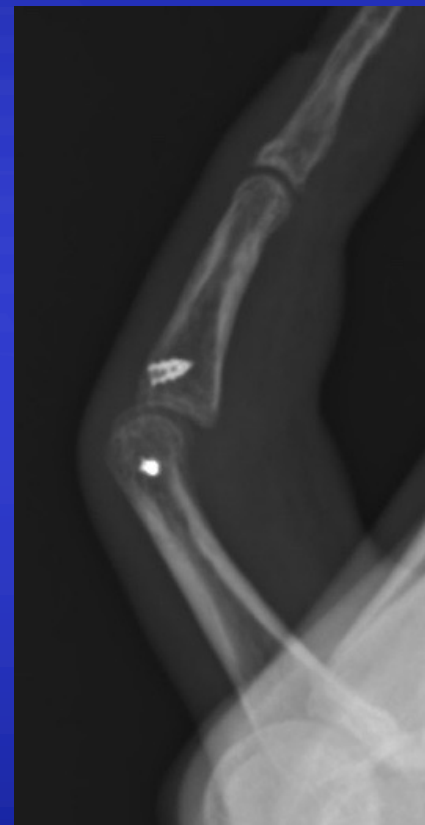
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Non-thumb PIP joints: Dislocation

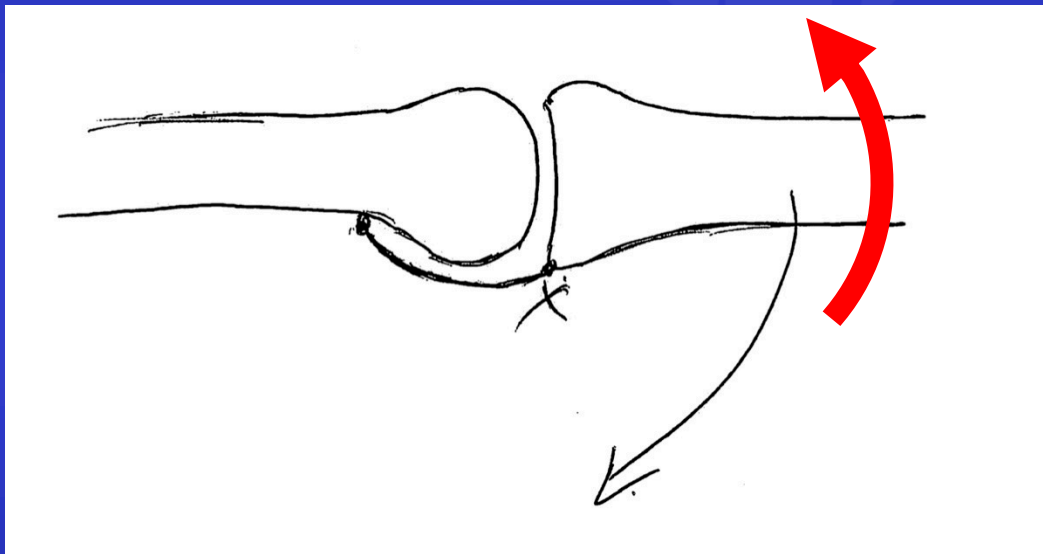


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Non-thumb PIP joints: Chronic volar plate injury



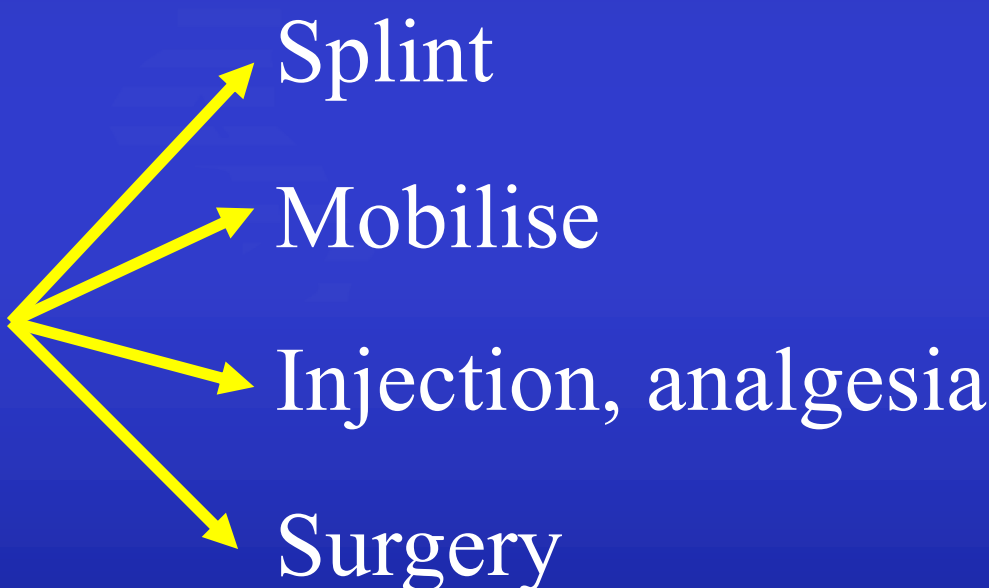
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Image: wikipedia.com

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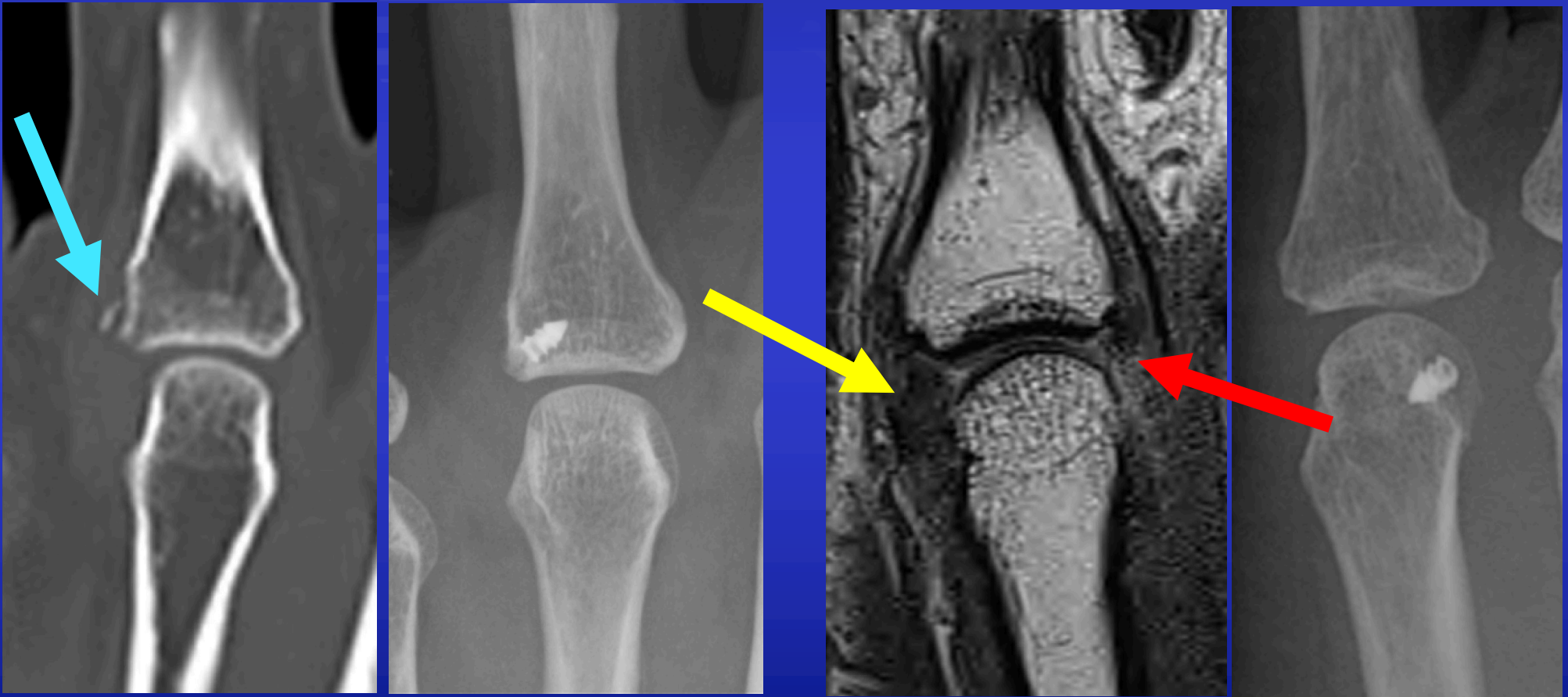
Non-thumb MCP joints: Collateral ligaments

- RCL >> UCL
 - Treatment depends on:
 - Chronicity
 - Stability
- 
- ```
graph LR; A[Treatment depends on:] --> B[Splint]; A --> C[Mobilise]; A --> D[Injection, analgesia]; A --> E[Surgery];
```





# Non-thumb MCP joints: Collateral ligaments



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