



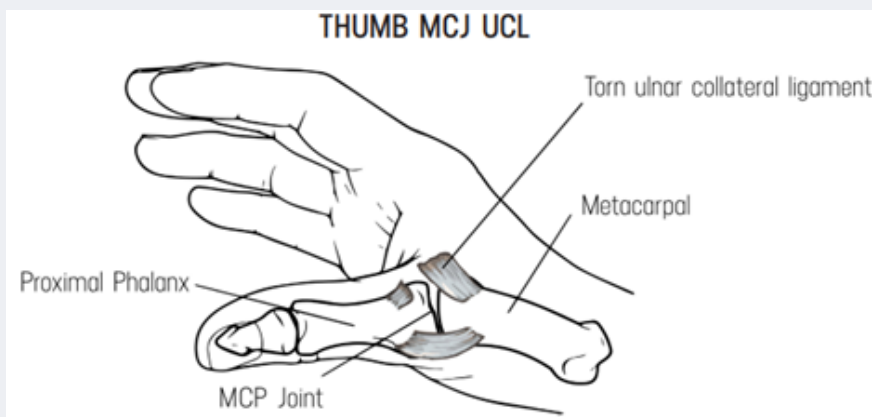
Thumb joint injuries



Ligament injuries of the thumb

The injury

Thumb joint injuries occur when the thumb is overstretched causing a sprain or tear to one or more of the ligaments that stabilise the thumb. It is a common injury after a fall onto the thumb or a mis-catch of a ball.



Symptoms

Symptoms following an injury to your finger joint often include:

- Pain
- Swelling
- Bruising
- Difficulty moving the joints of the thumb.

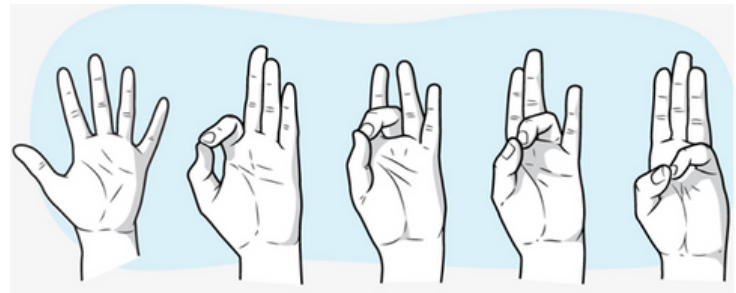


Swelling management

Swelling to the injury site is normal. Elevating your hand will reduce the swelling.

Exercise to restore movement

It is important to regain movement to your thumb. Exercises should be completed regularly and should not cause pain.



Recovery expectations

Recovery is dependent on the severity of your injury. It can take up to 12 weeks before the injured tissues have regained their full strength.

However, it may take several months for your symptoms to settle completely.

Symptoms may include:

- Discomfort
- Stiffness
- Joint swelling
- Reduced strength.

Your therapist will let you know when it is safe to return to sport or heavy work.

Contact details

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Information produced by the Hand Therapy Unit, St Vincent's Hospital Melbourne.
Date reviewed: Feb 2025 Next review date: Feb 2029



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