

SKIERS THUMB

THUMB ULNAR COLLATERAL LIGAMENT INJURIES

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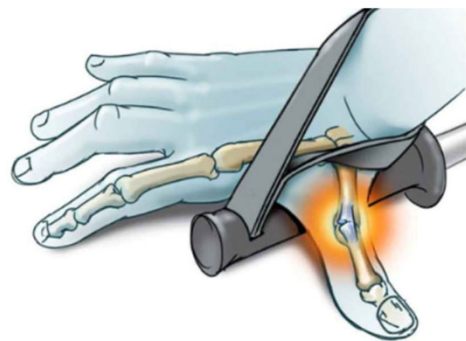
December 5, 2025



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OBJECTIVES

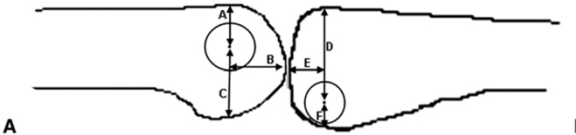
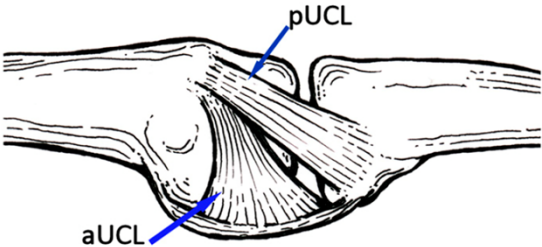
- Anatomy of the Thumb Ulnar Collateral Ligament (UCL)
- Injury
 - Acute vs Chronic
- Classification
- Diagnosis
- Treatments
- Outcomes and Complications



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Anatomy of the MCPJ

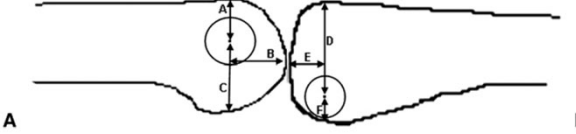
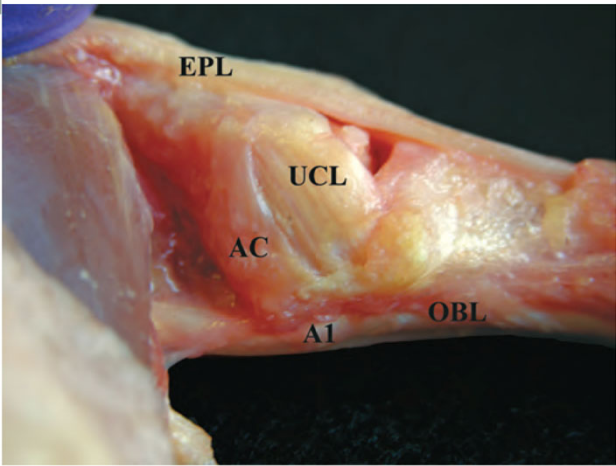
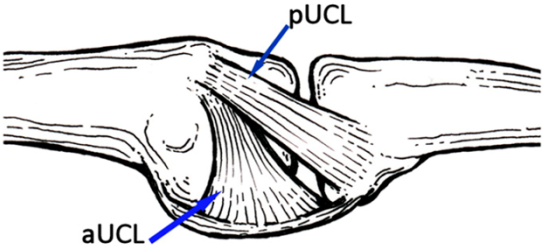
- Thumb Metacarpal Head Flattened
- Collateral Ligaments
 - Proper and Accessory
- Volar Plate and Dorsal Capsule
- Intrinsic and Extrinsic Muscles



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Anatomy of the UCL

- Dorsal and Proximal to Volar and Distal
- 4-8mm wide, 12-14mm long
- Accessory and Proper insertions

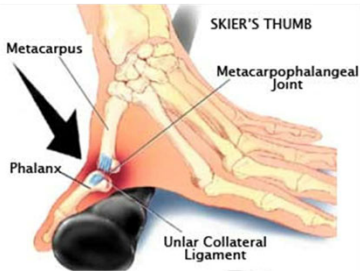


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Injury

Acute

- Fall on outstretched hand and abducted thumb
- Ball or racquet striking ulnar aspect of thumb
- Hyperabduction force



Chronic

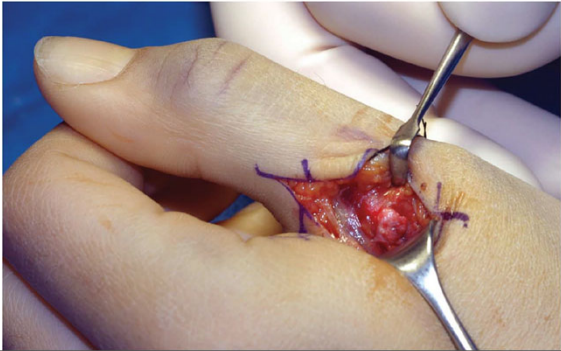
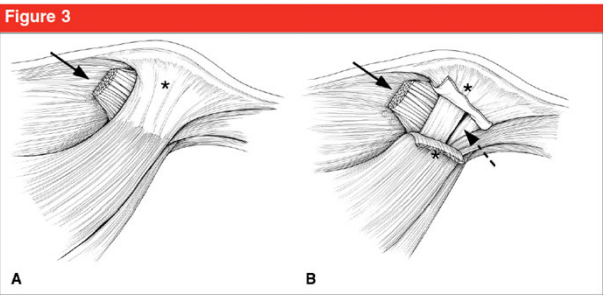
- Repetitive valgus force
 - Gamekeepers Thumb
- Missed acute injury



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Classification

1. Sprain with no joint instability
2. Joint laxity but firm endpoint
3. Instability with no endpoint
 - o 30-35 degrees opening or 10-15 degrees more than contralateral side
4. Stener lesion



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Diagnosis- History and Exam

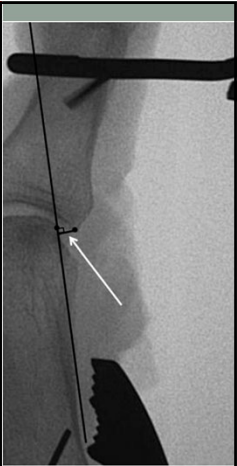
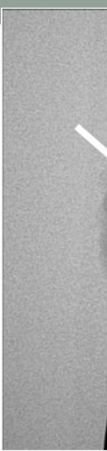
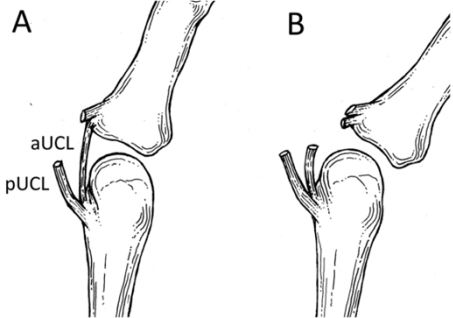
- History
 - Patients describe an inciting event
 - Weakness, pain, instability with pinch and grasp
- Exam
 - Ecchymosis, swelling, pain at MCP Joint
 - Radial deviation
 - Palpable Stener
 - Instability to testing



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Diagnosis- Imaging

- Radiographs
- US
- MRI



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Diagnosis- Imaging

- Radiographs
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- MRI





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Treatment

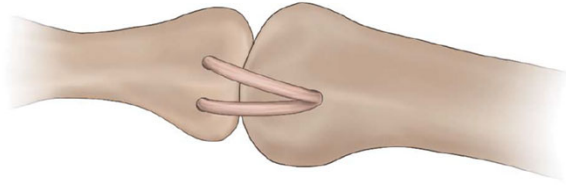
- Nonoperative
 - Cast immobilization
 - 4-6 weeks for Grade 1-2
 - Bony avulsions
- Operative
 - Repair
 - Reconstruction
 - Suture Tape Augmentation
 - Arthrodesis



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Treatment

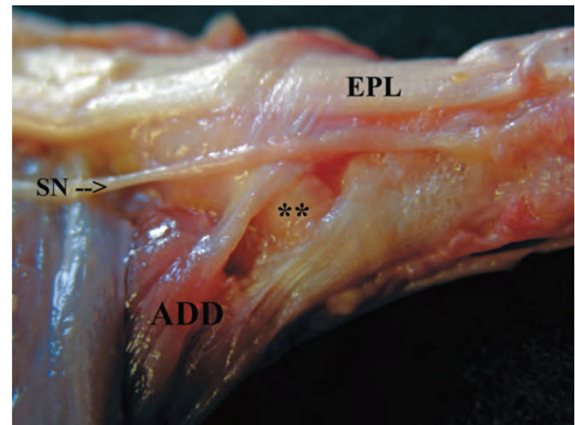
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Outcomes and Complications

- Nonoperative
 - Stable, minimally symptomatic
- Operative
 - Difficult to find great studies
 - Good to excellent results >90%
 - Worse outcomes with chronic injuries
- Complications:
 - Persistent Instability
 - Stiffness at MCP joint
 - Numbness distal to incision



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Summary

- Hyperabduction Force
- Pain/Instability with Pinch/Grasp
- Thumb MCP joint testing
- X-rays, US and MRI
- Nonoperative vs Operative

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REFERENCES

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Thank you!

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