

PROTOCOL INFORMATION

Disorder: Thumb Sprain Date: May 4, 2011  
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PROTOCOL DESCRIPTION

**Disorder Description:** A stable thumb is very important for pinch and grasp activities. A thumb sprain is an injury to the main ligament in the thumb. When you fall, it is natural to extend your arms to reduce the impact from hitting the ground. The way you land on your hand can stretch or tear the ulnar collateral ligament. A spill on the ski slopes with your hand strapped to a ski pole can also injure your thumb. When this is the cause of the sprain, it is often called a "skier's thumb."

**Treatment Position:** 1) High light 10 min or Low light 15 min over site of affected area;

**Note:** See a doctor to ensure that the ligament is not completely torn that a surgery may be needed to regain normal movement.



**Treatment Protocol:** Time: 10mins Position: 1 Light: High Treatment Interval: 1-2 time/day, 2 weeks

**Result:**  Satisfactory  Acceptable  Desirable  Exceptional  Fully healed