

### *Thumb Injuries and treatment*

#### **Nonsurgical treatments**

Right after you've sprained your thumb, use the PRICE method:

- **Pressure:** Press down on the area of the sprain to keep swelling down.
- **Rest:** Move your thumb as little as possible to keep the sprain from getting worse.
- **Ice:** Fill a bag with ice and put it on the area of the sprain to reduce pain and swelling.
- **Compression:** Wrap the area of the sprain with elastic wrap to keep pressure on the sprain.
- **Elevation:** Keep your hand lifted above your heart to reduce swelling and internal bleeding.

Use athletic tape to keep your thumb attached to your index finger. This stops the thumb from moving so that the ligament isn't damaged any further.

To treat a minor sprain, your doctor will have you wear a thumb spica splint or a cast to keep your thumb from moving. After about six weeks, the splint or cast is removed. Your thumb will be stiff after not using it for six weeks, so your doctor will then recommend exercises to get back full control of your thumb. Repeat these exercises 8–12 times several times a day.

- Bend the top part of your thumb back and forth.
- Hold the base of your thumb and bend it so that the thumb touches your palm.
- Touch the tip of your thumb to the tip of each finger in succession.