



Skier's Thumb

Ting-Han Tai* and Ting-Shuo Hsu

Department of Orthopedics, Shuang Ho Hospital, Taiwan

Clinical Image

A 24-year-old man presented with a right painful hand after a falling accident while skiing.

Physical examination revealed a right swollen hand without open wound or neurovascular compromise. A plain radiograph of the right hand showed an avulsion fracture at the base of the first proximal phalanx (Panel, arrow) (Figure 1). Also known as the skier's thumb, this injury typically occurs after falling onto the outstretched thumb, such as falling when skiing while holding a ski pole. This is an injury associated with the ulnar collateral ligament of the metacarpophalangeal joint and may lead to a chronic instability of the thumb if not treated adequately. To restore the stability and the grip strength, the patient was treated with open reduction and internal fixation with suture anchor and ulnar collateral ligament repair. The patient was able to sustain gripping after the surgery and participated in rehabilitation. At follow-up 6 months after surgery, he had regained full use of his right hand.



Figure 1: Avulsion fracture at the base of the first proximal phalanx.

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*Correspondence:

Ting-Han Tai, Department of
Orthopedics, Shuang Ho Hospital,
Taiwan,
E-mail: b101101132@tmu.edu.tw

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