

Gamekeeper's Thumb


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Disclosures

- Consultant: Bioclinica
- Contractor: POCUS PRO
- Advisory Board: Philips
- Book Royalties: Elsevier
- Not relevant to this lecture



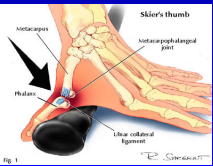
Syllabus PDF

See www.jacobsonmskus.com for syllabus other educational material


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Gamekeeper's or Skier's Thumb


- Injury: ulnar collateral ligament of first MCP joint
- Chronic (gamekeeper's thumb): historically in Scottish gamekeepers
- Acute (skier's thumb): acute hyperabduction



Acute Mechanism

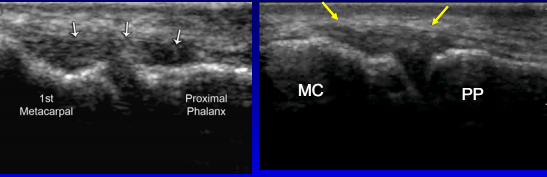


Chronic Mechanism




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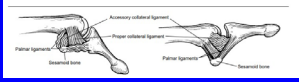
Ulnar Collateral Ligament: thumb



1st Metacarpal Proximal Phalanx MC PP

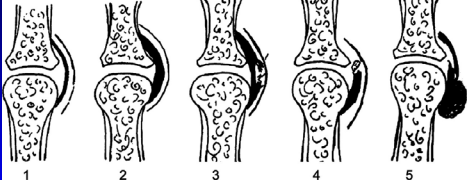


Note: sliding of adductor aponeurosis with isolated interphalangeal joint flexion




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Ulnar Collateral Ligament: thumb



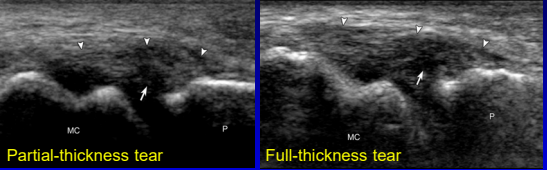
1 Normal 2 Sprain 3 Partial Tear 4 Nondisplaced Complete Tear 5 Displaced Complete Tear (Stener Lesion) (+ fracture)

RadioGraphics 2006;26:1007




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UCL: tears



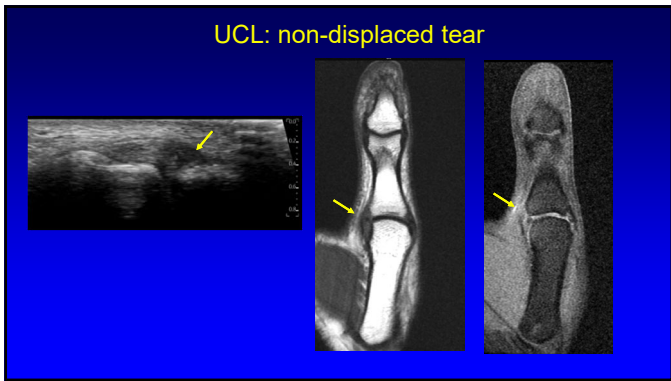
Partial-thickness tear Full-thickness tear



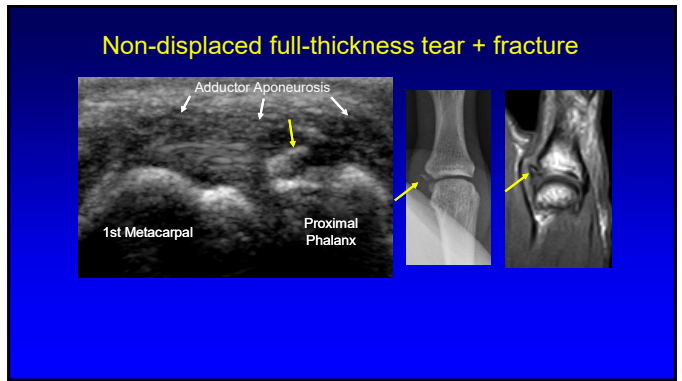
Normal

Teaching Point: 90% of UCL injuries are distal

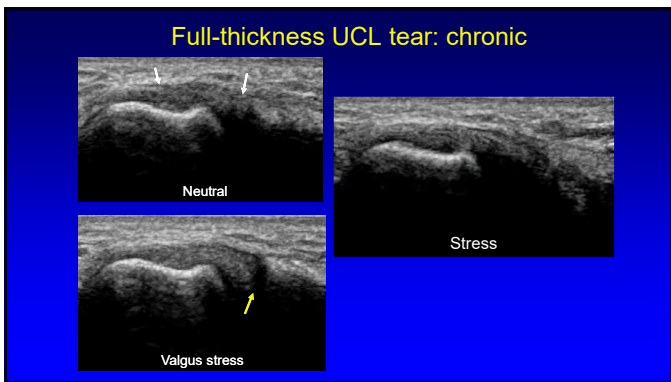
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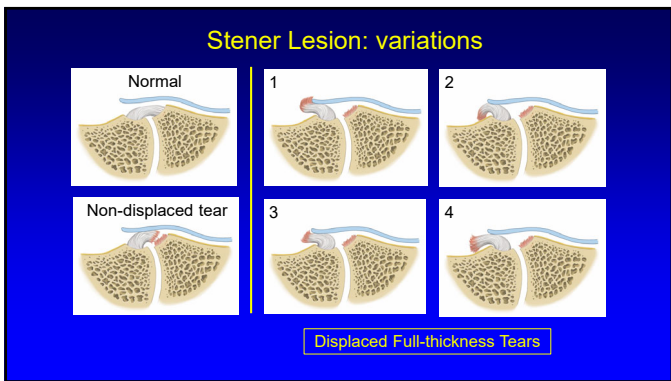
Stener Lesion

- Displaced proximal stump of UCL
 - Hypoechoic & round
 - Proximal to MCP joint
 - At proximal edge of adductor pollicis aponeurosis
- No tissue spanning MCP joint
- "Yo-yo on a string" sign
- Ultrasound: 100% accuracy

*Melville D. et al. Skeletal Radiology 2013; 42:667

Yellow arrows: Stener
White arrows: aponeurosis

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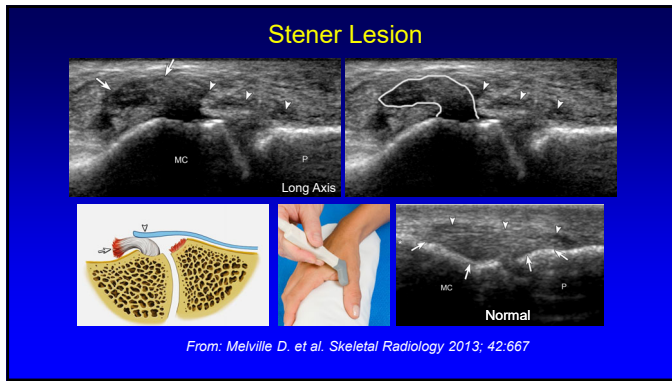
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Stener Lesion: dynamic

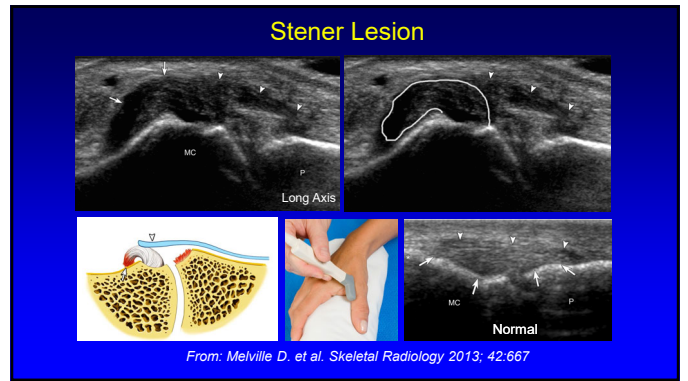
White arrows = adductor aponeurosis
Yellow arrows = Stener lesion

Teaching Point:
Note importance of active IP joint flexion at imaging showing aponeurosis

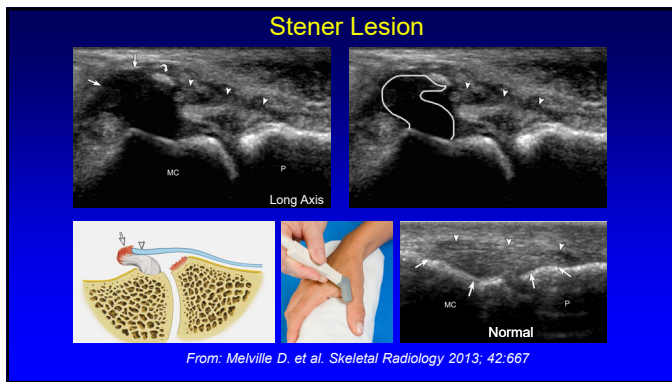
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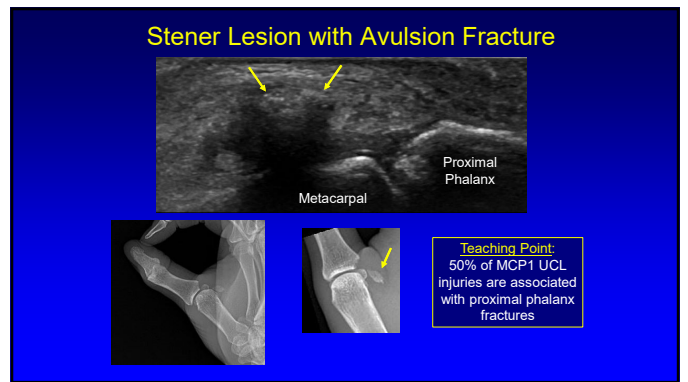
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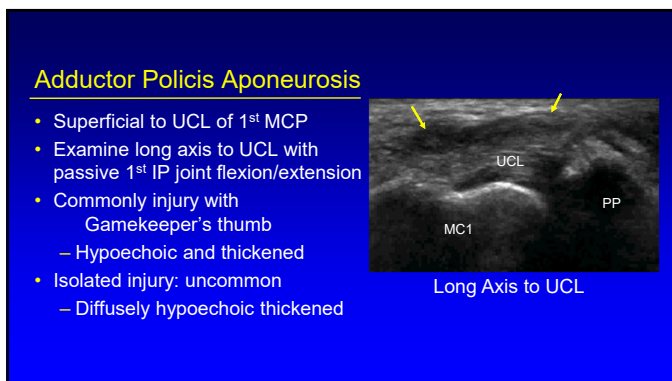
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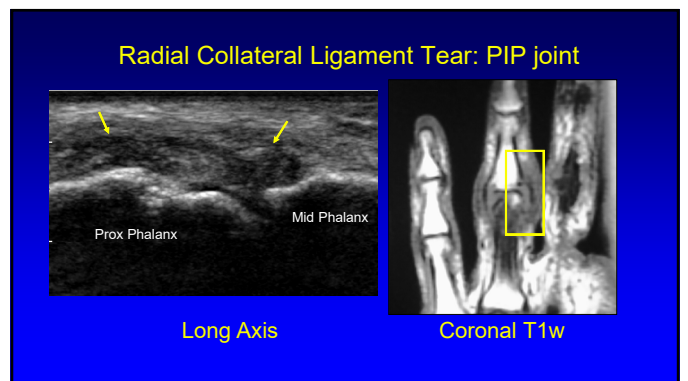
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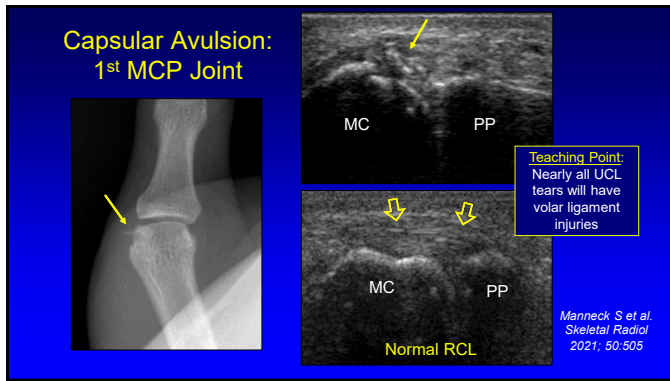
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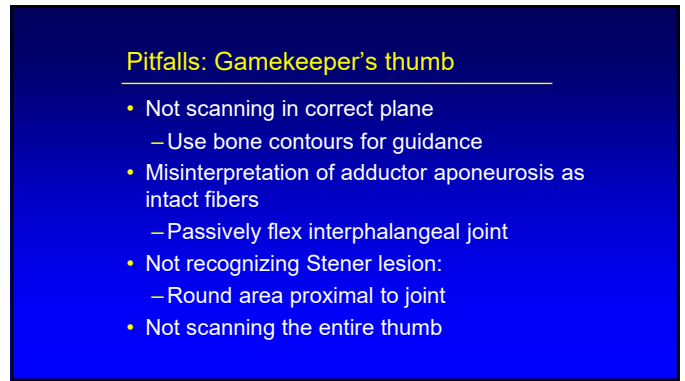
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