

Common Volleyball Injuries

FINGER AND THUMB SPRAINS

Finger and thumb sprains, prevalent among athletes, result from the injury of ligaments in these digits, often happening during actions like blocking or digging in sports. These injuries typically occur when fingers or thumbs make contact with a fast-moving ball. Among these incidents, the most frequent is the harm to ligaments situated at the base of the thumb, known as the 1st metacarpal phalangeal joint.

SIGNS AND SYMPTOMS

Common symptoms include pain, swelling, bruising, and tenderness in the affected digit. These are typical markers of the injury and serve as signals of the trauma inflicted upon the ligaments in the fingers or thumb. The presence of these symptoms often accompanies the sprain, alerting individuals to the injury.



Note:

Every individual has different weaknesses & strengths. It is highly recommended to have an individualized, well-rounded strength training program to have appropriate loading progressions. Education and formation of such a program can be provided by a physical therapist/athletic trainer/kinesiologist.



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ACUTE MANAGEMENT

In the acute management of finger and thumb sprains, there are several crucial steps to ensure that proper care is carried out. Immediate removal from play allows for a thorough assessment of the injury.

The "PEACE and LOVE" protocol is encouraged to reduce swelling, stabilize the injury, and educate the individual.

PEACE OF "PEACE AND LOVE" PROTOCOL

- **Protect:** Guard the affected area.
- **Elevate:** Raise the injured finger/thumb to reduce swelling.
- **Avoid Anti-inflammatories:** Refrain from using anti-inflammatory medications.
- **Compress:** Apply compression to stabilize the injury.
- **Educate:** Seek a physiotherapy assessment for comprehensive information and active recovery guidelines.

Buddy taping: for mild to moderate finger sprains or splinting for more severe sprains. Use Athletic tape for thumbs or Thumb Spica splints for more severe thumb sprains.

Consider an x-ray if experiencing severe pain, inability to move, or persistent swelling that doesn't improve. Referral to a physiotherapist or a hand therapist may be necessary for treatment.

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FULL RECOVERY TIMELINES

- Typically ranges from 1 to 8 weeks for recovery, contingent upon the severity of the sprain.

Understanding and adhering to these protocols can significantly impact the healing process and reduce the risk of complications. Always consult a healthcare professional for personalized advice and guidance tailored to your injury for optimal recovery.

