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Gamekeeper's Thumb

Work Related Upper Limb Disorder Guides

1 Gamekeepers Thumb

Gamekeeper's thumb was named so after Scottish gamekeepers who injured their thumbs while at work many years ago. It's caused by a strain to the ulnar collateral ligament which is attached to the middle joint of the thumb, and the joint next to the web space of the thumb. If this ligament is stretched too much, as it was in the case of the gamekeepers in Scotland as part of their job, the thumb becomes swollen and sore. It can become unstable and may need surgery in severe cases.

With this form of RSI bruising occurs and the condition needs an x-ray to properly diagnose it.

2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation.

If you'd like to discuss your situation, you can call us on
0800 122 3130