

# Annular Ligament Desmotomy

## Indication:

Annular ligament desmotomy is the most accepted and effective treatment for ALS regardless of the cause.

## Procedure:

Annular ligament desmotomy - Closed technique

- Preferred method
- Stab incision just proximal to the palmar annular ligament
- Enter sheath and pass instrument to the distal extent of the annular ligament identified by palpation
- Pass bistoury deep to the ligament
- Don't incise the skin or the proximal branch of the proximal digital annular ligament