

## Prognosis

- Good - if simple PAL constriction, desmitis of annular ligament or chronic fibrosing synovitis - return to work within 4-6 months of surgery.
- Guarded - if extensive adhesions or complex pathology at the time of surgery - at least 6-9 months before return to work.
- Depends on concurrent pathology, but significantly worse where there is tendon pathology.