

Dr. Robert Wysocki

Darrach - Distal Ulna Resection

3-5 Days:

Splint: Postoperative dressing is removed by therapist, and patient fitted with custom molded volar cock up splint molded in 15 degrees of dorsiflexion.

Motion: The patient is instructed in finger and thumb mobilization to promote tendon gliding.

2 weeks:

Splint: Wear between exercise sessions for comfort.

Motion: Active Range of Motion exercises are initiated to the wrist and forearm on an hourly basis. Grip strengthening is initiated in the splint.

6 weeks:

Splint: Discontinued

Motion: Progressive resisted pronation supination and wrist flexion and extension exercises are initiated.

10-12 Weeks:

Return to activity without restrictions

NOTE: These procedures are usually performed along with other procedures on the hand (extensor tendon procedures) which will dictate the therapy commitment. If the Darrach is performed along with multiple procedures in Rheumatoid Arthritis, Active Range of Motion exercises may be performed at the discretion of the physician. If the Darrach is painful, exercise may need to be minimized.