



ORLANDO HAND SURGERY ASSOCIATES
801 N. ORANGE AVE SUITE 600
ORLANDO, FL 32801
PHONE (407)-841-2100
FAX (407)-841-5705

Darrach - Distal Ulna Resection

3-5 Days:

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

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

2 weeks:

Sutures are removed

Splint: Splint should be worn at all times except during exercises for comfort.

Motion: Active range of motion exercises for the wrist and forearm are initiated and performed on an hourly basis. Grip strengthening is initiated in the splint.

6 weeks:

Splint: Discontinued

Motion: Progressive resisted pronation, supination, wrist flexion and wrist 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 for Rheumatoid Arthritis, active range of motion exercises may be performed at the discretion of the physician. If the patient is having substantial wrist pain due to the distal ulna resection, exercise may need to be minimized.