



Darrach (Distal Ulna Resection)
Therapy Instructions
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2-6 weeks

Focus on recovery of finger motion within the early postoperative period.

Splint:

- Fashion removable short-arm volar wrist splint in neutral to be used at all times outside of therapy exercises.
- If associated tendon repairs or transfers were done, please also incorporate the appropriate modifications into the fashioned splint.

Motion:

- Finger rehab is dictated by tendon repairs/transfers performed if these were done.
- Focus on AROM and PROM of the fingers.
- Extensor tendon gliding exercises.
- Gentle active forearm pronation/supination and wrist flexion/extension.
- Grip strengthening can be started at 4 weeks in the splint.
- 2 lbs lifting restriction.

Edema Control:

Coban, digit sleeves, ACE wrap, edema modalities per therapist.

6 -10 weeks

Gentle strengthening is incorporated at this time.

Splint:

- Wean from splint and discontinue use by 8 weeks.

Motion:

- Unrestricted AROM/AAROM/PROM to finger, wrist, and forearm motion.
- Gradually increase lifting/carrying as symptoms allow.

Edema Control:

Per therapist.

10-12+ weeks

Splint:

- None necessary.

Motion:

- Continue AROM/AAROM/PROM to wrist/forearm.
- Continue strengthening.
- No lifting/carrying restrictions.
- Transition to home exercise program vs. work conditioning program PRN at 10 weeks.