

DARRACH'S PROCEDURE

Excision of the ulnar head; bone excision should be as mild as possible with an attempt to repair the extensor fascia with non-absorbable sutures to maximise stability

0-4 weeks post-op

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| Splint | Rest in mid pronation on POP volar slab
May use sugar tongs splintage at the surgeon's discretion |
| Exercise | Mobilise fingers
Discourage pronation and supination |

4-6 weeks post-op

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| Splint | Night splint to rest wrist |
| Exercise | Gently mobilise wrist flexion/extension
No formal physiotherapy |

6-8 weeks post-op

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| Splint | Discard night splint |
| Exercise | Refer to physiotherapy
Gradually increase exercises
Light functional use
Monitor for instability |

8-12 weeks post-op

Full rehab, but not actively seeking full pronation/supination range

Expected Outcome

Reduced pain
Reduced pronation/supination
Flexion/extension as pre-op