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

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

Splint
Night splint to rest wrist

Exercise
Gently mobilise wrist flexion/extension
No formal physiotherapy

6-8 weeks post-op

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