Darrach Protocol

Day 3-5
Remove surgical dressing and inspect wound.
Fabricate long arm splint, 60 degrees supination
Begin elbow flexion/extension exercises. Finger ROM.
Instruct on wound care. Patient may shower out of splint but may not
soak wound in water.
Therapy 1-2 times per week

Week 2
Begin Wrist flexion/extension exercises.
Instruct on scar massage, edema control
Therapy 1-2 times per week

Week 4
Transition to short arm splint
Begin supination/pronation ROM without resistance
Therapy 1-2 times per week

Week 6
Continue short arm splint.
Begin gentle strengthening exercises
Therapy 1-2 times per week

Week 8
Continues ROM and increase strengthening activities.
Discontinue splint
Therapy 1-2 times per week. Goal is full motion and 80% grip strength at
12 weeks.