



1830 FRANKLIN STREET, SUITE 450
DENVER, COLORADO 80218

Phone: 303-321-1333
Toll Free: 888-900-1333
FAX: 303-321-0620
www.western-ortho.com

James C. Holmes, M.D.
General Orthopaedics
Sports Medicine
Surgery of Knee

Timothy J. Birney, M.D.
General Orthopaedics
Spinal Surgery

Ted Parks, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Armodios M. Hatzidakis, M.D.
General Orthopaedics
Shoulder and Elbow

Gareth E. Shemesh, M.D.
Physical Medicine and Rehabilitation
Electrodiagnostic Medicine

Raj Bazaz, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Kevin K. Nagamani, M.D.
General Orthopaedics
Foot and Ankle

Brian J. White, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Steven M. Traina, M.D.
General Orthopaedics
Sports Medicine
Knee and Shoulder Surgery

Thomas G. Mordick II, M.D.
Hand Surgery

Valerie C. Suleski, M.A.
Practice Administrator

Foster Matchett, M.D.
(1902 - 1979)

Charles Brown, M.D.
(1917 - 2005)

Fred F. Teal, M.D.
Retired

Theodore J. Clarke, M.D.
Emeritus

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.