



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

Endoscopic Treatment of Gluteus Medius Tear with Bioinductive Implant: Portals Description and Surgical Technique

DANTE R. PARODI, MD - Clinica Las Condes - Chile

JOSE F. CASTILLO SAENZ, MD – The Panama Clinic - Panama

EMILIO TUFÍÑO CARRERA, MD – The Panama Clinic - Panama

DANIELA SEIDEL, MD - American British Cowdray Medical Center - Mexico



Faculty Disclosure Information

- Dante Parodi, MD – Consultant – Smith + Nephew
- Jose F. Castillo Saenz, MD – Nothing to disclose
- Emilio Tufiño Carrera, MD – Nothing to disclose
- Daniela Seidel, MD – Nothing to disclose



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11

Introduction

- Hip abductor injuries: traumatic or degenerative
- Traumatic: better outcomes with suture anchors
- Degenerative: poorer tendon quality and vascularity
- Lateral hip pain involves IT band thickening and bursitis



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11



Objective

- Describe endoscopic gluteus medius repair with bioinductive implant
- Promote healing with:
 - Greater trochanter microperforations (cell migration into peritrochanteric space)
- Peritrochanteric space(PTS) decompression
 - Partial gluteus maximus release (3cm)

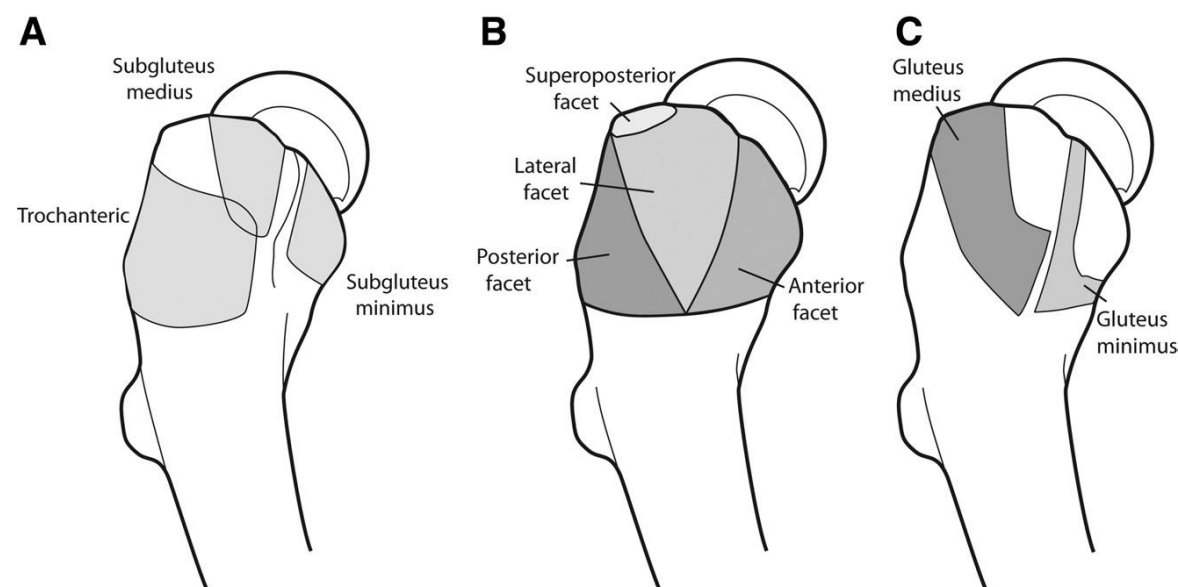


ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

Anatomy and Pathology



Hartigan DE, Mansor Y, Perets I, Walsh JP, Mohr MR, Domb BG. **Knotless "Suture Staple" Technique for Endoscopic Partial Thickness Abductor Tendon Repair.** Arthrosc Tech. 2018 Sep 1;7(10):e975-e980. doi: 10.1016/j.eats.2018.06.002. PMID: 30666291; PMCID: PMC6205088.

- Access to PTS
- Gluteus medius: pelvic stabilizer
- Degenerative changes: enthesopathy, calcific tendinitis
- IT band friction over greater trochanter
- Importance of trochanteric facets and bursa

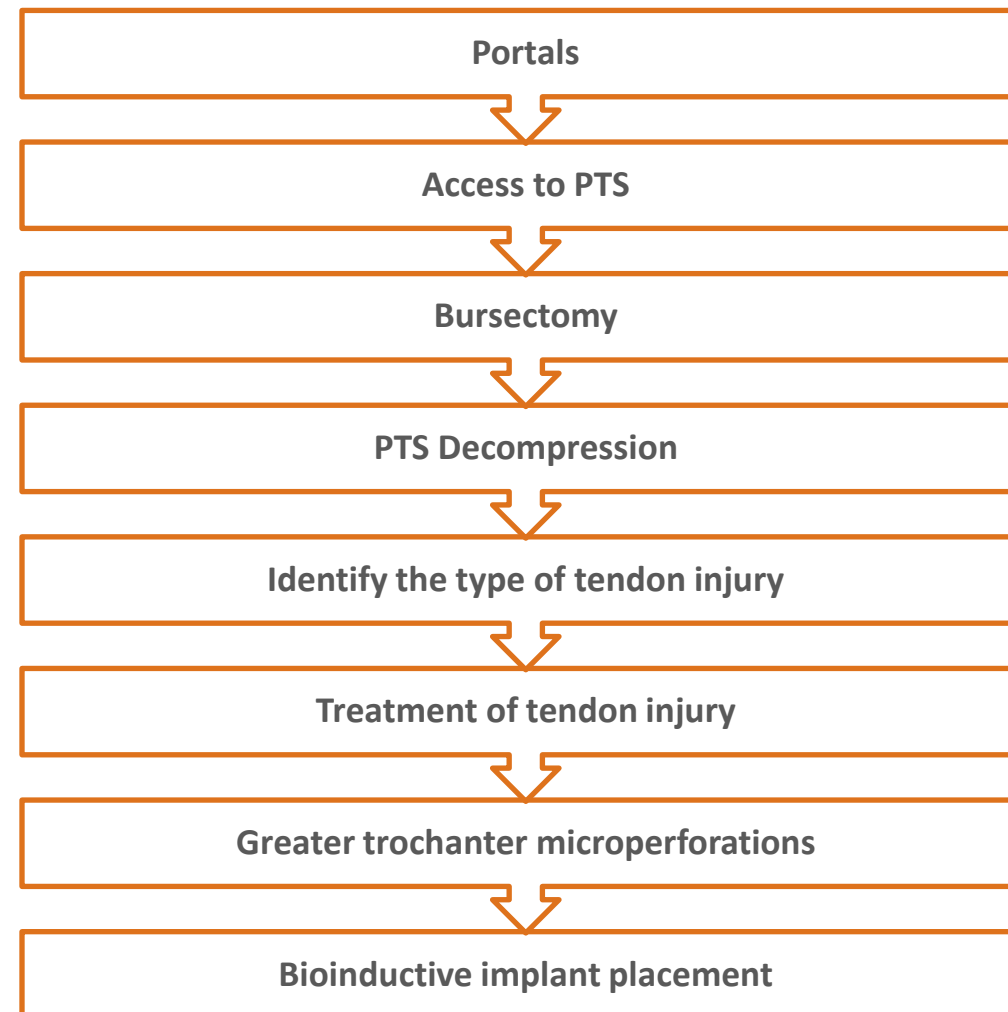


ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

Surgical Technique Overview

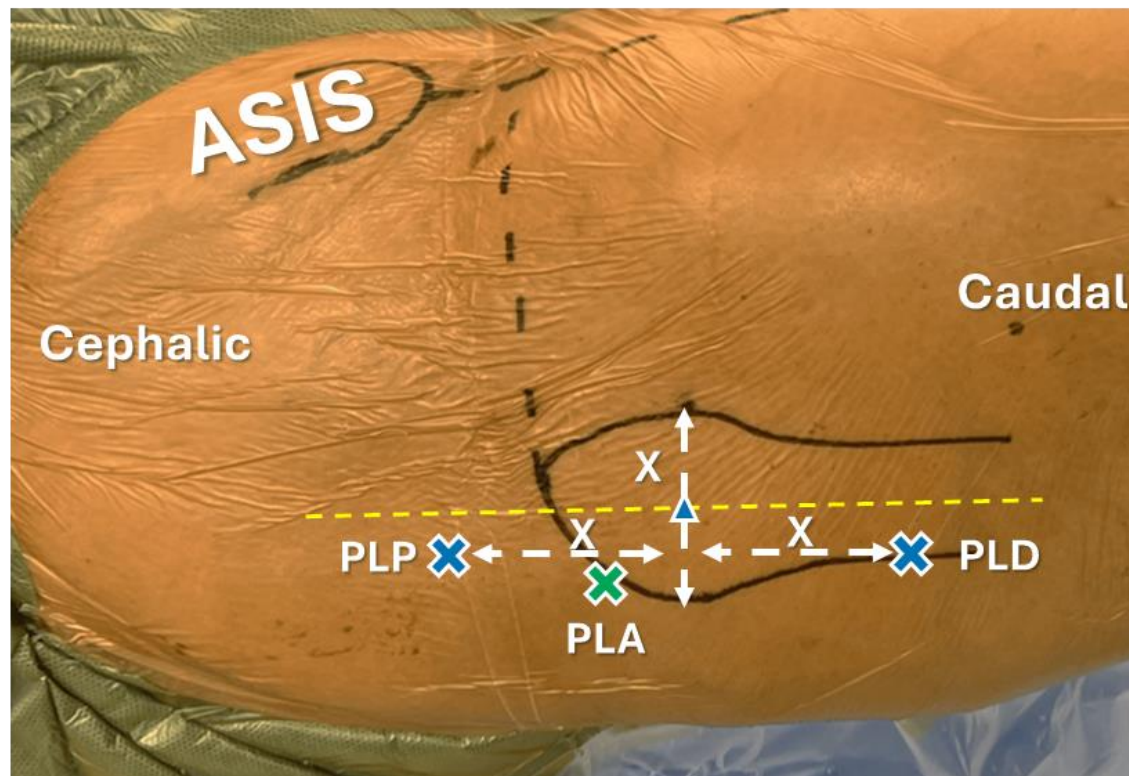


ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

Surgical Portals



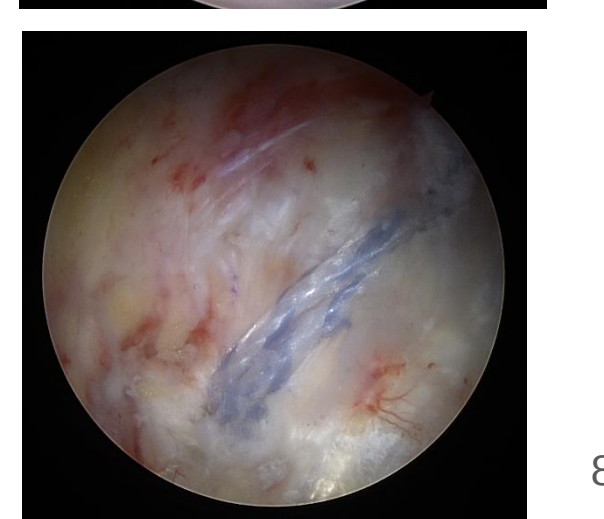
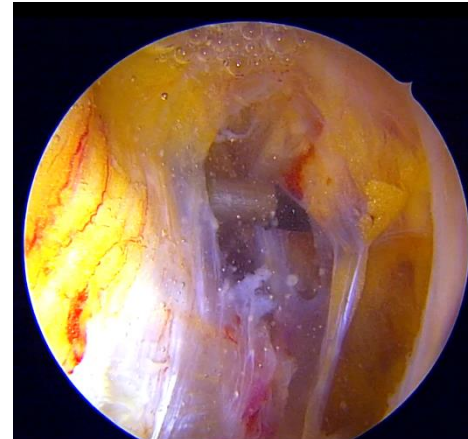
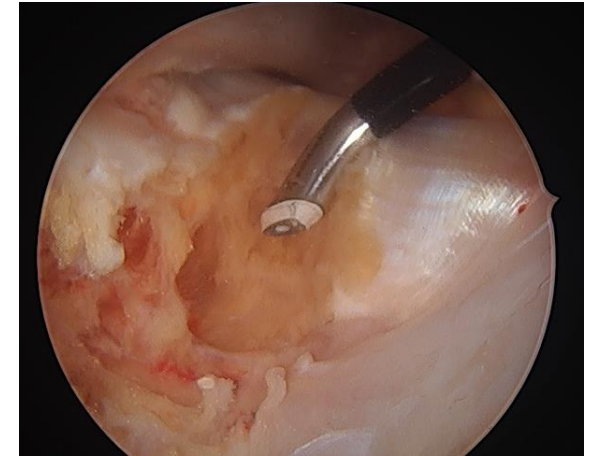
Portal Placement – PTS Approach

- X = width of the greater trochanter (GT)
- Blue triangle = most lateral point of GT
- Yellow line = GT midline
- **PLP (posterolateral proximal)** and **PLD (Posterolateral distal)**: placed proximally and distally at distance X from lateral GT, below the midline.
- Start with **PLD** for arthroscope access and then for implant placement.
- **PLA (posterolateral accessory)** – for anchor placement or implant attachments
- Benefits: safe access and optimal visualization



Surgical Technique (Part 1)

- Bursectomy
 - Debridement of fibrotic tissue
- Endoscopic lesion evaluation (calcifications, bubble sign, etc)
- Repair with suture anchors if needed
- PTS decompression via release of the proximal insertion of the gluteus major (3cm)
- Microfractures of greater trochanter to enhance healing (bone marrow cells migration to PTS space)



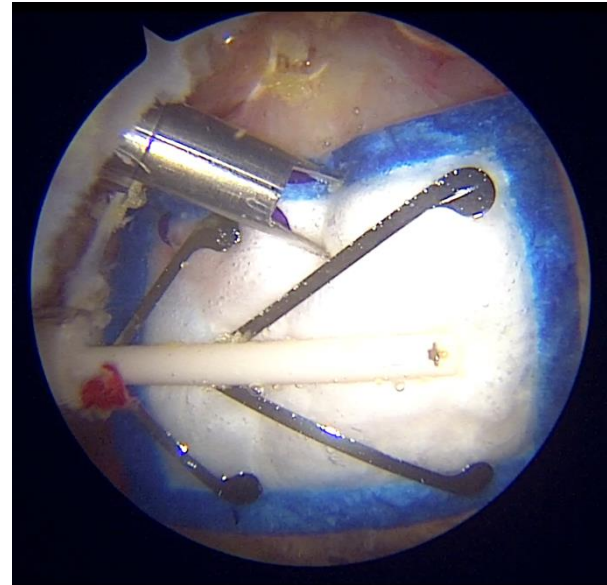
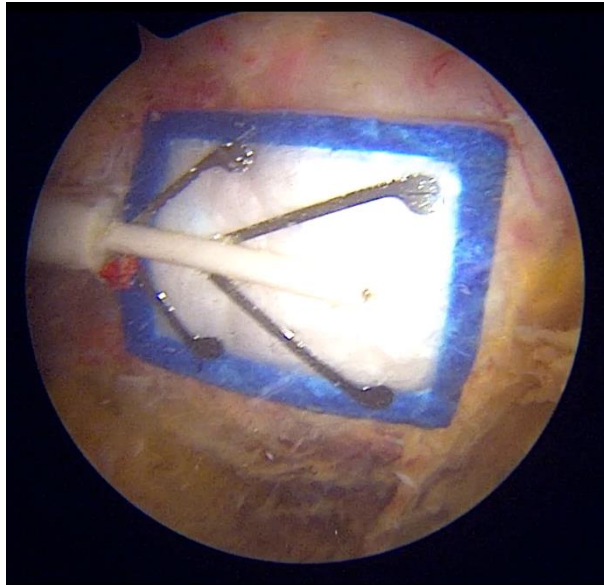
ISAKOS
CONGRESS
2025



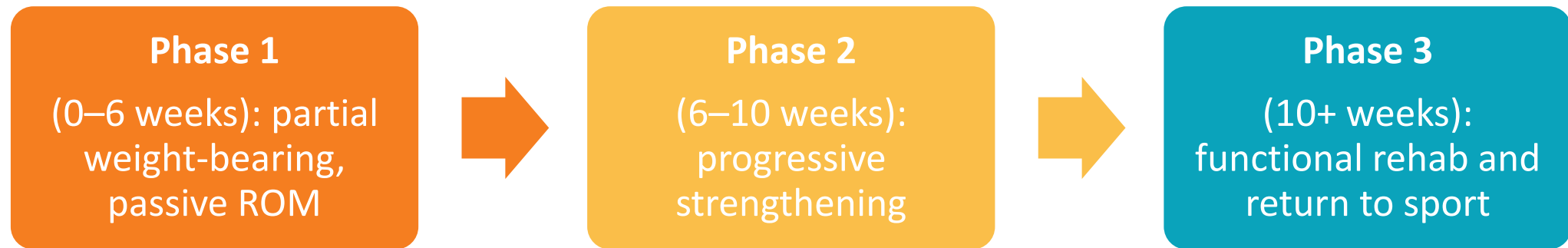
MUNICH
GERMANY
June 8-11

Surgical Technique (Part 2)

- Bioinductive implant placement
- Implant fixation
- IT band and muscle function preserved



Postoperative Protocol



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11

Expected Outcomes and Discussion

- Reduced pain and improved function
- Lower re-tear rates with augmentation
- Address mechanical friction factors of the IT band over the greater trochanter



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11

Conclusions

- Promising results with endoscopic repair + bioinductive implant augmentation
 - Lower risk of re-tear when compared to suture repair in degenerative injuries.
- Adjunct procedures improve outcomes
- Preserve anatomy of the IT band
 - Peritrochanteric decompression via release of the proximal insertion of the gluteus major for success



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11

References

- Hartigan DE, Mansor Y, Perets I, Walsh JP, Mohr MR, Domb BG. Knotless "Suture Staple" Technique for Endoscopic Partial Thickness Abductor Tendon Repair. *Arthrosc Tech*. 2018 Sep 1;7(10):e975-e980. doi: 10.1016/j.eats.2018.06.002. PMID: 30666291; PMCID: PMC6205088.
- O'Connell RS, Craft JA. A Technique for Endoscopic in Situ Repair of Undersurface Hip Abductor Tears. *Arthrosc Tech*. 2020 Oct 24;9(11):e1831-e1836. doi: 10.1016/j.eats.2020.08.007. PMID: 33294348; PMCID: PMC7695751.
- Schenk P, Dimitriou D, Rahm S, Zimmermann SM, Finsterwald M, Higashigaito K, Sutter R, Zingg PO. Natural History of Degenerative Hip Abductor Tendon Lesions. *Am J Sports Med*. 2023 Jan;51(1):160-168. doi: 10.1177/03635465221135759. Epub 2022 Nov 22. PMID: 36412545; PMCID: PMC9810830.
- Gaii Via R, Elzeiny A, Bufalo M, Massè A, Giachino M. Endoscopic management of greater trochanteric pain syndrome (GTPS): a comprehensive systematic review. *Eur J Orthop Surg Traumatol*. 2024 Aug;34(6):3385-3394. doi: 10.1007/s00590-024-04019-0. Epub 2024 Jun 11. PMID: 38862847; PMCID: PMC11377678.
- Hurley ET, Twomey-Kozack J, Doyle TR, Meyer LE, Meyer AM, Lorentz SG, Bradley KE, Dickens JF, Klifto CS. Bioinductive Collagen Implant Has Potential to Improve Rotator Cuff Healing: A Systematic Review. *Arthroscopy*. 2025 Feb;41(2):333-342.e2. doi: 10.1016/j.arthro.2024.09.028. Epub 2024 Sep 24. PMID: 39326569.

