

Gluteus Maximus Transfer for Irreparable Gluteus Medius Tears: A Case Series With a Two-Year Follow-Up



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Disclosures

I (and/or my co-authors) have something to disclose.

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Introduction

- Gluteus medius (GM) tears are a common cause of pain and disability in middle-aged and older populations
- In cases of large, irreparable GM tears, gluteus maximus tendon transfer has emerged as a viable treatment option.
- Purpose: to evaluate the short-term outcomes of gluteus maximus transfer as treatment for irreparable gluteus medius tear

Methods

- Inclusion Criteria:
 - Full thickness irreparable gluteus medius tear treated with gluteus maximus transfer
 - Preoperative and minimum 2-year follow-up for:
 - mHHS, NAHS, HOS-SSS, iHOT-12, VAS, and patient satisfaction

Results

Characteristic	Value
Sex	
Female	14 (93.3%)
Male	1 (6.7%)
Laterality	
Right	7 (46.7%)
Left	8 (53.3%)
Body Mass Index (BMI)	28.3 \pm 4.6
Age at Surgery	66.7 \pm 12.1
Primary surgery	11 (73.3%)
Revision from a prior GM repair	4 (26.7%)
Follow up time, months	58.5 \pm 30.7
Data is presented as number (%) and mean \pm standard deviation.	

Results

- Patients demonstrated significant improvement at the latest follow-up for mHHS, NAHS, iHOT-12, and VAS pain scale

Outcome measure	Value
mHHS	
Preoperative	46.4 ± 15.3
≥ 2-year (n=15)	73.3 ± 20.8
≥ 5-year (n =8)	75.6 ± 16.9
p-value (Pre- to 2-year)	<0.001
Δ (Pre- to 2-year)	26.8 ± 21.3
NAHS	
Pre-operative	52.3 ± 20.6
≥ 2-year (n=15)	78.8 ± 15.7
≥ 5-year (n =8)	78.8 ± 20.4
p-value(Pre- to 2-year)	<0.001
Δ (Pre- to 2-year)	26.1 ± 23.9
iHOT-12	
Preoperative	29.0 ± 14.2
≥ 2-year (n=15)	60.0 ± 25.2
≥ 5-year (n =8)	65.3 ± 27.1
p-value (Pre- to 2-year)	0.001
Δ (Pre- to 2-year)	36.9 ± 19.0
VAS for pain	
Pre-operative	5.98 ± 3.02
≥ 2-year (n=15)	1.92 ± 2.43
≥ 5-year (n =8)	2.2 ± 2.9
p-value (Pre- to 2-year)	0.003
Δ (Pre- to 2-year)	-4.03 ± 3.57
Satisfaction	
≥ 2-year (n=15)	7.5 ± 2.5
≥ 5-year (n =8)	6.3 ± 3.4

Complications

- 1 patient developed a superficial wound infection successfully treated with oral antibiotics
- 2 patients required secondary procedures:
 - 1 underwent total hip arthroplasty (THA) with gluteus maximus transfer revision 78 months postoperatively
 - 1 underwent total hip arthroplasty (THA) 59 months postoperatively. Importantly, in this case, the gluteus maximus transfer was fully healed.

Conclusions

Gluteus maximus transfer for irreparable GM tears demonstrates favorable short- to mid-term outcomes, high patient satisfaction rates, and a substantial percentage of patients achieving clinically meaningful improvements in functional scores.

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