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
- O Preoperative and minimum 2-year follow-up for:
 - > mHHS, NAHS, HOS-SSS, iHOT-12, VAS, and patient satisfaction



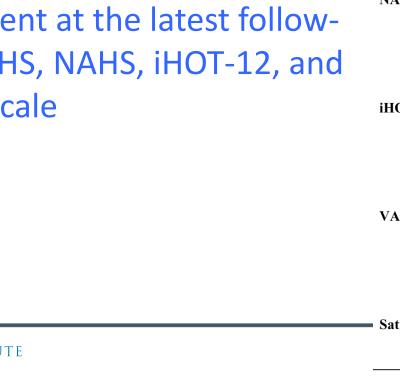
Results

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 ± 4.6	
Age at Surgery	66.7 ± 12.1	
Primary surgery	11 (73.3%)	
Revision from a prior GM repair	4 (26.7%)	
Follow up time, months	58.5 ± 30.7	
Data is presented as number (%) and mea	$n \pm standard deviation.$	

Results

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

Preoperative
≥ 2-year (n=15)
≥ 5-year (n =8)
p-value (Pre- to 2-year)
Δ (Pre- to 2-year)
NAHS
Pre-operative
≥ 2-year (n=15)
\geq 5-year (n =8)
p-value(Pre- to 2-year)
Δ (Pre- to 2-year)
іНОТ-12
Preoperative
\geq 2-year (n=15)
≥ 5-year (n =8)
p-value (Pre- to 2-year
Δ (Pre- to 2-year)
VAS for pain
Pre-operative
\geq 2-year (n=15)
≥ 5-year (n =8)
p-value (Pre- to 2-year
Δ (Pre- to 2-year)
Satisfaction
≥ 2-year (n=15)



Outcome measure

mHHS

 \geq 5-year (n =8)

Pre-operative \geq 2-year (n=15)

 \geq 5-year (n =8) p-value (Pre- to 2-year)

 5.98 ± 3.02

 1.92 ± 2.43 2.2 ± 2.9 0.003

Value

 46.4 ± 15.3

 73.3 ± 20.8

 75.6 ± 16.9

 26.8 ± 21.3

 52.3 ± 20.6

 78.8 ± 15.7

 78.8 ± 20.4

 29.0 ± 14.2

 60.0 ± 25.2

 65.3 ± 27.1

 36.9 ± 19.0

0.001

< 0.001 26.1 ± 23.9

< 0.001

 -4.03 ± 3.57

 7.5 ± 2.5

 6.3 ± 3.4

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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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