

The Rotator Cuff of Hip: Gluteus Medius and Minimus Repair Using Open Double Row Technique

¹ Adam AZ; ¹ M Hafiz D; ¹ SH Tahir;

¹Universiti Malaysia Sarawak, ²Hospital Kuala Lumpur

INTRODUCTION:

Gluteal tendon tears, particularly affecting the gluteus medius and minimus tendons, can significantly diminish a patient's quality of life, akin to the impact of rotator cuff tears in the shoulder. These tears manifest with symptoms such as pain, weakness, limp, and functional limitations, posing considerable challenges in treatment selection. While nonoperative approaches exist, surgical repair frequently becomes necessary to restore function and alleviate pain effectively

REPORT:

A 65-year-old retired teacher presented with left-sided hip pain persisting for three years, exacerbated by ambulation and stairs, with no history of trauma. Initial treatments including physical therapy and injections failed to alleviate her symptoms. MRI revealed partial and complete tears of the gluteus medius and minimus tendons, respectively. Opting for surgery after unsuccessful conservative management, a lateral approach was employed. Intraoperatively, full-thickness tears were identified and repaired using a two-row technique with fiber wire sutures, securing them with interference screws. Postoperatively, she underwent six weeks of restricted rehabilitation.

At two months follow-up, she able to ambulate without pain. Ongoing physiotherapy aimed to restore her muscle strength and range of motion. This case highlights successful surgical intervention for chronic gluteal tendon tears, emphasizing the importance of thorough evaluation and tailored rehabilitation in achieving favorable outcomes.



Figure 1: Tendon tear from its footprint is tagged



Figure 2: Tendon fixation using double row technique to its footprint

CONCLUSION:

Hip tendinopathy, particularly involving the gluteal tendons, presents a significant source of pain and functional impairment. While conservative treatments remain viable for some patients, surgical intervention is increasingly recognized as necessary for many cases. The emergence of hip arthroscopy has expanded surgical options, but open techniques still hold relevance. As surgical skills advance, operative management offers promising outcomes in addressing hip tendinopathy.

REFERENCES:

1. Grimaldi, A., Fearon, A. 'A review of surgical repair methods and patient outcomes for gluteal tendon tears' Hip International, 2015