Gluteus Medius Tears After Hip Arthroplasty
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Introduction

Gluteus medius tears are a known entity, often noted incidentally through approaches to the hip for fractures or arthroplasty. These tears have been documented previously in 20% of these patients.1,2,3 In addition, weakness of gluteus medius tendons has been associated with hip arthritis.4 Recent literature has identified the gluteus medius tear as a common cause of recalcitrant lateral hip pain in the spectrum of diseases described as Greater Trochanteric Pain Syndrome (GTPS). Hence, despite the radiographic appearance of a well placed and fitted prosthesis (Fig. 1), these arthroplasty patients may present with persistent “hip” pain. We present the workup, imaging, and outcomes of surgical repair of the gluteus medius repair in our patients with total hip arthroplasties (THA.)

• Methods
• Retrospective review of 9 THA patients over 2 years
• Workup for infection or loosening negative
• Clinical weakness was documented (Table 1)
• Dynamic ultrasound confirmed the diagnosis of a gluteus medius tear (Fig. 3)
• Treatment involved open versus endoscopic repair of the gluteus medius tear (Fig. 4)

Table 1. Pertinent Physical Exam findings

<table>
<thead>
<tr>
<th>Tendermess to Palpation Over Greater Trochanter</th>
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<tbody>
<tr>
<td>Inability to Perform Single Leg Bridge</td>
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<tr>
<td>Fatigue with Single Leg Stance &gt; 30 s</td>
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<tr>
<td>Inability to Perform Single Leg Squat</td>
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Results

• All patients reported immediate improvement of pain to hip
• Modified Harris Hip Scores improved postoperatively

Discussion

• Many patients that present with degenerative arthritis of the hip complain of a persistent aching groin pain
• Persistent “hip” pain must be differentiated as pain from their implant pain versus GTPS
• Treatment of symptomatic tears in this population has lead to resolution of pain, which is consistent with previous literature5
• This study aims to heighten awareness of this entity in THA and hemiarthroplasty patients, whom a tear of the gluteus medius may be otherwise overlooked

References