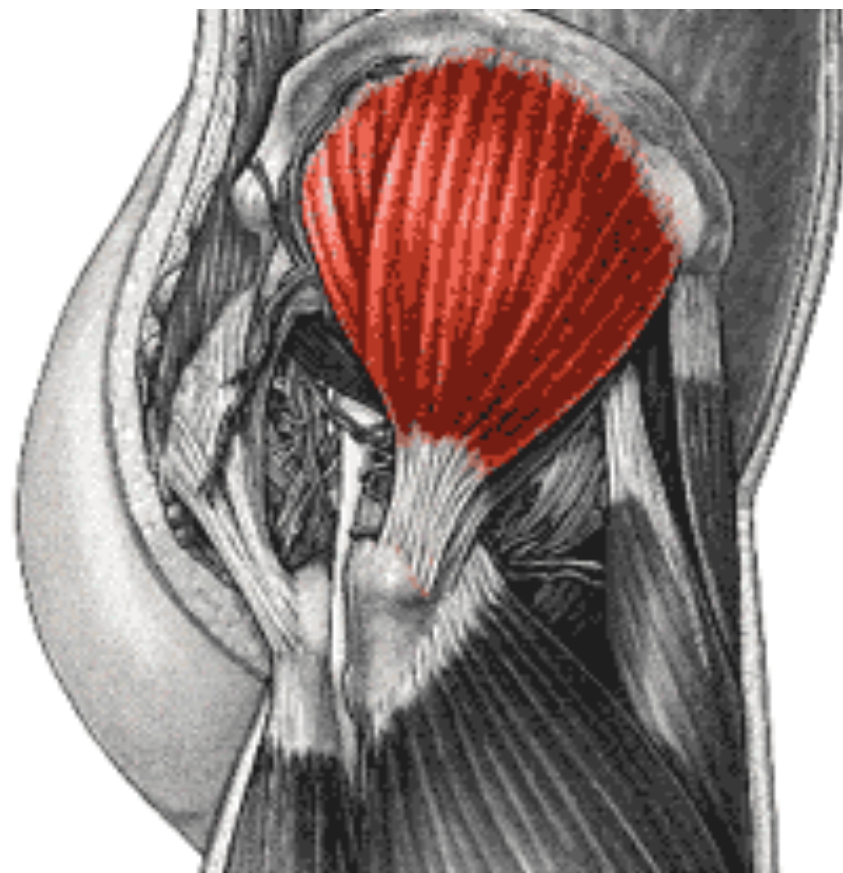
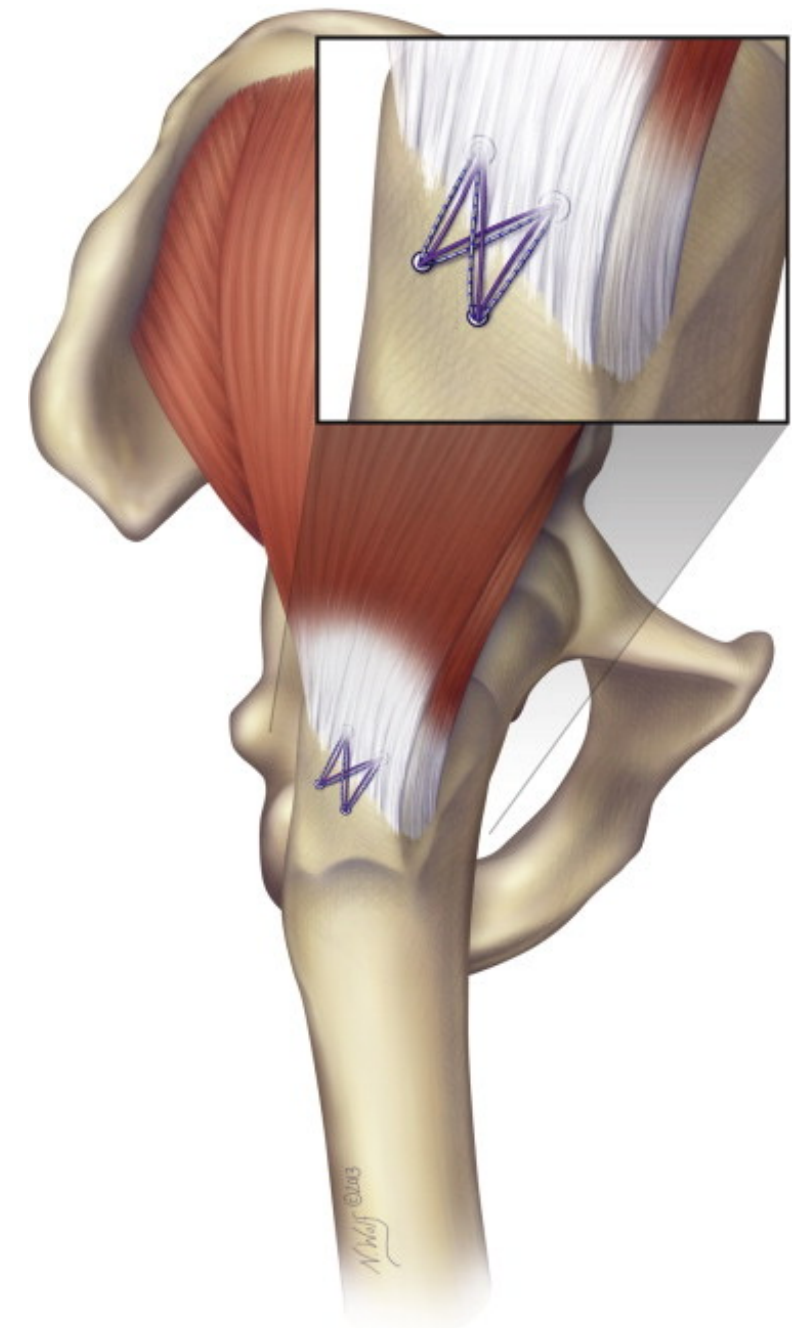


Gluteus Medius and Minimus (Abductor) Repair

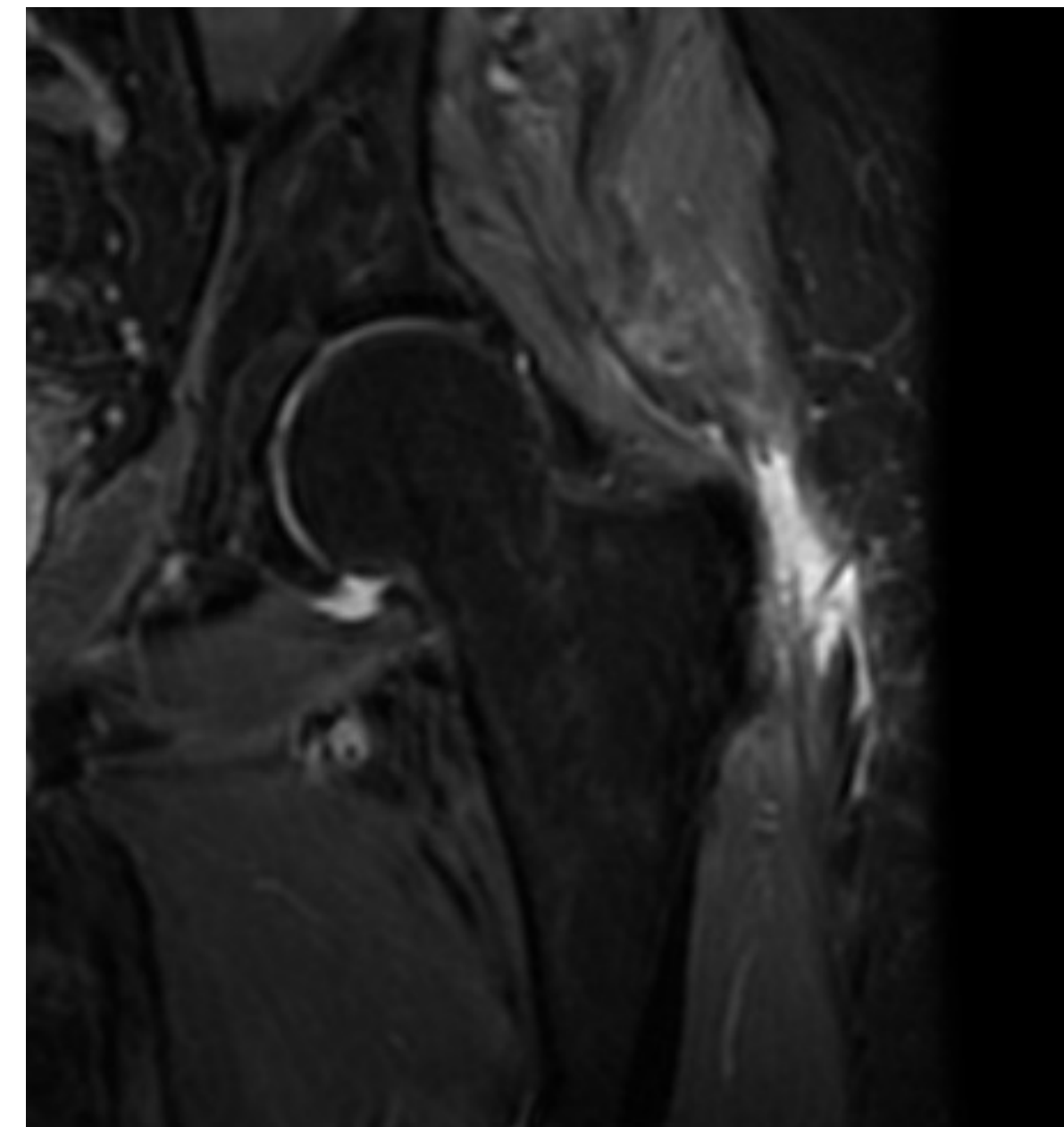


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Outline

- I. What are hip abductors?**
- II. What is a gluteus medius/minimumus (hip abductor) tear?**
- III. What are the symptoms of a hip abductor tear?**
- IV. What are abductor tear treatments?**
- V. What is an arthroscopic abductor repair versus an open abductor repair?**
- VI. What is the collagen patch**
- VII. How long is the recovery after an abductor repair?**



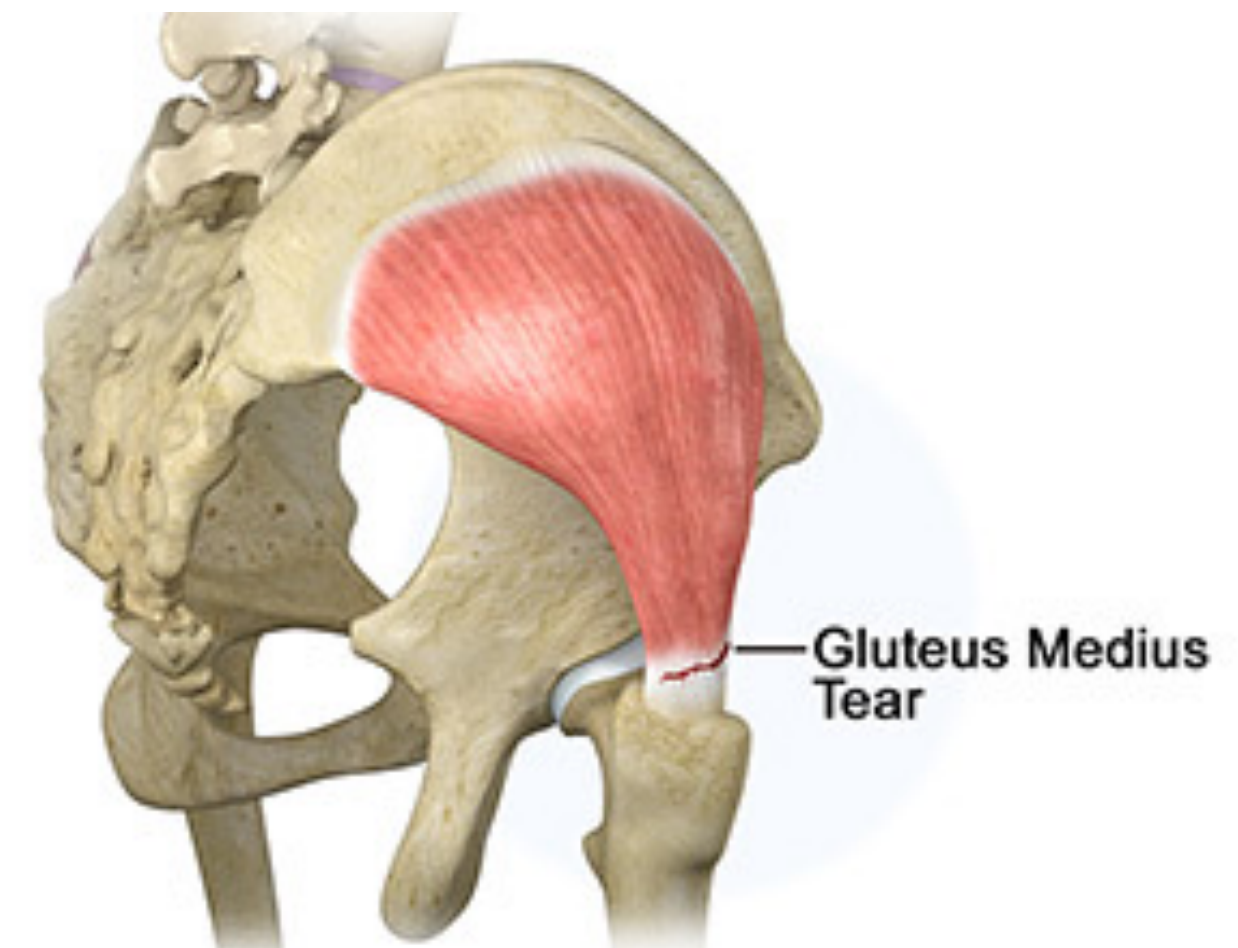
I. What are hip abductors

- Hip abductors are the muscles (gluteus medius and gluteus minimus) involved in the abduction of the hip (a.k.a. moving the hip out to the side)
- Often, as we get older, those muscles can become inflamed (a.k.a trochanteric bursitis)



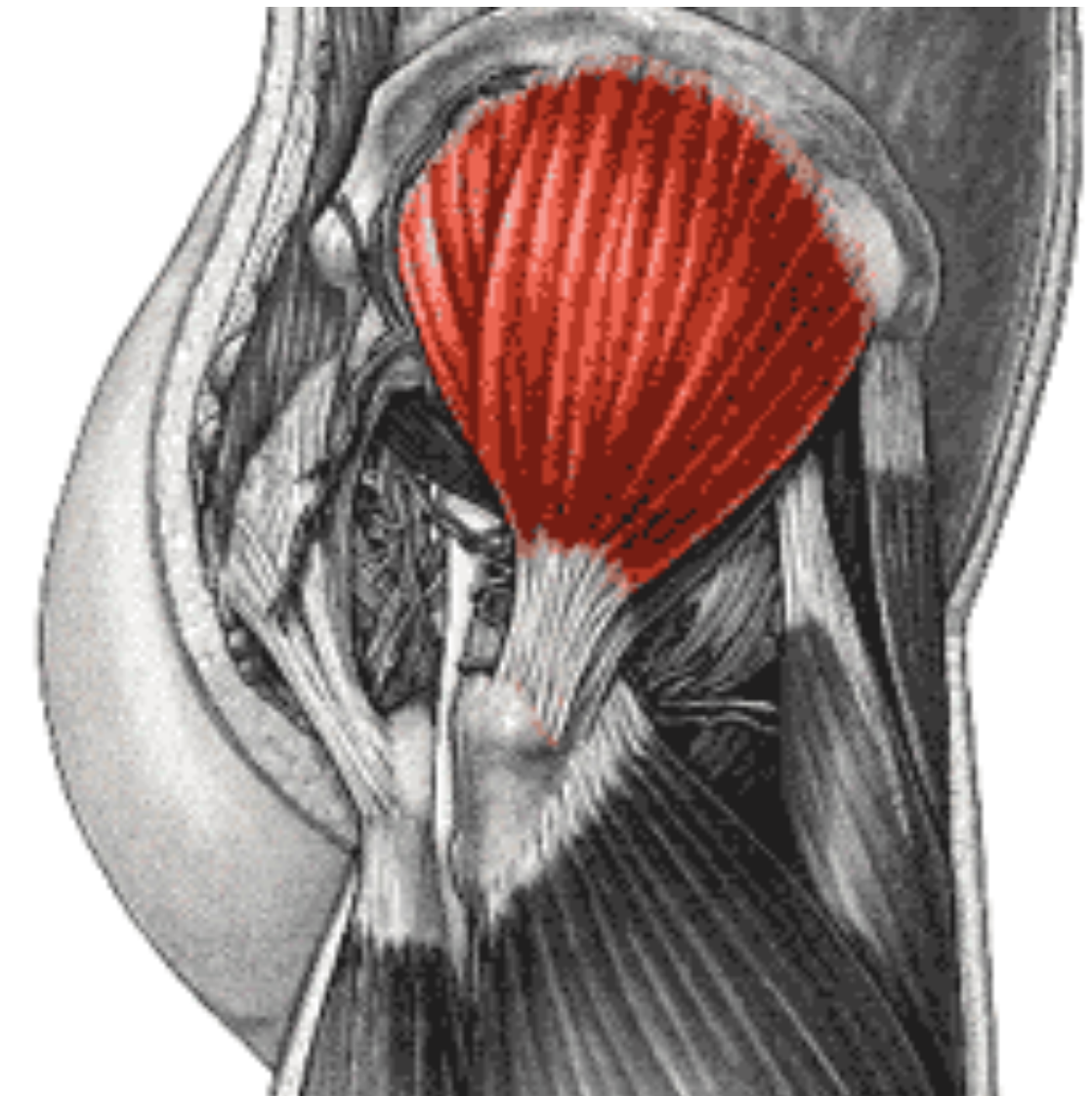
II. What is a gluteus medius/minimum (hip abductor) tear?

- In patients with long-standing trochanteric bursitis, abductors can progress to have a tear
- Tearing can occur as result of trauma or chronic degeneration
- Tears can be partial thickness or full thickness, meaning the tendon is either partially torn or fully torn



III. What are the symptoms of a hip abductor tear?

- Pain and tenderness on the side of the hip that may lead to a limp
- Pain that worsens with activity such as walking, running, or climbing stairs
- Deep pain that worsens when sitting or lying on affected side



IV. What are abductor tear treatments?

Non-surgical treatment:

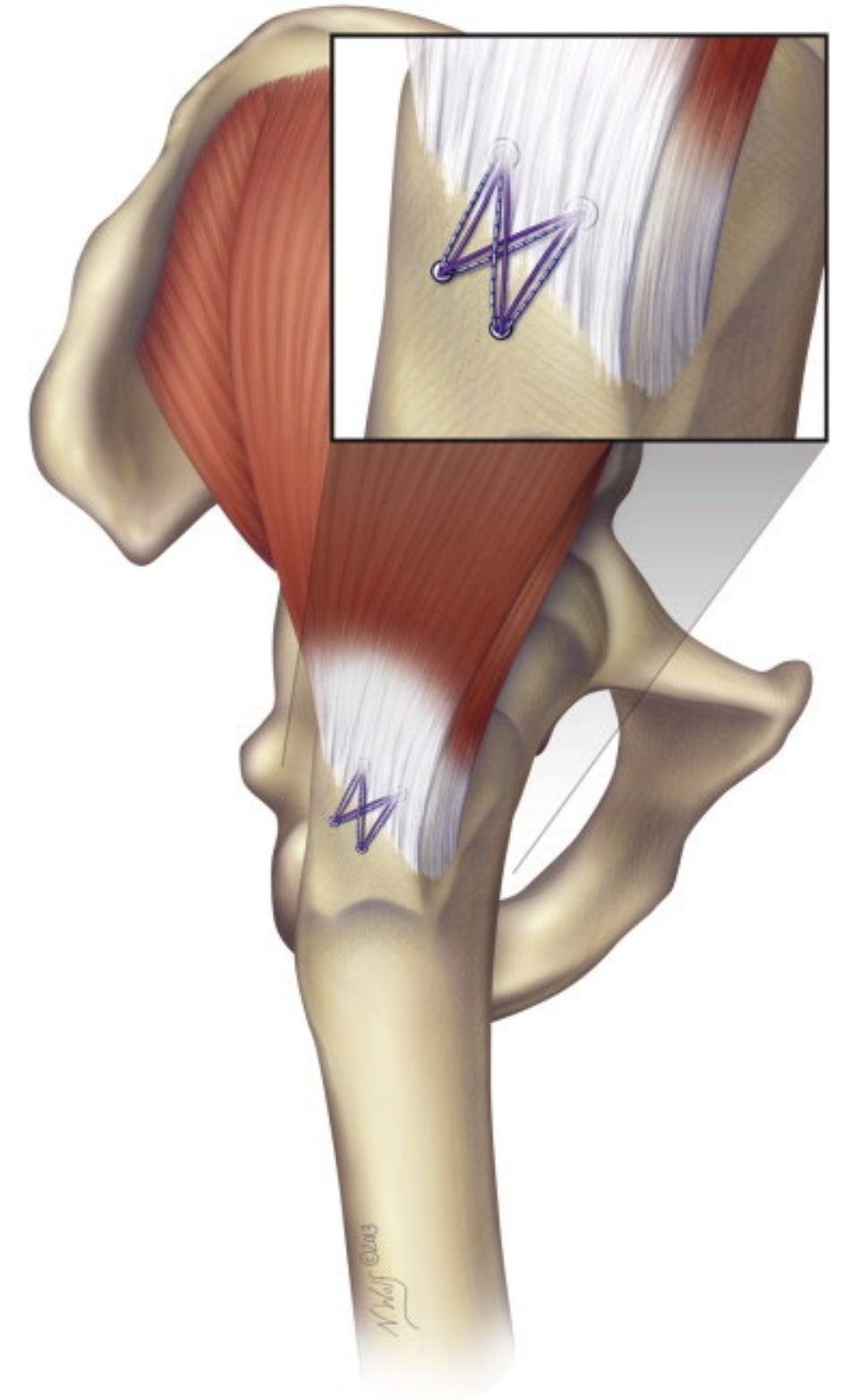
- **Anti-inflammatory (topical or oral)**
- **Physical therapy**
- **Steroid injection to the trochanter (located on the side of the hip)**
- **I prefer to treat an initial strain or tear conservatively by controlling pain and strengthening surrounding muscles**



IV. What are abductor tear treatments?

Surgical treatment:

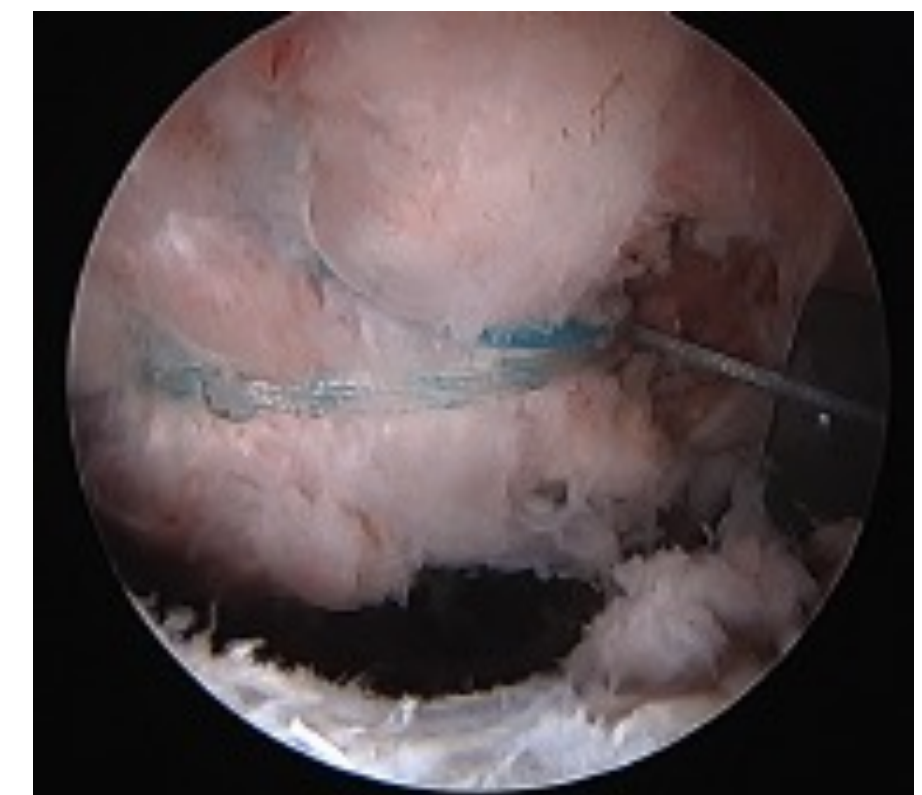
- If symptoms and function fail to improve with non-surgical treatment, I will often perform an abductor repair
- This is an important procedure for restoring function to the hip abductors and relieving pain



V. What is an arthroscopic abductor repair versus an open abductor repair?

Arthroscopic repair:

- Small “key-hole” type incisions are made in the skin outside the hip
- Small, narrow instruments and sutures are used to secure the torn tendon back down to the attachment site
- Arthroscopic repair is typically for younger, active patients with small tears



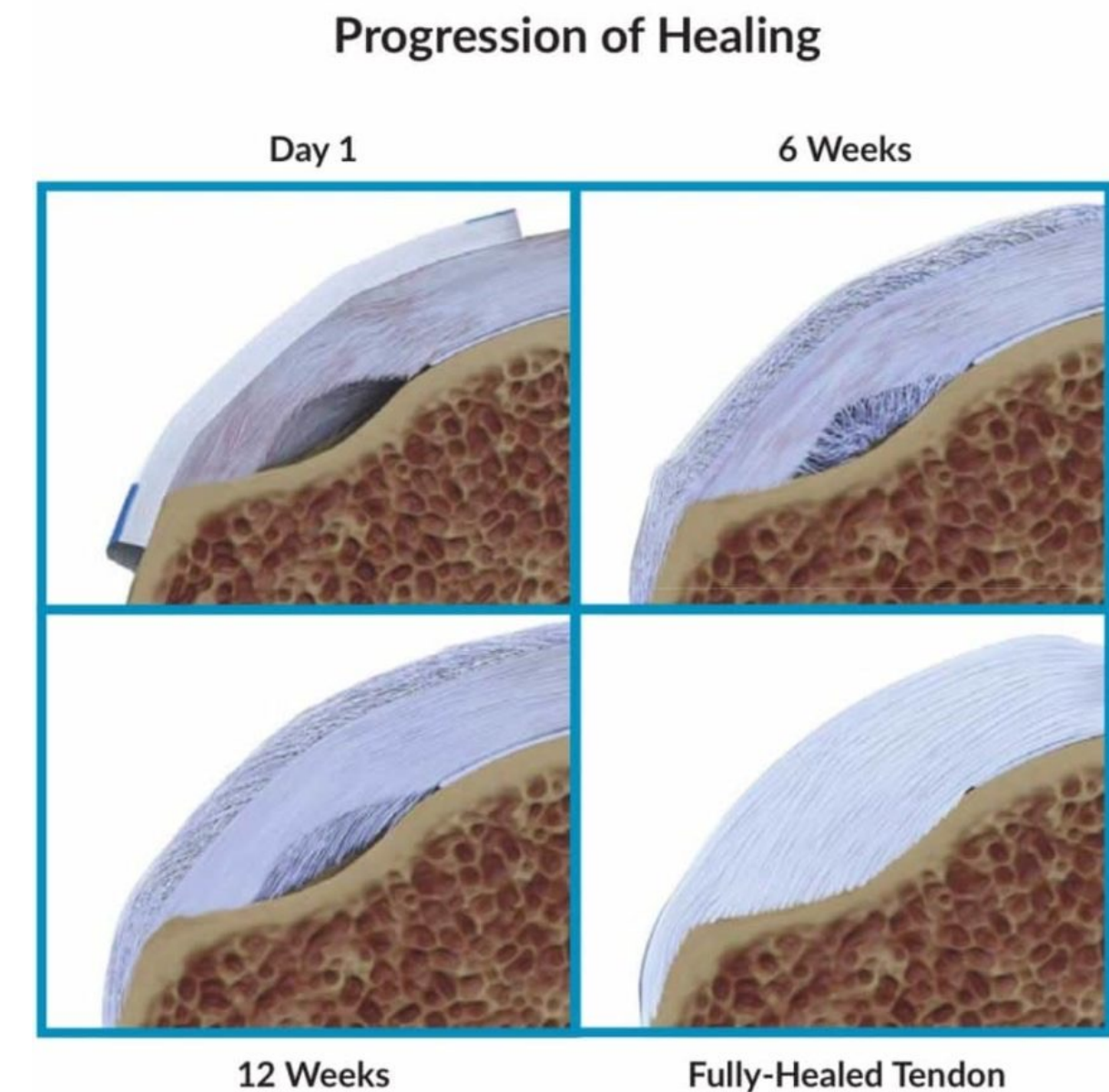
V. What is an arthroscopic abductor repair versus an open abductor repair?

Open repair:

- **Open repair is typically performed when a patient experienced a large or complete tear to maximize the success of the repair**
- **Open repairs involve larger incisions for better visualization and access during surgery**

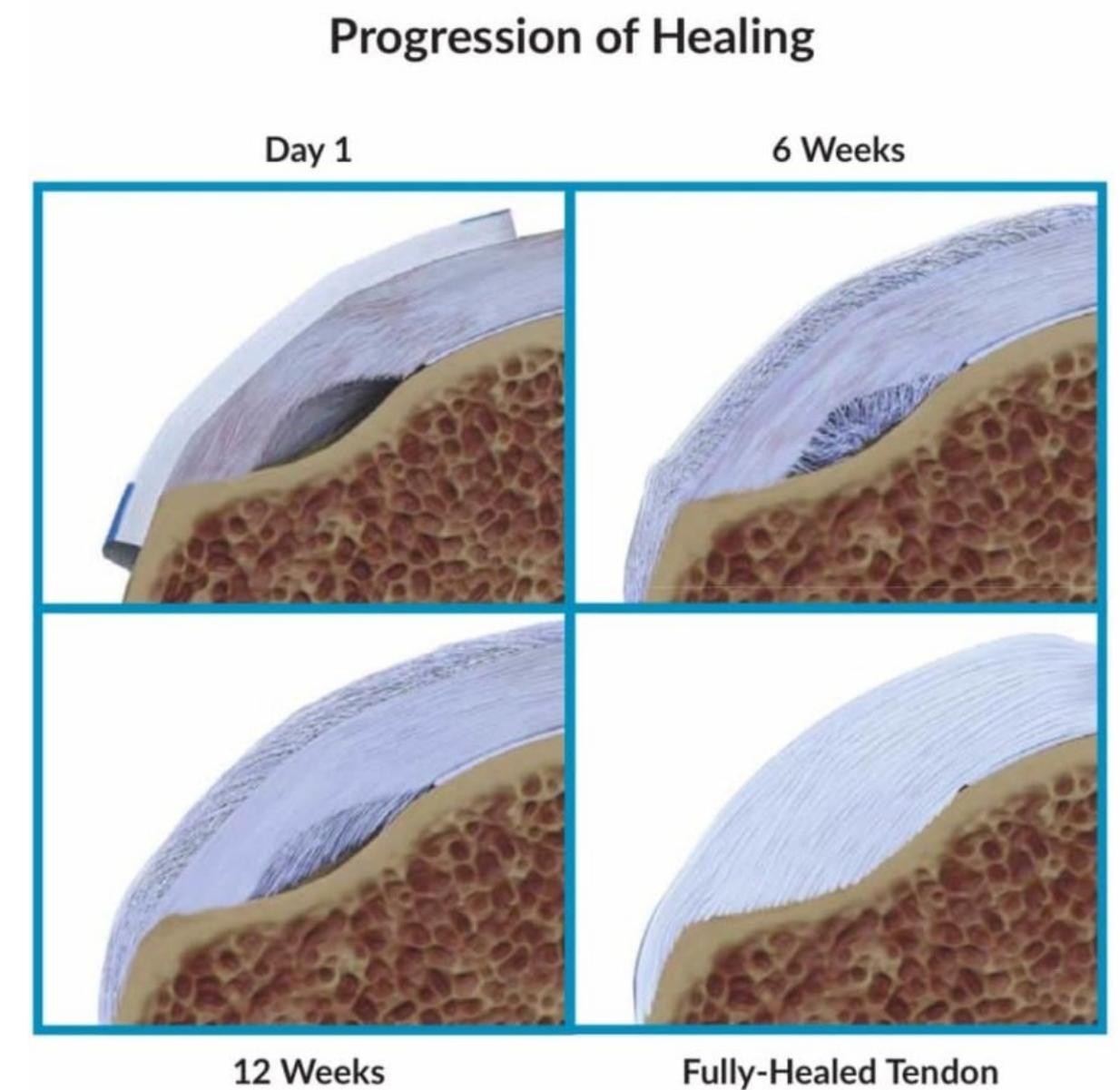
VI. What is the collagen patch?

- Tears where there is significant muscle atrophy are often treated with an augmentation to the tendon, such as a collagen patch, during open repair surgery
- Collagen is used because as the most abundant protein in the human body, found in bones, muscles, skin, and tendons, it naturally forms a scaffold to provide strength and structure



VI. What is the collagen patch?

- The patch is placed directly on the tendon and eventually dissolves
- The patch has been shown to significantly improve tendon regrowth and healing



VII. How long is the recovery after an abductor repair?

- Patients are instructed to avoid full weight bearing on the affected leg for 4-6 weeks with partial weight bearing to follow to allow proper healing
- Hip movement is allowed but limited to certain motions with brace
- Patients will complete at least 3-4 months of physical therapy
- A return to normal activities in about 6 months



THANK YOU!



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