

Gluteus Medius / Minimus Repair — Pre-Operative Patient Guide

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Gluteus Medius or Minimus Tendon Tear

Your Condition & Procedure

The condition

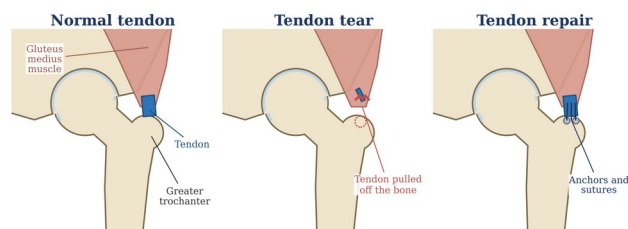
The **gluteus medius** and **minimus** are muscles on the side of the hip that keep the pelvis level when you walk. Their tendons attach to the outer hip bone (**greater trochanter**) and can wear and tear over time, causing pain on the side of the hip, trouble lying on that side, and a limp.

The surgery

This is a typically outpatient surgery done through a small open incision. The torn tendons are reattached to the bone with small anchors and sutures. The inflamed bursa may be removed and a tight **IT band** lengthened. Large or older tears may be reinforced with a graft. The final plan is determined during surgery.

Risks & benefits

Benefits: Most patients have less side-hip pain and less of a limp. **Risks** are uncommon and include infection, blood clots, re-tear or incomplete healing of the tendon, an ongoing limp or side-hip pain, injury to nearby structures (such as nerves, blood vessels, or cartilage), stiffness, persistent pain, and the need for further surgery. These will be reviewed with you in detail before surgery.



Gluteus medius tendon tear and repair (illustration)

Before Surgery

- **Medications:** We will tell you what to stop and when (e.g., blood thinners, anti-inflammatories, some supplements, weight-loss injections).
- **Fasting:** Follow the instructions from your surgery coordinator/facility. In general, you should have nothing to eat or drink starting at midnight the night before surgery.
- **Nicotine:** Stop all nicotine products—they slow healing.
- **Equipment:** A hip brace and crutches are typically arranged beforehand. Practice with crutches.
- **Physical therapy:** Schedule your first visit for within about a week after surgery.
- **Home:** Plan for a helper and remove trip hazards; a shower chair can help.
- **Medical history:** Let us know if you or anyone in your family has a history of blood clot disorders or a malignant hyperthermia reaction to anesthesia.
- **Health:** Call us if you develop a fever, illness, or skin problem near the hip.

Day of Surgery

- If instructed, take blood pressure/heart medications with a small sip of water.
- Arrive at the time given by your surgery coordinator.
- Bring your medication list, insurance card, photo ID, and brace/crutches if you have them.
- Wear loose clothing; leave jewelry and valuables at home.
- A responsible adult must drive you home. You may **not** drive yourself.

Immediately After Surgery

- You will recover in the recovery area; most patients go home the same day.
- Your surgeon will discuss the procedure with you and your support person.
- Your care team will review wound care, restrictions, medications, follow-up, and warning signs before discharge.

Milestone	What to Expect After Surgery (General Timeline)
Weight-bearing	Foot flat with ~20 lb of weight and 2 crutches for 6 weeks (8 for larger tears), then weaned over ~2 weeks; most are off crutches, without a limp, by 8–10 weeks.
Precautions	Hip brace for 6 weeks. For 6 weeks: no crossing your legs, no lying on the surgical side, and no lifting the leg out to the side. Sleep with a pillow between your knees.
Daily life	Desk work often within 2 weeks. Stationary bike from 4 weeks. No driving while taking narcotic pain medication.
Activity	Band and weight strengthening from 12 weeks. Full release typically 4–6 months; running (if your goals require it) not before 18 weeks.
► Please note: This is a general guide only. Detailed post-operative instructions will be provided on the day of surgery, and your restrictions and timeline may change based on the findings and procedures performed.	

Learn More

We **recommend** reading these pages from the American Academy of Orthopaedic Surgeons (OrthoInfo) before your surgery:

- **Your Condition: Gluteus Medius Tear:** <https://www.aaana.org/education/for-patients/hip/gluteus-medius-tears/>
- **Related reading: Hip Bursitis** — <https://orthoinfo.org/en/diseases--conditions/hip-bursitis/>

Video: You may find a video demonstrating an example (not the exact technique) of your surgery at

<https://patient.orthopedica.com/student/activity/2528383-gluteus-medius-tears> (or browse <https://patient.orthopedica.com/student/catalog>).