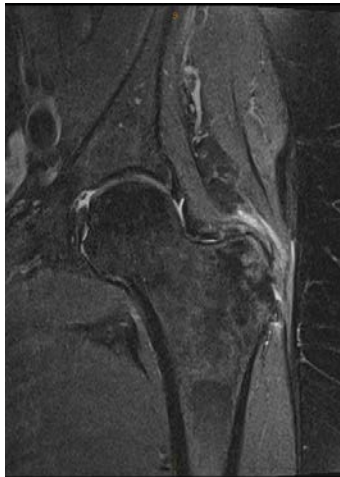


HIP FACTS FROM THE LITERATURE #100

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WE NEED HIGH QUALITY STUDIES OF INTERVENTIONS FOR GLUTEAL TENDON TEARS



Surgical Interventions:

Only surgical case studies exist but no randomised clinical trials. Surgical studies show very low quality evidence for positive outcomes.

Non surgical interventions:

No non-surgical studies exist to date. The LEAP trial showed positive effects in a population in which 42% had gluteal tendon tears, but this study was not designed to study interventions for those with tendon tears.

For now, try an evidence based education and exercise program first for gluteal tendon tears. Surgery may have positive outcomes for those with recalcitrant symptoms and impairments associated with gluteal tendon tears.

Our recent systematic review, led by Trevor Spencer, highlighted the fact that only very low-quality evidence exists for surgical treatment of gluteal tendon tears and NO EVIDENCE exists for non-surgical care!

Around 40% of LEAP trial participants had tears in the gluteus medius and/or gluteus minimus tendons (49% of the Education and Exercise Group) and our Education and Exercise intervention returned a success rate of just under 80%. This at least provides a reasonable rationale for trialing a good, evidence-based education and exercise approach prior to considering an invasive procedure like surgery.

However, the LEAP trial was not designed as a trial to assess outcomes in those with gluteal tendon tears, so we are in need of high quality studies that directly test non-surgical interventions for more advanced stages of tendon pathology.

Spencer T, Nasser A, Brown NAT, Grimaldi A et al. Low quality evidence supports surgery for gluteal tendon tears, no non-surgical evidence was identified: a systematic review. BMC Musculoskelet Disord. Published online February 3, 2026.