

Success of platelet rich plasma with gluteus medius tears

Platelet-rich plasma (PRP) therapy demonstrates high success rates for treating gluteus medius tears, particularly for chronic, symptomatic cases unresponsive to conservative management. Key evidence from clinical studies includes:

Superiority Over Corticosteroid Injections

- PRP provides **significantly better pain relief and functional improvement** than corticosteroids at 12 weeks, with sustained benefits lasting up to 2 years^{[1] [2]}.
- At 2-year follow-up, PRP patients maintained a mean modified Harris Hip Score (mHHS) of 82.59 (vs. baseline 53.77), while corticosteroid patients regressed to near-baseline levels after 24 weeks^[2].
- 73% of corticosteroid-treated patients required crossover to PRP due to treatment failure within 3–6 months^{[3] [2]}.

Long-Term Efficacy

- Patients receiving a single ultrasound-guided intratendinous PRP injection experienced:
 - Progressive improvement in mHHS from 74.05 at 12 weeks to 82.59 at 104 weeks^[2].
 - 82% achieving clinically significant improvement (minimal clinically important difference) versus 56.7% with corticosteroids^[1].
- Benefits emerge by 12 weeks and continue to accrue for 6–12 months^{[4] [2]}.

Comparable Outcomes to Surgery

- In a randomized trial of 99 patients, PRP yielded **slightly better early outcomes** than surgical repair (open/endoscopic), with no complications versus a 10% surgical complication rate (e.g., infections, nerve injuries)^[5].
- PRP patients resumed unrestricted activity faster than surgical patients^[5].

Optimal Candidates and Procedure

- Best results for **chronic partial-thickness tears** (symptoms >3 months) without full-thickness rupture^{[6] [1]}.
- Requires **ultrasound-guided intratendinous injection** for precise delivery^{[6] [2]}.
- Leukocyte-rich PRP formulations show consistent positive outcomes^{[3] [2]}.

Safety Profile

- Zero complications reported across studies^{[6] [5] [2]}.
- Non-invasive alternative avoiding surgical risks like infection or prolonged rehabilitation^[5].

Conclusion

PRP is a highly effective, minimally invasive treatment for gluteus medius tears, offering **superior long-term outcomes to corticosteroids and comparable results to surgery with fewer risks**. It is particularly beneficial for chronic partial tears refractory to physical therapy or corticosteroid injections.

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1. <https://pubmed.ncbi.nlm.nih.gov/29293361/>
2. <https://www.grantgarciamd.com/articles/glut-med-minimus-PRP-injection.pdf>
3. <https://www.drjohnurse.com/prp-vs-cortisone-for-hip-tendon-tear/>
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