

TENEX HEALTH TX®

A minimally invasive treatment for chronic tendon and plantar fascia disease or pain caused by a calcific deposit or bone spur

Are you suffering from chronic tendon or plantar fascia pain?

Tendonitis refers to an injured tendon resulting from repetitive use and overuse when you are doing things you love or need to do. Repetitive motions, no matter how ordinary, can cause small micro tears in the tendon that do not heal properly, and result in chronic tendinopathy (tendon degeneration). In some instances, this may also lead to formation of calcification within the tendon, which can further increase pain.

Are you suffering from pain caused by a bone spur?

A bone spur (osteophyte or enthesophyte) is a bony growth formed on normal bone that can press or rub on surrounding tissues. This can cause inflammation, wear and tear, and pain. Restricting use may possibly help reduce the symptoms, but if the source of pain is due to the presence of a bony prominence, the symptoms will usually recur.

If you answered yes to either of these questions, you may be a candidate for treatment with the Tenex Health TX System – clinically proven to remove tendon pain for over 85% of patients^{1,2,3,4,5}:

The Tenex Health TX® System uses ultrasonic energy to treat pain-causing soft and hard tissue through a minimally invasive percutaneous approach. If you have tried physical therapy, cortisone injections, medication, or just taking time to ice, stretch and rest and are still in pain, talk to us.

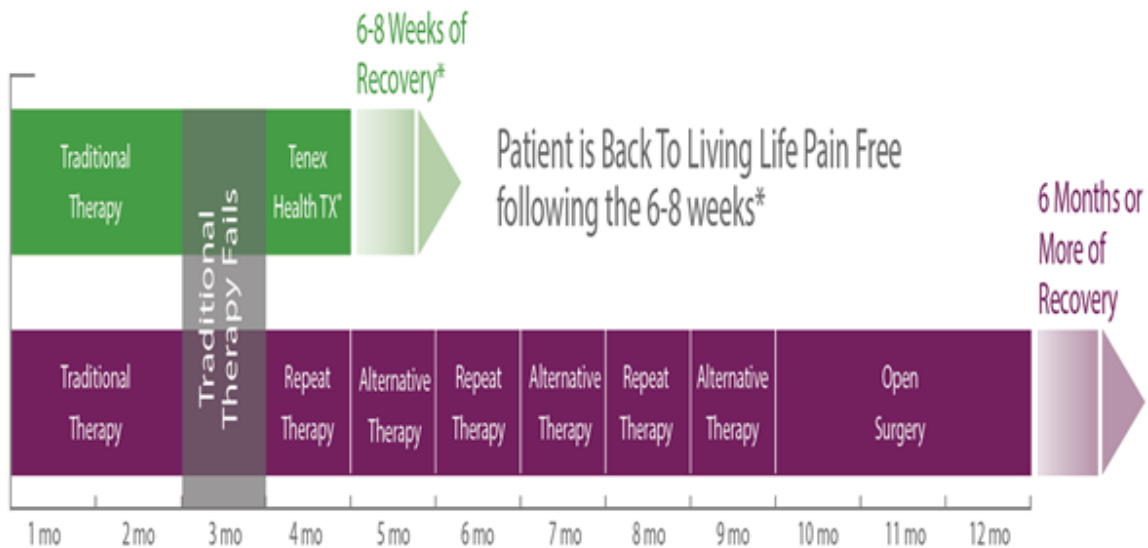
This technique helps patients restore musculoskeletal function without the need for invasive surgery or general anesthesia, may give you quick pain reduction, and should have you back to enjoying the things you love in a few weeks to a few months. This treatment can also be effective in cases of failed open, surgical procedures.

Patient benefits may include:*

- Rapid pain relief and rapid recovery in 6-8 weeks and return to normal activities (compared to 6 months or more with an open surgical procedure)
- Most patients require only a one-time treatment
- Typically performed with local anesthetic
- No stitches (requires only a small, adhesive bandage)
- Well-tolerated procedure
- Does not disturb surrounding healthy tendon
- Stimulates a healing response in the tendon

**individual results may vary*

Treatment Timeline for Tendonitis and Plantar Fasciitis

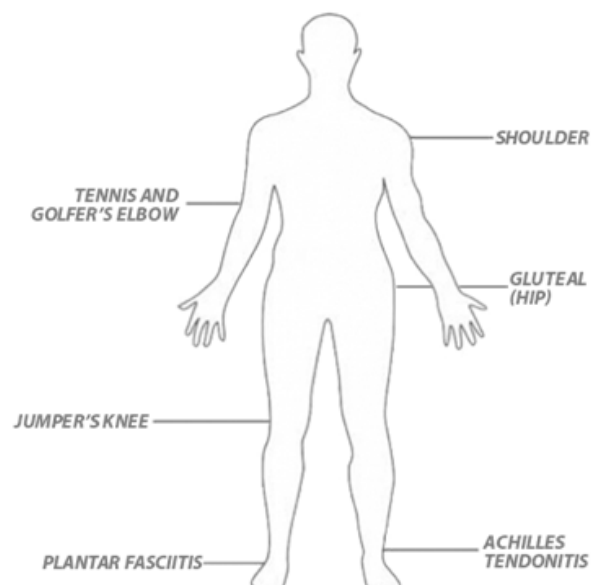


*Individual results may vary. Response time will vary depending on the anatomical location, type and extent of pathology. Data on file.

What areas of the body can Tenex Health TX treat?

Speak with us today if you are suffering with:

- Shoulder tendonitis (rotator cuff or biceps)
- Lateral or medial epicondylitis (tennis or golfer's elbow)
- Gluteal tendonitis (hip)
- Pelvic hamstring tendonitis
- Patella tendonitis (runner or jumper's knee)
- Achilles tendonitis (ankle)
- Plantar fasciitis (foot or heel)
- Calcific deposit in the tendon
- Pain associated with a bone spur or bony prominence



How does Tenex Health TX work?

Precisely targets your damaged tissue. Your doctor will commonly use ultrasound imaging, just like the kind used to see babies in the womb, to visualize and identify the specific location of the damaged tendon tissue, bone spur or calcific deposit.

Removes the damaged tissue. Once the source of your tendon pain is identified, your doctor numbs the area with a local anesthetic, allowing you to stay awake the entire time. Many people say after the numbing process—which feels like a bee sting—they felt only a slight pressure during the procedure (if they felt anything at all). Your doctor then uses ultrasonic energy designed to safely break down and remove the target, diseased tissue. The ultrasonic energy is applied with the TX MicroTip, which requires only a small incision to be introduced into the damaged tissue. The energy is effective for the cutting and removal of degenerative tissue and bone, while healthy tendon is left unharmed.

Requires no stitches. When the procedure is completed, your doctor applies a small adhesive bandage; no stitches are required. Because you are awake during the procedure (no general anesthesia), many people are able to drive home after the procedure.

Can offer rapid pain relief and faster recovery. Recovery is rapid with many people being back to normal activity within 6-8 weeks or less. Because of the minimally invasive approach and targeted removal of tissue, there is minimal downtime and less discomfort compared to open surgery. The speed of your recovery depends on the location and the extent of the damaged tissue being treated.

Clinical References: 1Freed L, Ellis M, Johnson K, Haddon T. Fasciotomy and surgical tenotomy for chronic Achilles insertional tendinopathy: a retrospective study using ultrasound-guided percutaneous microresection. J Am Podiatr Med Assoc. 2019; 109(1):1-8. 2Koh JS, Mohan PC, Howe TS, Lee BP, Chia SL, Yang Z, Morrey BF. Fasciotomy and surgical tenotomy for chronic lateral elbow tendinopathy: early clinical experience with a novel device for minimally invasive percutaneous microresection. Am J Sports Med. 2013; 41(3):636-644. 3Patel M. A novel treatment method for refractory plantar fasciitis. Am J Orthop. 2015;44(3):107-110. 4Razdan R, Vanderwoude E, Braun A, Morrey BF. Percutaneous ultrasonic fasciotomy: a novel approach to treat chronic plantar fasciitis. J Surg Proced Tech. 2018;3(102):1-6. 5Seng C, Mohan PC, Koh SB, Howe TS, Lim YG, Lee BP, Morrey BF. Ultrasonic percutaneous tenotomy for recalcitrant lateral elbow tendinopathy: sustainability and sonographic progression at 3 years. Am J Sports Med. 2016; 44(2):504-510. (epublished: Nov 2015).

Learn more about Tenex

The medical procedure called percutaneous tenotomy or percutaneous fasciotomy using the Tenex Health TX System is specifically designed for those suffering from painful conditions associated with chronic tendon damage, also known as chronic tendinosis or tendinopathy. For more information and to watch a video, visit www.tenexhealth.com.