

Isn't it time
you ended your
foot or ankle pain?



Get Back:
To Quality Time



TENEX
HEALTH

Healing at the speed of sound



Get Back: To What You Need

You. Are. In. Pain.

Though it starts in your ankle or foot, the pain radiates through your whole foot or leg. It's with you always and takes a toll on the activities you love and need to do.

You've tried everything: over-the-counter pain medication, rest, ice, compression, elevation, physical therapy, even cortisone injections—and nothing works. Nothing. It's been at least 3 months now and you don't know what else to do.

YOU are one of the millions of people suffering from Chronic Tendon Disease known as plantar fasciitis or Achilles pain.



20million Americans like you suffer from tendon pain

How did this happen? Chronic Tendon Disease starts when performing activities over and over and over again causes you pain for 3 months or more. Repetitive motions, such as walking, running or standing on your feet all day, are causing you injury.

Maybe it feels like burning, cutting, or as if you're walking on shards of broken glass. However you describe it, this pain is interfering with your life.



Get Back: To What You Love

Sound like you?

Then you should consider *Tenex Health TX™*, a minimally invasive technology that can offer you relief for chronic tendon pain like plantar fasciitis and Achilles pain.

No matter how long you've had it, tendon pain hurts. If this pain is relatively new, your doctor may refer to it as tendonitis. He or she will offer you remedies such as rest and ice or even cortisone injections.

Once this pain lasts 3 months or more, it is actually considered Chronic Tendon Disease.



more than **25,000** procedures since 2012

Tendonitis is a short-term inflammation of a tendon that causes pain, while **Chronic Tendon Disease is a persistent condition characterized by degeneration of tendon tissue without inflammation.** It is caused by repetitive motions creating micro tears, or tiny breaks that require a higher level of intervention.

Learn more at **www.TenexHealth.com**



Get Back: To Enjoyment

20^{minutes} or less
to relieve your
Plantar Fasciitis, Achilles
or other tendon pain

Using ultrasound imaging technology, the same kind used to see babies in the womb, your doctor identifies the specific location of your diseased tissue. He or she then creates a microincision and inserts the *TX MicroTip* through this tiny opening.

The *TX MicroTip* uses ultrasonic energy to precisely break down and remove only your diseased tissue **without disturbing any healthy tissue**. With this accuracy, the procedure using the *Tenex Health TX™* system accelerates your pain relief allowing you a rapid return to the things you love.

The minimally invasive procedure normally uses local anesthesia only; you will not be put to sleep. And though you are awake the entire time, **most people feel nothing** once the area is numbed—possibly a slight pressure.



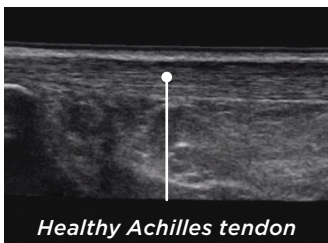
For 3 days after the procedure, you should take extra care of your heel or foot and wear any protective boot your doctor provides and follow your doctor's orders.

For 2 weeks after the procedure, you should not perform any weight bearing exercise or activities and continue to wear your boot if instructed by your doctor, and follow any other doctor orders.

In most cases, you should be back to your normal everyday activities within a few weeks. There is no need for any additional treatment like physical therapy. Though recovery is rapid, those with extensive tendon damage may take slightly longer to heal and results will vary.



Diseased Achilles tendon



Healthy Achilles tendon

Before your procedure, your doctor can visualize the Chronic Tendon Disease tissue, using ultrasound imaging. After the procedure, you can see the damaged areas are gone leaving healthy tendon tissue.



Treatments for Tendonitis		Description	Course of Treatment	Recovery
	R.I.C.E	Rest, Ice, Compression and Elevation.	May need to be repeated multiple times.	Up to a year or more.
	Medication	Anti-inflammatory or Cortisone injection.	May need to take or receive multiple times.	N/A
	Physical Therapy (PT)	Usually used along with rest, medication or surgery.	Takes multiple visits.	N/A
Treatments for Chronic Tendon Disease	Open surgical procedure	Removes damaged tissue with scalpel (knife).	Surgery under general anesthesia; time varies by extent of damage. Often requires PT after.	6 months or more (restricted activity).
	Tenex Health TX	Removes damaged tissue with ultrasonic energy.	Procedure with local anesthesia. 20 minutes or less. No physical therapy or additional treatments.	Typically 6-8 weeks. (results may vary)

Treatment options for tendon pain vary in effectiveness and speed.



Don't let *wait and see* turn to *wait and suffer*

After your procedure, you can simply go home. **Really.** There are none of the stitches or general anesthesia you would need with open surgery, so there is **minimal downtime**. Best of all, the pain relief can be **rapid**. So you can get back to the things you miss significantly faster than with open surgery. Your individual results may vary.

back to life
in weeks not months



Get Back: To What You Love

Is *Tenex Health TX*™ Right for You?

Do you have pain in your ankle or foot?

Have you been in pain for 3 months or longer?

Have you already tried to manage
your discomfort with rest, ice,
medicine and/or cortisone shots?

Would you prefer a relatively painless
procedure versus the well known
challenges of traditional surgery?

If you answered yes to any of these questions,
you may have Chronic Tendon Disease.

With *Tenex Health TX*, you could return to doing
what matters most to you, quickly without surgery,
stitches or physical therapy. Just one simple
procedure to treat your Chronic Tendon Disease.

Get Back: To Life.

Ask your doctor about *Tenex Health TX* today!



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