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

Get Back: To Quality Time

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.
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.
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.
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
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.

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.
Treatment options for tendon pain vary in effectiveness and speed.

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

Don’t let wait and see turn to wait and suffer

back to life
in weeks not months

Get Back:
To What You Love
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!