

Isn't it time you ended  
your tendon pain?

Get Back:  
To Enjoyment



**TENEX**  
HEALTH

*Healing at the speed of sound*



## Get Back: To What You Need

### You. Are. In. Pain.

It's in your shoulder, elbow, knee, ankle or foot. 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.



# 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, no matter how ordinary, are causing you injury.**

Maybe it feels like burning, cutting, or stabbing. However you describe it, this pain is interfering with your life.





## Get Back: To Quality Time

### Sound like you?

Then you should consider *Tenex Health TX™*, a minimally invasive technology that can offer you relief for your chronic tendon pain with a **one-time ultrasonic treatment**.

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](http://www.TenexHealth.com)**

## Get Back: To Giggles



**20**<sup>minutes</sup> or less  
to relieve your  
**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 remove only your diseased tissue, breaking it down; **without removing or hurting 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.



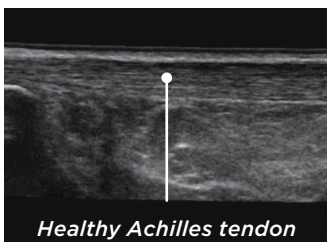
**For 3 days after the procedure,** you should take extra care of the area and follow your doctor's orders.

**For 2 weeks after the procedure,** you should not perform any weight bearing exercise or activities. Again, please be sure to follow your doctor's 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.*





		Description	Course of Treatment	Recovery
Treatments for Tendonitis	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.** You may even drive yourself if your doctor approves. 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 nearly instant. 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 shoulder,  
elbow, knee, 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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