

Tendonitis or Chronic Tendon Disease?

Tendonitis is inflammation of a tendon - the thick, fibrous cords that attach muscle to bone. It causes joint pain, especially when exercising or doing repetitive motions. Sometimes your tendon may also be weak, red, swollen and warm to the touch. If these symptoms persist past 3 months, you may have Chronic Tendon Disease.

		Description	Course of Treatment	Recovery Time
Treatments for Tendonitis	R.I.C.E	Rest, Ice, Compression and Elevation.	May need repeat treatments.	Up to a year or more.
	Medication	Anti-inflammatory or Cortisone injection.	May need repeat treatments.	Varies
	Physical Therapy (PT)	Stretching and strengthening exercises.	Takes multiple visits. Usually used along with rest, medication or surgery.	Varies
Treatments for Chronic Tendon Disease	Open Surgical Procedure	Cuts and removes damaged tissue with scalpel through a large incision.	Surgery under general anesthesia; time varies by extent of damage. Often requires physical therapy after.	6 months or more (restricted activity).
	TENEX HEALTH TX®	Precisely cuts and removes damaged tissue with ultrasonic energy through a 3-5mm mini-incision.	Quick procedure (minutes); typically with local anesthesia and without stitches or additional treatments.	6-8 weeks or less ² (results may vary)

Treatment options for tendon pain vary in effectiveness and recovery time.

Ask Your Doctor How Tenex Health TX® Can Help You Move Beyond Chronic Pain.

For more information, visit TenexHealth.com, or call 855.2TENDON.

¹ Data on file. Individual results will vary. Results are for application in soft tissue only. TXB has greater potential than TX1 or TX2 for faster and more tissue removal. Performance in bone has not been studied.

² Stuhlmán CR, et al. Orthopedics 2016;39(6):e1028-e1035.; Yanish GJ, et al. Submitted, J Shoulder Elbow Surg, 2019 Apr.



TENEX HEALTH | Tenex Health is now a part of Trice Medical

Tenex Health, Inc. is the manufacturer of the Tenex Health TX® System. 26902 Vista Terrace | Lake Forest, CA 92630 | 949.454.7500

The information provided in this brochure is not meant to substitute for a consultation you should have with your doctor.

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Move Beyond Chronic Tendon and Bone Spur Pain

tenex•health tx®



It's Time to Start Healing

Rest, ice, over-the-counter pain medication, even injections - you've done it all. But the tendon pain caused by overuse, injury, calcification or a bony prominence is still there, nagging at you day after day. You'd prefer to avoid surgery. So, what's next?

A Safe and Effective Alternative for Soft Tissue Pain

The Tenex Health TX[®] System provides a revolutionary, single-procedure treatment for chronic tendon pain that takes only minutes under local anesthesia. For most patients, this means less discomfort and a return to activity up to 4 times faster than open surgery.²

Procedures performed with Tenex Health TX[®] are covered by most insurance.

WHAT TO EXPECT FROM THE PROCEDURE



DAY OF PROCEDURE

The simple procedure takes place in an outpatient setting. You typically remain awake while your doctor uses local anesthesia. It proceeds with a quick look using diagnostic imaging (such as ultrasound, fluoroscopy, or a C-Arm) to determine the exact source of your pain. Your doctor then makes a mini-incision and inserts the TX MicroTip. Using advanced ultrasonic energy, it precisely cuts and removes diseased soft tissue while preserving healthy tendons.



AFTER THE PROCEDURE

Your doctor will apply a sterile gauze. No stitches required.



RECOVERY

Your doctor will recommend you rest on day 1 and resume light activity and stretching after a few days. Patient instructions will vary.

Minimally Invasive Relief for Chronic Conditions from Pain-Causing Tendon, Calcification, or Bone.

Shoulder/
rotator cuff

Triceps

Elbow
(tennis/golfer's elbow)

Hip/gluteal

Hamstring

Knee

Bone spurs/
Haglund's deformity

Ankle
(Achilles/peroneal tendon)

Foot
(plantar fasciitis)

"Thanks to Tenex Health, I made it back on the bike and into the history books with a Grand Tour victory at 41 years of age."

-Chris Horner,
professional U.S. cyclist,
patient

MORE THAN
150,000
PROCEDURES

Tenex Health TX[®]
has been used in
>150,000 procedures

Is Tenex Health TX[®] Right for You?

- Do you have pain in your shoulder, elbow, hip, knee, ankle or foot?
- Have you been in pain for 3 months or longer?
- Have you already tried rest, ice and/or over-the-counter pain medication?
- Do you want to avoid open surgery?

Soft Tissue Clinical Results



Clinically effective
in treating chronic
diseased tendons
in ≥85% of patients¹

Lasting Tendon Healing in One Procedure

With just a single procedure, the Tenex Health TX[®] System helps you get back to the activities you love faster - without physical therapy or opioids. And, because it's been shown to provide sustained healing in soft tissue, you can be more confident you'll stay pain-free.¹

A Safe, Effective and Fast Way to Remove Bone Spurs

The Tenex Health TX[®] System provides a minimally invasive way to remove painful bone spurs all over the body and treat conditions like Haglund's deformity and diabetic foot ulcers, among others. Requiring only a mini-incision, it's much faster than open surgery, precise and highly effective at removing pain-causing bone.