

Isn't it time you ended
your tendon pain?



Get Back:
To Enjoyment



TENEX
HEALTH



Get Back: To What You Need

You. Are. In. Pain.

It's in your shoulder, elbow, hip, 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.



20 million 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.



“ For the first time in a year,
I am pain free - my elbow is
normal, and I am back to work.”

-Martin, Dock Worker

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 Rapid Recovery

	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

I suffered debilitating heel pain for over 3 years, due to plantar fasciitis . . . I didn't think I would ever walk normally again.

After carefully following the post-procedure recovery plan, I realized one day the pain was gone, and I was walking pain free for the first time in years."

-Lou Ferigno, Professional bodybuilder

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; without damaging healthy tissue. Quick procedure, highly invasive (performed in minutes, not hours); typically with local anesthesia and without the need for general anesthesia. (results may vary)

Learn more at www.tenexhealth.com or call 1-800-451-1000. © 2014 Tenex Health, Inc. All rights reserved. TX MicroTip is a registered trademark of Tenex Health, Inc. The TX MicroTip procedure is performed by you or the individual medical provider's scope of practice.

Treatment options for tendon pain vary in effectiveness and speed.



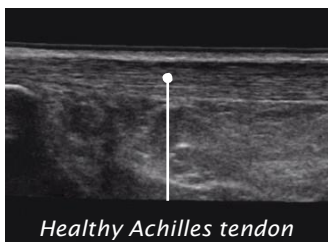
For 3 days after the procedure, you should take extra care of the area and follow your doctor's orders.

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 typically 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 Tendinitis	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	Cuts and removes damaged tissue with scalpel (knife).	Surgery under general anesthesia; time varies by extent of damage. often requires physical therapy (PT) after.	6 months or more (restricted activity).
	Tenex Health TX	Cuts and removes damaged tissue with ultrasonic energy.	Quick procedure (performed in minutes, not hours); typically with local anesthesia and without the need for stitches or additional treatments.	6-8 weeks or less (results may vary)

return to the things you love
 The only treatments 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, hip, 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 open
surgery, stitches or additional treatments. 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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The areas of the body treated with *Tenex Health TX* should be limited to the individual medical provider's scope of practice.

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