

## What is Tenex Health TX® (Tenex)?

Tenex® is an ultrasound-guided procedure used to treat chronically injured tendons (i.e., tendinopathy) that have failed other conservative treatment options. It was developed in collaboration with MAYO Clinic as a minimally invasive treatment option for tendon and soft tissue injuries such as, tennis/golfer's elbow, jumper's knee, achilles tendinopathy, and plantar fasciitis.

## Will my insurance pay for this treatment?

Unfortunately, at this time many insurance companies consider this to be an investigational procedure and do not pay for it. Although you may not receive reimbursement from your insurance company, we will submit a claim so that the data can be captured by the insurer and hopefully help to have this treatment covered in the future.

## What should I expect during the procedure?

The day of the procedure: you will be positioned comfortably while your physician uses an ultrasound probe to visualize and locate the injured tissue. Your skin will be cleaned to minimize risk of infection, and the entire area will be numbed with a local anesthetic or nerve block. With a scalpel, a small incision is made in the skin and soft tissues. The Tenex® probe - the size of a toothpick - is guided with ultrasound to the diseased tendon where it will gently cut, break up, and remove the damaged tissue. You may feel pressure or vibration during the process, which takes about 20-30 minutes to complete. The skin is wiped clean and steri-strips are applied. Stitches are not needed.

## What happens after the procedure?

You will be able to go home immediately after the procedure. Ideally, you'll rest the area for a few days, and then begin gentle movements as soon as pain allows. Physical or occupational therapy is often recommended for guidance on progression of exercises - this is to avoid doing too much, too fast. Often, weight bearing tendons (i.e., knee, ankle) have a brace to support them. Follow-up typically occurs 2-4 weeks after the procedure and then recurs monthly for three months.

## Is it painful?

Pain during the procedure is minimal as the skin and tissues are anesthetized first. After the procedure, the pain is variable with ice and acetaminophen working well for pain control. Anti-inflammatories (i.e., naproxyn, ibuprofen) should be avoided for two weeks to allow the healing to progress naturally.

## Does it work?

More than 85% of patients feel better within weeks of the procedure. At each follow-up visit, you'll be asked to complete a questionnaire; these questionnaires will help your physician monitor your progress. For more information, please visit [www.tenexhealth.com](http://www.tenexhealth.com).

