



TENEX
HEALTH



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1. What does the Tenex Health TX System replace that is currently being done?

Tenex Health TX is a *definitive* minimally invasive procedure which replicates an open tenotomy or fasciotomy, while minimizing the known complications of an open surgical procedure. Utilization of the TX System allows a physician to safely and effectively *remove* the pain-generating diseased tissue through a specially designed ultrasonic handpiece which cuts and removes the targeted tissue while stimulating a healing response.

The procedure is ideally suited for patients with chronic tendonosis or fasciosis who have failed conservative treatment. Using ultrasound image guidance, the TX procedure is completed within 20 minutes under local anesthetic. Patients rarely require anything other than Tylenol™ for pain, and no post-procedure physical therapy is required. Most patients resume normal activity within 2-6 weeks and the success rate is 80+% for all areas treated.

In contrast, an open surgical approach requires an OR suite with general anesthesia and support. The surgery requires a long recovery (6 months or more) with extensive physical therapy, and the success rate is generally 50-60%.

2. Who is the best candidate for this procedure?

Patients diagnosed with chronic tendonosis or fasciosis and have failed conservative treatment (i.e. rest, ice, anti-inflammatory medication, bracing, physical therapy, cortisone). Diagnosis can be confirmed through ultrasound imaging of the affected area.

3. What causes or problems could be treated with this procedure?

The most common treatment areas include: lateral or medial epicondylitis of the elbow (tennis or golfer's elbow), patella tendonosis (jumper's knee), Achilles tendonosis, and plantar fasciosis (commonly referred to as plantar fasciitis).

4. What are the symptoms leading up to the procedure?

Patients (sometimes referred to as 'silent sufferers') have very specific pain at the anatomical site of the diseased tendon or fascia. Many physicians will provide conservative therapy (i.e., ice, anti-inflammatories, physical therapy, cortisone injection) at the initial onset of symptoms. Many patients (estimated 10 million/year) do not respond to conservative therapy and develop chronic pain.

5. When should a patient seek intervention or think about this procedure?

Patients are usually considered to have chronic tendonosis or fasciosis after 3 months of failed conservative therapy. Traditionally, physicians offered cortisone injections at this point. However, due to recent reports in medical literature and inconsistent outcomes, many physicians are now foregoing cortisone injections and offering the TX procedure at this stage in the treatment process.

6. How common is this practice/treatment?

The Tenex Health TX System was launched in early 2012 and the 10,000 procedure milestone will be reached in 2014.

7. What is the recovery time and outcome for the patient?

Patients typically return to normal activity within 2-6 weeks without any post-procedure physical therapy. Patients are instructed to avoid weight bearing activities for the first two weeks, and light activity is then initiated with full activity achieved in approximately 6 weeks. In all treatment areas, the success rate of the procedure currently exceeds 80%.