



TENEX
HEALTH



James J. Guerra, MD, FACS
J. Keith Spain, MD, CAQSM
1706 Medical Blvd., Suite 201
Naples, FL 34110
Phone: 239.593.3500
Fax: 239.593.9163

Tenex Health TX™ Quick Reference

What is Tenex Health TX™?

The Tenex Health TX System uses ultrasound imaging to guide the TX MicroTip™ to targeted tendon tissue, precisely cutting, breaking down and removing only the damaged soft tissue that causes pain. *(Medically known as a Percutaneous Tenotomy or a Percutaneous Fasciotomy)*

Which areas are treated with Tenex Health TX?

Tendon pain can be found in the shoulder, elbow, knee, ankle or foot. It is commonly known by the following names:

- Swimmer's Shoulder / Shoulder pain – (Shoulder)
- Tennis / Golfer's Elbow – (Elbow)
- Jumper's / Runner's Knee – (Knee)
- Achilles Tendon – (Ankle)
- Plantar Fasciitis – (Foot)

Who is a candidate for Tenex Health TX?

People who want to take back their lives!

- Individuals with chronic tendon pain – we call them "Silent Sufferers"
- Those individuals who have tried all, or a combination of, rest, cortisone injections, medication and physical therapy
- Patients who do not want to undergo an open surgical procedure with a lengthy recovery period

Where is the Tenex Health TX procedure performed?

This procedure is typically performed in an office or surgery center with a local anesthetic used instead of general anesthesia.

Why would a patient want Tenex Health TX?

- Quick pain relief
- Rapid return to normal activities
- Local anesthetic used instead of general anesthesia
- No sutures, no stitches (requires only a small, adhesive bandage)
- Minimally invasive procedure
- Quick recovery – typically back to light activity in days and normal activity levels in 4-6 weeks

Is the Tenex Health TX procedure painful?

Most patients are surprised at how little pain there is during the procedure. They have reported some discomfort during the administration of the numbing medicine and then little or no additional pain afterward. Patients may take an over-the-counter pain reliever if there is any swelling following the procedure.

Will my insurance cover Tenex Health TX?

Many insurance payers cover Tenex Health TX™, but we will need to check with your individual plan for coverage specifics. We can also discuss alternative payment options.