

## What to expect?

This minimally invasive, outpatient procedure is performed through a small incision, using a local anesthetic to numb the area. You will be fully awake and alert the entire time.

Our Interventional Radiologists use ultrasound guidance to target the exact location of the painful soft tissue.

Once located, a small instrument – the size of a toothpick – is inserted into the scar tissue. The instrument delivers ultrasonic energy specifically designed to break up and remove the damaged tissue safely and quickly, without disturbing the surrounding healthy tendon tissue.

After the scar tissue is removed, the tiny opening is closed – no sutures or stitches are needed.

## What to expect after treatment?

The Interventional Radiology Physicians, who perform this innovative treatment, will provide specific instructions based on your condition, work and lifestyle. In most cases, you will not need physical therapy or prolonged use of medication before resuming normal activities.

For at least two weeks, you should not perform any weight-bearing exercise or activity.

## To learn more about this procedure or to schedule a consultation:

Please call our Interventional Radiologists at 800.777.7775.

[eCommunity.com/interrad](http://eCommunity.com/interrad)

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## Relief for Tendon Pain



### *An innovative treatment*

- *Plantar fasciitis*
- *Tennis elbow*
- *Jumper's knee*
- *Achilles tendinosis*

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CSK12755-0514-3000

# *This minimally invasive treatment removes tendon scar tissue, allowing you to regain your active lifestyle.*

## What is a tendon?

A tendon is a strong, yet flexible band of tissue that connects muscle to the bones in your joints. Tendons and muscles work together to create a pulling force that enables you to move your joints. This allows you to bend, walk, jump and move in many different ways.

A healthy tendon makes this motion easy and pain free. When tendons are damaged, movement in a joint, such as the elbow, can be very painful and limit your range of motion.

## What causes tendon pain?

Damaged or scarred tendons can cause pain and limit the range of motion, which will worsen over time if left untreated.

The tendon pain you may be feeling in the elbow, knee or other joints in the body is caused by a number of factors including:

- Trauma – Damage to the tendon from a hit, twist or pull on the joint
- Repetitive motion – Damage to the tendon from overuse in work, exercise or activity

In each of these situations, the tendon tissue breaks down and eventually forms a scar. The scarred and damaged tendon will cause pain.

You may recognize a few of the common names of pain:

- Plantar fasciitis (this is related to the soft tissue in the heel)
- Tennis elbow
- Golfer's elbow
- Jumper's knee
- Achilles tendonitis
- Swimmer's shoulder/shoulder pain

## What are my treatment options?

Until now, the options for treating tendon pain were rest, physical therapy, medications, or an open surgical procedure. Limited to these treatment options, it could take months or years to recover and get back to daily activities.

Now there is an innovative treatment option designed to remove the source of tendon pain. The Tenex TX procedure is designed to remove scarred and damaged tendon scar tissue, allowing you to return to your active lifestyle.

A doctor can recommend the best treatment for your tendon pain.

### Treatment options include:

- **Rest** – Pain will eventually get better with rest, but it may take a year to recover, with significant restriction on your activities.
- **Medication** – Anti-inflammatory drugs or cortisone injections manage pain and swelling. However, these medications are intended to control the pain but not necessarily address the cause of the pain.
- **Physical therapy** – Used in conjunction with rest, medication or surgery, physical therapy will help to restore strength and range of motion.
- **Open surgical procedure** – Surgery has been found to be beneficial to remove scar tissue. However, it is accompanied with potential side effects of surgery, unintended damage to surrounding muscle and tissue, and a lengthy recovery period with restricted activity.
- **Tenex TX Technique** – **The Tenex TX Technique is designed to remove scarred and damaged tissue (the source of the pain) without disturbing the surrounding healthy tendon tissue. This achieves the same goal as open surgery but is minimally invasive and performed under local anesthesia, in a nonsurgical setting. Most people return to normal activities within six weeks.**

*Our Community Health Network Interventional Radiologists are nationally recognized experts in the performance of image - guided procedures.*

## Benefits of Tenex TX Technique

- Minimally invasive outpatient procedure
- Ultrasound guided procedure performed by an Interventional Radiologist
- Treatment takes less than 20 minutes
- Performed with local anesthetic
- Quick recovery time
- Covered by most insurances and Medicare

