



TENEX
HEALTH

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TENEX HEALTH TX® SYSTEM

BACKGROUND

INTRODUCTION

Each year in the United States, approximately 20 million people suffer from severe joint pain due to damaged tendons, which limits their range of motion and keeps them from activities they love, or even from their livelihoods. Existing tendon treatments require either lengthy treatment or a long recovery, or simply mask the pain without treating the damaged tendon.

Four years ago, Tenex Health was founded in collaboration with the Mayo Clinic by medical device entrepreneur Jagi Gill, who took a page from the eye care world. In cataract surgery, cutting and removal of the damaged lens is completed through a hand-held instrument that delivers precise ultrasonic energy. Working with the Mayo Clinic, Mr. Gill applied those same principles to cut and remove damaged tendon tissue, which is the primary source of pain in many tendon conditions. By accomplishing this in a non-surgical manner, patients are afforded a therapy that not only removes the source of pain while keeping healthy tissue undisturbed, but also promotes a healing response within the tendon.

Tenex Health TX® is an innovative non-surgical treatment for tendon pain that is quick, easy and provides patients with a rapid return to normal activity. The procedure can be performed in typically less than 20 minutes with the patient fully awake, and requires no stitches or general anesthesia; the patient walks out with only a small adhesive bandage covering the tiny incision site.

WHAT TENEX HEALTH TX TREATS

The *Tenex Health TX System* and *TX MicroTip* instrument is used to treat tendon injuries caused by overuse, continuous weight bearing work without ample support, or sudden and extreme movement.

Repetitive motion injuries	Athletic injuries
Office staff (computer work, filing, tasks that require constant wrist- or shoulder-bending)	Shoulder tendonitis (rotator cuff/biceps)
Delivery persons (UPS/FedEx)	Golfer's elbow
Waiters	Tennis elbow

Mail carriers	Gluteal tendonitis of the hip
Firemen/policemen	Jumper's knee
Hairdressers using blow dryers	Achilles tendonitis
Regular wearing of high heels or flip-flops	Plantar fasciitis/heel pain

THE TENEX HEALTH TX TREATMENT

FDA-cleared and used in more than 40,000 cases in the U.S. since early 2012, *Tenex Health TX* replicates the goal of an open surgical procedure by cutting and removing damaged tendon tissue, but in a minimally invasive manner. The procedure is clinically known as a percutaneous tenotomy or percutaneous fasciotomy and can be performed in an outpatient setting, such as a physician's office or ambulatory surgery center. The *Tenex Health TX System* received the CE Mark in 2013. The company commercially launched the *TX2 MicroTip* in Sept 2016. The new device is enhanced with exciting new features that includes a longer needle length (2 inches) - making it suitable for treating areas like the shoulder, hip, and hamstring.

After numbing the area, the physician makes a tiny, 3mm incision to access the damaged tendon. Under ultrasound guidance (similar to what is used to view a baby in the womb), the tip of the *TX MicroTip* handpiece is introduced into the damaged tendon tissue to carefully cut and remove it using ultrasonic energy, preserving healthy tissue and provoking a healing response within the tendon. Once the procedure is completed, a small adhesive bandage is applied to the micro-incision and the patient can immediately leave the office; there are no stitches necessary. In most cases, no physical therapy or other medication is required and patients may resume all activities in 2-6 weeks. Published studies demonstrate that the *Tenex Health TX* procedure is safe and well tolerated by patients. Clinical studies show over 85 percent of patients report being pain-free, with a complete return to activity in 6-8 weeks or less of the date of the procedure. ^{1,2,3}

OTHER TREATMENT OPTIONS FOR JOINT PAIN

Rest - Pain will eventually get better with rest, but it may take a year or more to recover, with significant restriction on normal daily activities.

Medication/Cortisone Injections - 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 pain. Corticosteroids also have the potential to cause further tendon tissue degeneration and increase the risk of recurrence.

Physical Therapy - Used in conjunction with rest, medication, or surgery, physical therapy may help to restore strength and range of motion over time.

Open (Invasive) Surgical Procedure - Used to remove damaged tendon tissue, surgery has been found to be beneficial in reducing pain. However, it is accompanied by the potential side effects of general surgery, unintended damage to surrounding muscle and tissue, and a lengthy recovery period with restricted activity.

ABOUT TENDONS

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

A healthy tendon makes this motion easy and pain-free. When tendons are injured, this causes micro tears of collagen fibers within the tendon, commonly called chronic tendonitis. This condition makes movement in a joint, such as the elbow, shoulder or knee, very painful and can limit the range of motion. If a damaged tendon is not treated, the micro tears can cause the tendon to degenerate into tendinosis, which worsens joint pain over time.

ABOUT THE COMPANY

Tenex Health, Inc. (www.tenexhealth.com) develops and markets innovative therapies for the treatment of tendon pain due to trauma or repetitive motion injuries. The minimally invasive technique utilizes the company's proprietary *Tenex Health TX System* to stimulate healthy tissue growth by precisely breaking down and extracting damaged soft tissue in an outpatient setting using only a local anesthetic. Since the surrounding healthy tissue is not disturbed, patients enjoy less discomfort and quicker recovery times versus traditional open surgical procedures.

FOR MORE INFORMATION ON TENEX HEALTH TX

<https://www.TenexHealth.com>

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1. Koh J, Mohan PC, Howe TS, et al. Fasciotomy and surgical tenotomy for recalcitrant lateral elbow tendinopathy. *Am J Sports Med* March 2013;41:636-644
2. Morrey B. Ultrasound percutaneous tenotomy for epichondylitis. *Tech Should Elb Surg* June 2013;14(2):51-58
3. Barnes D. Ultrasonic energy in tendon treatment. *Oper Tech Orthop* June 2013;23(2):78-83