

UW Medicine

Tenex Treatment

At UW Medicine Sports Medicine Center

This handout explains the Tenex Health TX procedure offered at the UW Medicine Sports Medicine Center at Husky Stadium.

What is Tenex?

The Tenex Health TX procedure is a non-surgical way to treat the pain that often occurs with *chronic* (long-term) tendon injuries. Tenex uses ultrasound to find scar tissue and then safely break it down.

What can I expect?

When you come to the center for your Tenex treatment:

- The doctor will use ultrasound to find the exact location of the scar tissue.
- The area will be numbed with a local anesthetic.
- The doctor will then make a tiny incision and insert the Tenex tool. The tool uses a needle to break up the scar tissue, and then flushes out the tissue with *saline* (salt water). Healthy tissue is left intact.
- We will put a sterile dressing over the area.

After Your Treatment

- You may have some mild soreness for 2 to 7 days.
- We will ask you to rest the area for 2 to 3 days. After that time, you can slowly start to do activities. Listen to your body.
- People recover at different rates. Full return to sports or strenuous activity usually takes 6 to 12 weeks.
- We may give you a boot or a brace to wear, depending on what area was treated.



Talk with your Sports Medicine doctor if you have questions about Tenex treatments for chronic tendon pain.

- Schedule a follow-up visit with your doctor in 2 to 3 weeks to talk about your progress.

Who can benefit from Tenex treatments?

Tenex can help people who have pain from chronic tendon injuries such as:

- Tennis elbow (*lateral epicondylitis*)
- Golfer's elbow (*medial epicondylitis*)
- *Rotator cuff tendinosis*
- Jumper's knee (*patellar tendinosis*)
- *Achilles tendinosis*
- *Plantar fasciosis*

If you are interested in a Tenex treatment, please schedule a consult with one of our providers to see if it is the right treatment for your condition.

Are Tenex treatments covered by insurance?

Most insurance policies cover Tenex treatments.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 2.