

## 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 8.