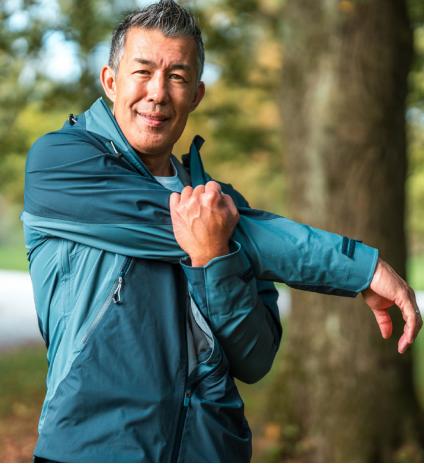




# TenJet

## Minimally Invasive Tenotomy



### WHAT IS TENJET?

TenJet is a minimally invasive procedure designed to treat tendinosis or chronic tendinitis (stubborn, long-lasting tendon pain). It precisely removes the damaged, painful tendon tissue while leaving healthy tissue unharmed. If chronic pain from injured tendons is limiting your life, TenJet offers an effective way to help you return to activity.

### HOW DOES IT WORK?

The TenJet system uses a focused, high-velocity stream of sterile saline to carefully break down and remove only the unhealthy tissue within your tendon. Your provider uses real-time ultrasound imaging to guide the process, ensuring accuracy. This targeted approach helps reduce inflammation, eases pain, and encourages your body's natural healing.



### WHO IS A GOOD CANDIDATE FOR TENJET?

TenJet may be ideal if you have chronic tendon pain (lasting three months or more) that hasn't improved with other treatments like rest, physical therapy, or injections. This often includes pain in areas such as your:

- Shoulder (rotator cuff)
- Elbow (tennis or golfer's elbow)
- Hip (gluteal tendinopathy)
- Knee (patellar tendinopathy)
- Achilles (Achilles tendinopathy)
- Foot (plantar fasciitis)

## WHAT TO EXPECT?

- 1** **Initial Consultation:** One of our pain specialists will evaluate your condition to determine if TenJet is suitable for you. This may include imaging studies and a discussion of previous treatment methods. You may be asked to change into a gown for easier access to the treatment area.
- 2** **Procedure:** Using real-time ultrasound guidance, the physician identifies the exact location of the damaged tendon. A local anesthetic is administered to numb the incision site, minimizing discomfort. The TenJet device is introduced through a small incision, and a high-velocity saline stream is used to remove diseased tendon tissue. The entire procedure typically takes just a few minutes in an outpatient setting.
- 3** **After the Procedure:** You may feel some discomfort as the anesthetic wears off, but this usually fades quickly. Stitches are generally not needed because the procedure is minimally invasive. You will be briefly monitored before being cleared to go home, and most people can return to their regular activities the same day.
- 4** **Recovery:** Your physician will provide specific post-treatment instructions to help you recover tendon strength and return to normal activity. Individual results and recovery times may vary.

*While some experience immediate relief, the full benefits, including significant pain relief, are usually felt within three months as the tendon heals.*

## INSURANCE AND BILLING

Tenotomy procedures like TenJet are generally covered by most insurance plans when medically necessary. Our team will assist with verifying your benefits and obtaining any required authorizations.

## IMPROVE YOUR QUALITY OF LIFE

It's time to explore TenJet for treating chronic tendon pain and confidently step towards a future where discomfort no longer holds you back.

