



# MUSCULOSKELETAL HEALTH NEWS

## *Zapping Tendonitis*

Tendonitis. It goes by lots of names and can strike at lots of places: the elbow (tennis or golfer's elbow); the knee (runner's knee), the foot (plantar fasciitis); the shoulder (rotator cuff tendonitis). The list goes on. But no matter what it's called or where it hits, it hurts.

The condition is caused by inflammation of the tendon – the thick cord that attaches bone to muscle. It can happen to anyone at any age, but is most common among older adults whose tendons tend to be less elastic and less able to tolerate stress. And it's often associated with some sort of repetitive motion activity (e.g., years of swinging a tennis racket) that over time has created scar tissue within the tendon.

Until recently the most common tendonitis treatment options included rest, ice, physical therapy, and cortisone injections. For some these "try it and see" approaches get the job done; for others, they don't. And if you're one of the "others," your

options have generally been pretty limited: deal with chronic pain or give up the activity that's causing it. Fortunately, a new option is now available. Tenex is a minimally invasive outpatient procedure that enables the orthopedic physician to precisely locate the source of the pain and actually remove the damaged tissue.

The doctor uses ultrasound imaging to visualize and identify the damaged tendon tissue. After the area is numbed a small incision is made and the instrument's tiny microtip is inserted into the target area. Ultrasonic energy is applied and the heat generated from this energy breaks down the damaged tissue.

The entire procedure usually takes less than 30 minutes, no stitches are needed, and healthy tissue is left unharmed. Most patients report only a slight sense of pressure during the procedure, and since it is not open surgery, there is a lower risk of surgical complications. Although

the doctor may recommend limited activity for the first couple of weeks after the procedure, most patients find they're able to resume normal, pain-free activity in six weeks or less.

If you're one of the millions of Americans who suffer from tendonitis, this option may be right for you. To learn more, speak with an OSMC orthopedic specialist or visit the Tenex website at [www.tenexhealth.com](http://www.tenexhealth.com).