

Do you have shoulder, elbow, knee, ankle or foot pain?



Is your pain interfering with your work, your play or simply living your life? Are you silently suffering because you were previously told there is no other option for you but a major or invasive surgery with a long recovery? Or perhaps you know that all the ice and stretching is not going to make your pain disappear?

If you have tried physical therapy, cortisone injections, medication, or just taking time to ice, stretch and rest and are still in pain, talk to us! We now have a solution that does not involve general or open surgery, may give you quick pain reduction and should have you back to enjoying the things you love in a few weeks to a few months.

We CAN help!

Our practice offers Tenex Health TX™, a safe, quick procedure specially designed for those who are suffering from painful conditions associated with tendon damage, commonly referred to as pain in the rotator cuff, Tennis or Golfer's elbow, Runner's or Jumper's knee, Achilles tendonitis or Plantar fasciitis.

The Tenex Health TX System is based on advanced technology developed in collaboration with the world renowned Mayo Clinic. It combines ultrasound imaging (which is also used to see a baby in the womb) to identify damaged tissue with the advanced TX MicroTip™ which precisely breaks down and removes only the damaged tissue that causes pain. Removing the damaged tissue allows the tendon to heal and provides pain relief. The Tenex Health TX procedure is not open surgery and can be performed in an office or procedure room in an outpatient surgery center.

Tenex Health TX benefits:

- Quick pain relief
- Rapid return to normal activities
- Local anesthetic used instead of general anesthesia
- No sutures, no stitches (requires only a small, adhesive bandage)
- Minimally invasive, not open surgery
- Covered by most insurances

We are here for you...

You don't have to live with pain! We are happy to discuss Tenex Health TX or any other option that may work for you. Please call our **Orinda office** at **(925) 258-9571** OR call our **Berkeley office** at **(510) 704-7760** to schedule a consultation. You can also find more information on the procedure at <https://tenexhealth.com/>