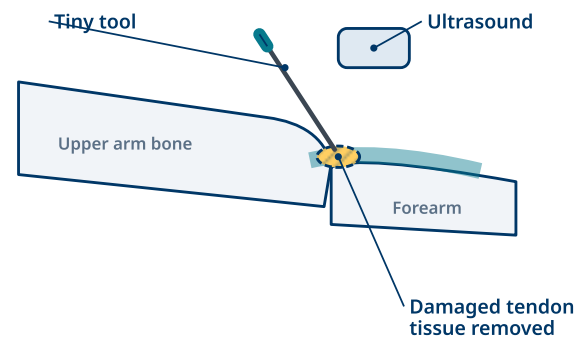


Percutaneous Tenotomy (Tenex)

What it is

Tenex treats long-term tendon pain, such as tennis elbow. Using ultrasound, the doctor removes damaged tendon tissue through a tiny opening. This may help the tendon heal.



Why it is done

- Chronic tennis or golfer's elbow
- Plantar fasciitis
- Achilles, patellar or rotator cuff tendinopathy
- Symptoms lasting several months despite conservative care

Self-care tips

- Keep your usual routine unless we tell you otherwise.
- Keep a symptom diary to share with us.
- Keep up with any home exercises.
- Come to every visit in your series.

What to expect

Before: The doctor uses ultrasound to look at the tendon.

During: After numbing, the doctor uses a tiny tool through a very small opening to remove damaged tissue. It takes about 20 to 30 minutes.

After: You protect the area for a short time, then start a rehab program.

When to call us

- Redness, swelling or warmth that gets worse
- Fever or chills
- Symptoms that get worse

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/percutaneous-tenotomy-tenex-procedure/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.