Causes of Tendon Pain

Tendons are strong, flexible bands of connective tissue that connect muscle to bone, and transmit the energy needed to allow muscles and bones to create movement. Tendon injuries can result from activities that involve repetitive motion, and over time these injuries can generate micro-tears within the collagen fibers of the tendon. When a tendon is unable to heal, scar tissue can form which may cause pain and limit range in motion.

Frequent Areas of Tendon Pain

- Shoulder Tendinitis
- Elbow Tendinitis
- Knee Tendinitis
- Achilles Tendinitis
- Plantar Fasciitis

Frequently Asked Questions

Will I feel any pain during the TenJet procedure?
At the beginning of the procedure you may feel some discomfort when the physician administers a local anesthetic. After your treatment, you may feel some soreness in the treated area which can be relieved with over the counter medications.

How long will my recovery take?
On average, you should experience pain relief within 3 months of treatment. Individual results may vary and your physician will guide your post treatment recovery plan.

Will I need stitches after my treatment?
No. Due to TenJet’s minimally invasive approach, stitches are not needed.

Is TenJet covered by insurance?
Yes. The TenJet procedure is covered by most insurance providers.

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Isn’t It Time You Treated Your Tendon Pain?

- Do you have tendon pain in your shoulder, elbow, knee, or foot?
- Has this pain been bothering you for more than four months?
- Have you tried rest, physical therapy, or injections, and nothing seems to relieve the pain?

If you have answered yes to any of these questions, you may have chronic tendonitis and should speak to your doctor about TenJet.

The TenJet Solution

TenJet is a non-surgical intervention designed to target and treat the source of your chronic tendon pain. This proven and effective technology, utilizes a needle-like device to deliver a controlled, supersonic stream of water that removes diseased tendon while sparing healthy tissue. Just as a power washer removes the dirt from your car without affecting the shiny finish, TenJet is specifically engineered to remove scar tissue without harming healthy tendon. Performed under a local anesthetic, in approximately fifteen-minutes, the TenJet procedure treats the source of your tendon pain allowing you to quickly return to daily activities.

Treatment Overview

1. A local anesthetic is applied to numb the affected area.
2. TenJet is a needle-like device that is guided to the scar tissue under ultrasound vision.
3. A supersonic stream of water is activated to remove the scar tissue, while sparing healthy tissue.
4. The needle site is closed with a small bandage.

Features & Benefits

- Minimally invasive method to treat the source of chronic tendon pain.
- Performed in an outpatient setting under a local anesthetic in about fifteen minutes.
- No stitches necessary.
- Covered by most insurance providers.
- Proven & effective technology used in thousands of spine and wound care applications for over fifteen years.