

## PATIENT TESTIMONIAL

### “There’s No Downside!”



C.P., of Akron, OH, is a 60-year-old woman who likes to be active. About 5 years ago, general overuse and age began causing pain in her gluteus muscles. After undergoing a range of tests, she was diagnosed with tendinopathy. “I went to physical therapy,” she says, “but nothing changed.” C.P. had to cut back on some of the things she used to enjoy, like exercising and gardening. Although she still managed to keep up with some activities, she remembers “I would just pay the price for it afterward.” The pain was also beginning to affect C.P.’s sleep making it hard to get comfortable at night.

A couple of years later, the pain progressed: C.P.’s knee started hurting. Her doctors explained that this was happening because her gluteus muscles weren’t doing what they were supposed to.

That’s when C.P. decided to learn more about regenerative medicine. She eventually booked a meeting with a sports medicine physician. Although C.P. initially asked about platelet-rich plasma (PRP) injections, her physician thought that TenJet would be an even better solution for her. TenJet™ is a device that allows doctors to precisely remove damaged tendon tissue while leaving healthy tissue in place. C.P. had two procedures, a little over two months apart, to fix the tendons on both sides of her body. During each procedure, she joked around with

the healthcare team and even got to watch along on a screen as they guided the TenJet needle toward the diseased tissue. A high-speed jet of saline painlessly removed the damaged areas. “The only part that hurt was when they made the incision in my skin,” she said.

Once the procedure was done, C.P. took it easy the first week or two, resting a lot. C.P. carefully followed the instructions from the physical therapy team about what to do when and quickly got back to her daily activities and exercise. C.P.’s physical therapy team was amazed by her quick progress following TenJet. Additionally, she can sleep much better, which has helped improve her quality of life. “That was huge.”

While C.P. does have some lingering knee pain, she reports that it’s improving. She can now sit cross-legged on the floor because the swelling has gone down. Even better, CP has been able to go back to rowing, biking, and cross training. C.P. says of her active lifestyle, “It’s all been really pain-free, although I have experienced glute soreness and glute pain since the procedure, if I am not careful about cross training.”

C.P. affirms that the procedure with TenJet is quick and non-invasive, comes with a short recovery time, and delivers fantastic results. She is “thankful every day” for getting the procedure and highly recommends TenJet for other people who are dealing with chronic tendon pain. She would like other patients to know that “it is crucial to be a compliant patient after the procedure” and follow the post-procedure exercise instructions. “The payoff for the amount of time you put in is amazing. If your doctor says this is the procedure for you, don’t hesitate. There’s no downside!”