

NEW ADVANCED TREATMENT

for people suffering from debilitating tendon pain

Among the first doctors in the country trained on TENEX HEALTH TX™, Dr. Eric Abrams discusses the successful results seen in his patients.



Dr. Eric Abrams of Foot & Ankle Affiliates of Central New Jersey specializes in tendon injuries.

FOOT & ANKLE AFFILIATES OF CENTRAL NJ

Dr. Eric J. Abrams

142 Highway 35
Eatontown, NJ 07724
(732) 542-0777

1868 Hooper Avenue
Toms River, NJ 08753
(732) 255-2373

Currently, over 10 million people in this country suffer from chronic tendon pain, which, besides hurting, limits their range of motion and prevents them from living their active lives. Common treatment options include rest, stretching and ice as a first treatment. Next, pain medication addresses the pain but not the source of the pain. Physical therapy is often ordered to help improve range of motion and strength. Finally, an open surgical procedure can be explored to remove the damaged tissue. This carries the risk of invasive procedures, may cause damage to the surrounding healthy tissue, and results in a lengthy recovery time and restricted activity.

Dr. Eric Abrams of Foot & Ankle Affiliates of Central New Jersey in Eatontown is among the first specially trained doctors in this area to offer an advanced treatment option for tendon injuries—called the Tenex Health TX System. “I am extremely pleased with the results I am seeing in my patients who have been treated with Tenex Health TX,” says Dr. Abrams. “They have reported experiencing tremendous pain relief and a quick recovery. I believe this new option will become the curative treatment that removes the source of tendon pain and allows the tendon to truly heal.”

What causes tendon pain?

Tendon pain is caused by damage to the tendon by trauma from a hit, twist, or pull on the joint or by repetitive motion from overuse in work, exercise, or activity. In these situations, the tendon tissue breaks down. The damaged tissue causes intense pain, which dramatically affects people’s ability to function every day.

According to Dr. Abrams, Tenex Health TX is an optimal solution for tendon injuries such as Achilles tendonitis and plantar fasciitis. “Many of my patients lead very active lifestyles and therefore suffer tendon injuries. Prior to Tenex

Health TX, they either had to live and work around the pain or take time off to recover. Tenex Health TX allows them to return to what they enjoy doing quickly.”

Dr. Abrams also states, “Patients can return to their normal daily activities, without the restrictions caused by pain from damaged tendon tissue, extensive physical therapy, and lengthy recovery times.”

What can I expect during the Tenex Health TX procedure?

Tenex Health TX—medically known as Percutaneous Tenotomy and Fasciotomy—is a minimally invasive procedure that allows Dr. Abrams to remove the source of tendon pain quickly and safely. Tenex Health TX is performed using a local anesthetic to numb the area, and patients are awake and alert throughout the treatment.

During a Tenex Health TX procedure, ultrasound imaging is used to identify the location of the damaged tendon tissue. Once located, the TX MicroTip delivers ultrasonic energy specifically designed to break up and remove damaged tissue safely and quickly, allowing the tendon to heal and eliminating the pain.

“After the procedure, I place an adhesive bandage over the tiny opening—sutures or stitches are not required at all,” says Dr. Abrams. “Typically, the treatment itself takes less than 20 minutes, and most patients are able to return to their normal activities within two to six weeks.”

“I am excited about being able to provide the most technologically advanced treatment option for tendon injuries here in Eatontown that truly benefits my patients. It is profoundly rewarding to see them really enjoying their lives—without pain. Tenex Health TX has made a world of difference for my patients.”