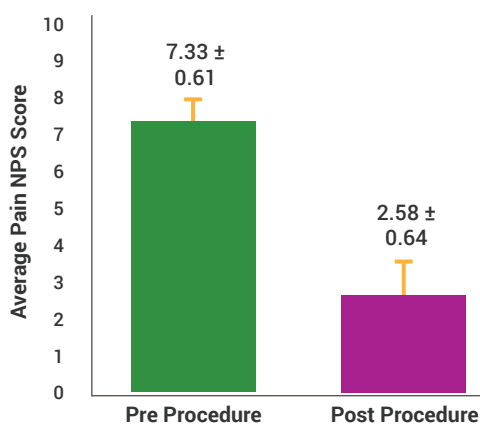


92% Patients Had Significant Pain Relief and Fast Recovery In Under 6 Weeks

A Quad Adductor Longus Tendon Study Published in the MOJ Sports Medicine (Ostrom et al., 2018)



Study Methods

- Case series; prospective study.
- 12 patients with abductor longus tendinopathy who had failed conservative treatment were treated with percutaneous ultrasonic tenotomy using the Tenex Health TX[®] System.
- A numeric pain scale (NPS 0-10) was used to assess pain before and after treatment. Recovery time in weeks was recorded.
- Follow-up time was 3-6 months.

Results and Conclusions

- 11/12 (92%) patients reported significant pain relief.
- Mean NPS improved from 7.33 ± 2.1 to 2.58 ± 2.23.
- 9/12 (75%) patients recovered (3 patients who didn't recover were the first 3 treated, > 55 yrs old and had previous hernia repair).
- Mean time to recovery was 4.6 weeks.
- Complications = 0.
- If pain is from the changes in the biochemical milieu of the tissue, percutaneous tenotomy should relieve pain and stimulate healing by removing the stimulus causing it.

Key Takeaways

- 92% significant pain relief.
- Fast recovery < 6 weeks.
- No complications.
- Safe and effective pain relief for adductor longus tendinopathy that has failed conservative treatment.

Percutaneous Ultrasound Tenotomy Using the Tenex System on the Adductor Longus Tendon: A Pilot Case Series

Ostrom E, Joseph A. *MOJ Sports Medicine*. 2018;2(1):1-6.

Groin pain caused by tendinopathy is a significant problem in athletic populations; an accurate and effective treatment is required for minimal turnaround time for athletes. Treatments focusing on removing the tendinopathic tissue and promoting the body's natural healing response are desirable to get their patients back to full activity in a relatively short amount of time. The purpose of this investigation was to describe the ultrasound guided percutaneous tenotomy procedure using the Tenex Health TX System on the adductor longus tendon, report patient NPS (Numeric Pain Scale) scores before and after the procedure, and

report recovery time. Twelve patients were included in this study and ten (83%) reported improvement after the procedure. Average NPS scores before and after the procedure was as follows: Pre NPS $M=7.3 \pm 2.1$, post NPS $M=2.6 \pm 2.2$. Patients showed significant improvement in pain after percutaneous tenotomy ($P<0.001$). Patient's average time to recovery was 4.6 ± 2.9 weeks and this improvement was sustained out to the 6-month post-treatment evaluation period. Two of the 12 patients reported little relief at 6 months post-treatment. There were no patient reported complications associated with the procedure. Our results suggest this procedure may be effective in reducing patient's pain symptoms for adductor tendinopathy when conservative treatment fails. Furthermore, the procedure provides a quick recovery time.

