

**Elmhurst Outpatient Surgery Center Offers Revolutionary Treatment Option
for Tennis Elbow, Golfers' Elbow and Achilles' Heel Pain**

*EOSC joins first wave of facilities in Illinois to offer
minimally invasive tendon surgery with TENEX Health TX*

(Elmhurst, IL -- August 20, 2013)—Patients suffering from common, debilitating tendon injuries such as *Elbow Tendinopathy* (Tennis Elbow, Golfers' Elbow) and *Plantar Fasciitis* (Achilles' Heel) can now experience quick and long-lasting pain relief with a new, advanced procedure. Elmhurst Outpatient Surgery Center is one of only a handful of trailblazing facilities in Illinois that now offer TENEX Health TX,TM a minimally invasive treatment option for tendon and soft tissue injuries that was developed in collaboration with the Mayo Clinic.

“Before tendon-related injuries were a common problem that did not have a good solution. TENEX Health TX totally revolutionizes tendon surgery by providing a minimally invasive surgical procedure that gets great results,” says Ramsey Ellis, MD, a hand and wrist surgeon who practices at EOSC. “Patients used to avoid surgery for tendon problems such as Tennis Elbow because of the long recovery times and the mixed results. Now, they can quickly experience relief and get back to all the activities that they enjoy.”

Currently, more than 10 million people in the United States suffer from severe pain due to damaged tendon tissue, which limits their range of motion and keeps them from living an active life. Common treatment options such as rest, pain medication, cortisone injections, or physical therapy address the pain but not the damaged soft tissue, the source of tendon pain. An open surgical procedure removes the damaged tissue but carries the risk of invasive procedures, including damage to the surrounding healthy tissue and a lengthy recovery time with restricted activity.

Unlike conventional treatment methods, TENEX Health TX replicates the goal of an open surgical procedure by removing the damaged tissue, but in a minimally invasive manner. The procedure usually takes 20 minutes or less, requires only a small adhesive bandage to close the micro-incision, and offers quick recovery time for patients, usually within 6 weeks or less.

The minimally invasive procedure is performed using a local anesthetic to numb the area. During the treatment, sophisticated ultrasound imaging is used to identify the location of the damaged soft tissue. Once located, a small MicroTip™ is inserted into the damaged tendon. The instrument delivers ultrasonic energy specifically designed to cut, break down, and remove damaged tissue safely and quickly, without disturbing the surrounding healthy tendon tissue.

“By using the TENEX Health TX System, I am able to intervene earlier in my patients’ care, change the nature of the disease, and get them back to their daily activities quickly,” says Lee Simeone, DPM, a podiatrist who is using the technology to treat Achilles’ Heel. “I am extremely pleased with the results I am seeing in my patients who have been treated with TENEX Health TX. They have reported experiencing a nearly painless treatment, a quick recovery, and lasting pain relief. I believe this new option will become the standard of care in treating damaged tendon tissue, the source of tendon pain.”

To learn more about the use of TENEX Health TX to treat tendon injuries and pain, visit the EOSC website at www.eosc.org.

About Elmhurst Outpatient Surgery Center

Elmhurst Outpatient Surgery Center is a multi-specialty center performing more than 8,000 procedures annually in Elmhurst. Elmhurst Outpatient Surgery Center has been serving the communities within DuPage, Cook, Will, Kane and other surrounding counties since 1999. For more information, visit www.eosc.org.