

Regain Your Active Lifestyle — **FAST**

The **FAST** Procedure
Focused Aspiration of Scar Tissue

An innovative minimally invasive treatment designed to address your tendon pain.



What is a tendon?

A tendon is a strong, yet flexible band of tissue that connects muscle to the bones in your joints. Tendons and muscles work together to create a pulling force that enables you to move your joints. This allows you to bend, walk, jump, lift, and move in many different ways.

A healthy tendon makes this motion easy and pain-free. When tendons are damaged, movement in a joint, such as the elbow, can be very painful and limit your range of motion.



What causes tendon pain?

The tendon pain you may be feeling in the elbow, knee, or other joints in the body is caused by a number of factors, including:

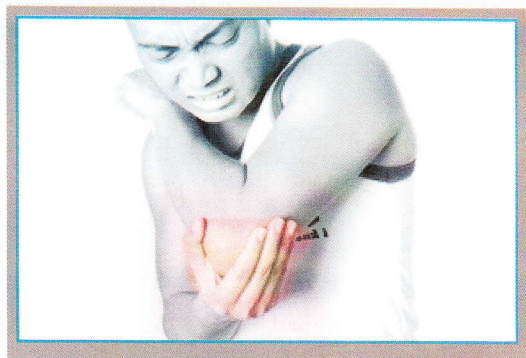
- **Trauma** Damage to the tendon from a hit, twist, or pull on the joint
- **Repetitive motion** Damage to the tendon from overuse in work, exercise, or activity

In each of these situations, the tendon tissue breaks down and eventually forms a scar. This scarred and damaged tendon will cause pain.

You may recognize a few of the common names for pain

- **Tennis elbow**
- **Plantar fasciitis***
- **Golfer's elbow**
- **Swimmer's shoulder**
- **Jumper's knee**
- **Achilles tendonitis**

Eventually, scar tissue in the tendon will limit your ability to move the joint and do the activities that you need or like to do. If you don't treat the damaged tendon, the pain in your joint will likely become worse over time.

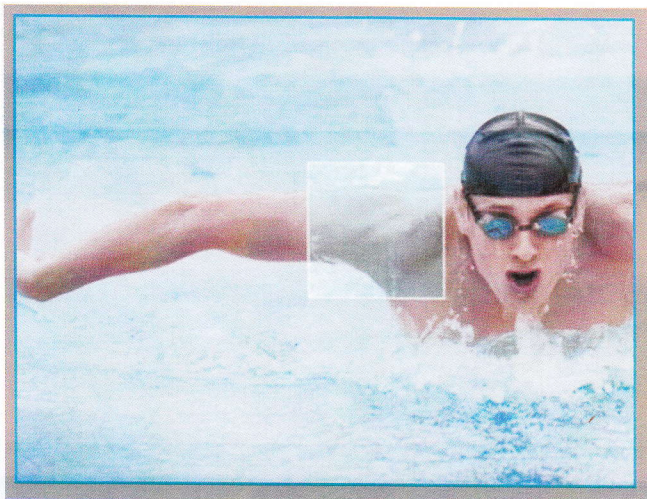


Damaged or scarred tendons cause pain and limit the range of motion, which will become worse over time if left untreated.

*Related to soft tissue in the heel

What are my treatment options?

Until now, the options for treating tendon pain were rest, physical therapy, medications, or an open surgical procedure. Limited to these treatment options, it could take months or years to recover and get back to daily activities.



Now, there is a new treatment option designed to remove the source of tendon pain. The innovative FAST procedure—*Focused Aspiration of Scar Tissue*—is based on advanced technology developed in collaboration with the Mayo Clinic. FAST is a minimally invasive treatment designed to remove tendon scar tissue, allowing you to return to your active lifestyle.

Remember, only your doctor can recommend the best treatment for your tendon pain. Consult with your doctor to discuss your options.

Treatment options for tendon pain.

Rest



Pain will eventually get better with rest, but it may take a year to recover with significant restriction on your activities.

Medication



Anti-inflammatory drugs or cortisone injections manage pain and swelling. However, these medications are intended to control the pain but not necessarily address the cause of pain.

Physical therapy



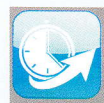
Used in conjunction with rest, medication, or surgery, physical therapy will help to restore strength and range of motion.

Open surgical procedure



Used to remove the scar tissue, surgery has been found to be beneficial. However, it is accompanied with potential side effects of general surgery, unintended damage to surrounding muscle and tissue, and a lengthy recovery period with restricted activity.

FAST procedure



This procedure is minimally invasive and designed to remove scarred and damaged tissue (the source of pain) without disturbing the surrounding healthy tendon tissue. FAST achieves the same goal as open surgery but is performed under local anesthesia and in a nonsurgical setting. Most people return to normal activities within 1 to 2 months.

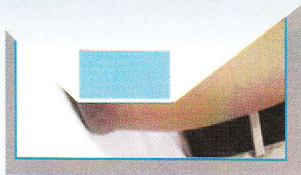
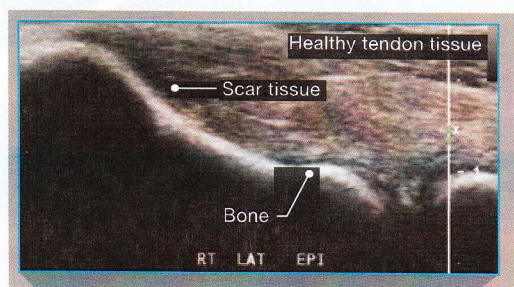
What to expect during the FAST procedure.

The entire FAST procedure is performed using local anesthetic to numb the area. You will be fully awake and alert the entire time.

During the procedure, your doctor will use conventional ultrasound imaging to identify the location of the scar tissue. This is similar to seeing a baby in the womb with a sonogram.

Once located, a small instrument—the size of a toothpick—is inserted into the scar tissue. The instrument delivers ultrasonic energy specifically designed to break up and remove damaged tissue safely and quickly, without disturbing the surrounding healthy tendon tissue.

After the scar tissue is removed, the tiny opening is closed using only a Band-Aid adhesive bandage—no sutures or stitches are needed.



The FAST procedure uses a toothpick-sized instrument to remove painful scar tissue from the tendon.

What to expect after the FAST procedure.

After the FAST procedure, you will be permitted to go home. If you feel any discomfort, you can take an over-the-counter pain medication.

For at least 2 weeks after the FAST procedure, you should not perform any weightbearing exercise or activity.

Your doctor will provide specific instructions based on your condition, work, and lifestyle. In most cases, you will not need physical therapy or prolonged use of medications before resuming normal activities.



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Only your doctor can determine if the FAST procedure is right for your tendon pain. Talk to your doctor about this innovative tendon repair treatment.

Visit www.FASTprocedure.com for more information.



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