



Press Release

Baylor College of Medicine Orthopedic Specialists First in Houston to offer new FDA Approved Alternative to Surgery for Tennis Elbow *Tennis Elbow Institute takes Technology and Treatment to New Level*

HOUSTON – Run by two of Houston's renowned orthopedic specialists, The Tennis Elbow Institute becomes the only center in Houston to offer the first non-invasive, high-energy shockwave treatment recently FDA-approved for Tennis Elbow sufferers.

Following months of studies on the effectiveness of OssaTron Treatments on Tennis Elbow Doctors Evan D. Collins and David H. Hildreth, who specialize in Hand and Upper Extremity at Baylor College of Medicine and recognized throughout Texas for their work in treating chronic lateral epicondylitis, are now able to give their patients a treatment option far less invasive than surgery.

"The OssaTron Treatments are really treatments that don't burn any bridges," said Dr. Evan Collins, who was a lead clinical investigator in recent FDA-sanctioned clinical trials of the OssaTron, involving 225 patients – 30 of whom were from Houston.

"We found that 90 percent of the treated patients benefited from the treatment, which does not come with the same risks and recovery time that can accompany surgery. It's an effective non-operative approach to treating Tennis Elbow that literally takes less than 20 minutes to perform," said Collins.

The clinic is located in the Texas Medical Center and though initially limited to 100 OssaTron patients, the doctors hope to broaden its availability as candidates for the treatment are identified.

First tested in Europe, the process of the OssaTron, called extracorporeal shock wave therapy, ESWT, reduces inflammation and stimulates healing for chronic tendinitis such as Tennis Elbow. Utilizing electrohydraulic, or "spark gap" technology, the OssaTron emits the same type of high-energy shockwaves originally developed to treat kidney stones and is now the only FDA-approved shockwave treatment for Tennis Elbow.

"For those patients living with chronic pain because conservative treatment was unsuccessful and they were apprehensive about surgery, these treatments offer much promise," said Dr. David Hildreth.

"If research didn't so strongly indicate that this was a valuable tool in treating Tennis Elbow, we wouldn't be doing it," added Hildreth.

According to the doctors, of the nearly nine million cases of Tennis Elbow reported each year in the United States, most are the result of everyday activities, not playing tennis.

Those wanting to find out if they suffer from Tennis Elbow, or are candidates for the new treatment can call 1(866)TNS-ELBO (867-3526) for a free evaluation by health screeners. Or, go to the center's website at www.tenniselbowinstitute.com.