

Transcutaneous Tibial Nerve Stimulation (TTNS)

Transcutaneous Tibial Nerve Stimulation (TTNS) is a treatment option for patients with Overactive Bladder (OAB) who experience urgency and frequency, with or without urgency incontinence. Research shows this treatment to be effective and safe.¹

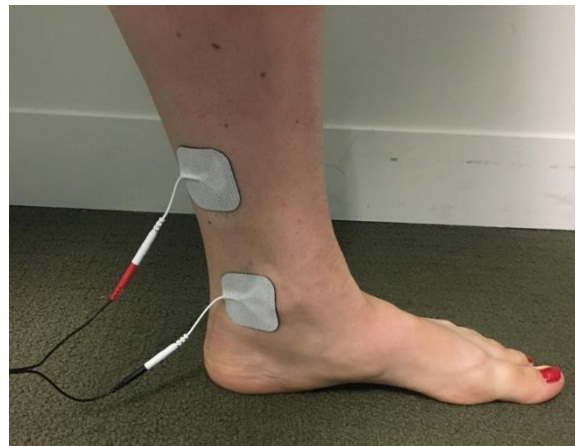
TTNS involves stimulating the posterior tibial nerve which originates from the area of the spine that contributes to bladder control. We know that stimulating this nerve can reduce urgency and increase bladder capacity.

A Transcutaneous Electrical Nerve Stimulation (TENS) machine with electrodes is used to stimulate the nerve as it runs down the lower leg and under the foot. The electrodes are easy to apply and the TENS machine is small and portable, making it suitable for home use.

Your physiotherapist will set up the TENS machine and teach you how to use it. TTNS is then used 30 minutes daily for twelve weeks. There should be no pain or burning sensation.

TTNS is simple and comfortable to use with very few side effects. It should not be used if you are pregnant, have a cardiac pacemaker, are epileptic, have metal in your ankle or have an open wound on your ankle. Make sure the skin is clean and free from creams and hair.

TTNS may be combined with other treatment options such as pelvic floor muscle training, behavioral bladder retraining, life style changes and medication.



Reference

¹Booth, J., Connelly, L., Dickson, S., Duncan, F., Lawrence, M. (2018). The effectiveness of transcutaneous tibial nerve stimulation (TTNS) for adults with overactive bladder syndrome: A systematic review. *Neurourology and Urodynamics*, 37, 528-541.

