**TTNS or PTNS with TENS 7000**

Transcutaneous Tibial Nerve Stimulation or Posterior Tibial Nerve Stimulation

YouTube: StacyMurphyPelvicPT “TENS 700 urinary”

Location: 1) inside of ankle between malleolus and heel

2) two electrode spaces above or below electrode #1 (lower leg or inside foot/arch)

Setting up TTNS:

* Turn intensity @ dial until you get toe curling OR sensory result along tibial nerve. This will often be around 3-4 amplitude.
* If no great (1st) toe curl/sensation: reposition pads and try again.
* This ensures you are on the tibial nerve.
* Turn intensity down so no muscle activity but still comfortability strong sensation. Can turn up or down at dial throughout session

Parameters most often used:

* Width: 200 uS
* Rate: 10 – 20 Hz
* Time: 10-30 minutes
* Mode: Normal or modulation
* Anywhere from daily to weekly

Expect results within 1-3 weeks: -Reduce urge/frequency

-Increase ability to empty

**DO NOT use if:**

* You have a pacemaker
* You are driving/working heavy machinery
* About to go to sleep
* You have cancer