

Congratulations for beginning Urgent® PC PTNS therapy. Please contact our office if you have questions about your care.

Why is the therapy called PTNS?

PTNS stands for percutaneous tibial nerve stimulation. Percutaneous means that the therapy is delivered through a needle puncture in the skin. Tibial nerve calls out the specific nerve that is being used. The tibial nerve runs the entire length of your leg. Stimulation defines the nature of the therapy. PTNS uses gentle stimulation, also sometimes referred to as neuromodulation, to affect the nerves responsible for bladder control.

Why the ankle?

The amazing thing about our bodies is that things are all interconnected. In fact, bladder control doesn't just involve the bladder but also the brain, spinal cord and various nerves. If you have an overactive bladder, it's because your bladder nerves are sending extra signals to the brain, saying that the bladder should be emptied, even when it's not full.

There are multiple ways to influence these overactive nerves. Surprisingly, one of these ways is by stimulating the tibial nerve by placing a needle electrode near your ankle. Impulses to the tibial nerve travel the length of your leg from ankle to pelvis – where they continue to the nerves in your pelvis which control bladder function. The reason why the ankle is used in Urgent PC PTNS therapy is because it's an easy, non-surgical, low-risk way to stimulate the tibial nerve.

When will I improve?

Urgent PC PTNS is a gentle, gradual treatment focused on retraining the nerves that affect bladder control. Like any sort of training, this process takes time. That's why 12 treatments are prescribed to determine if the therapy is right for you.

While everyone is different, most people begin to see substantial improvement after 5-6 treatments. However, some people respond much sooner and some people respond much later. In fact, when one clinic reviewed their records, they found that successful patients improved anywhere between 2 and 12 weeks.¹

But just because big changes don't usually happen until at least halfway through the sessions, it doesn't mean that you're not improving. Keeping a voiding diary can be a great way to recognize little changes as you wait for the bigger improvements.



1. Visit www.cogentixmedical.com to view clinical abstracts.