Electrical Stimulation for Pelvic Health

Setting up TTNS:

- Medial aspect of ankle
- Electrode 1 → between medial malleolus and heel
- Electrode 2 → 2 pad widths up, behind tibia
- Turn mA up until you get toe curling OR sensory result along tibial nerve. This will often be around 22-28mA
- If no toe curl/sensation: re-position pads and try again
- This ensures you are on the tibial nerve
- Turn intensity down so no muscle activity but still comfortably strong sensation.

Parameters most often used:
- 10Hz
- 200uS
- 30 minutes
- Anywhere from daily to weekly

Some research uses 20Hz to match the PTNS frequency but remember this is the Hz at which tetanic contraction starts so you may not get intensity (mA) up as high