



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**
- **If no 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 comfortably strong sensation.**