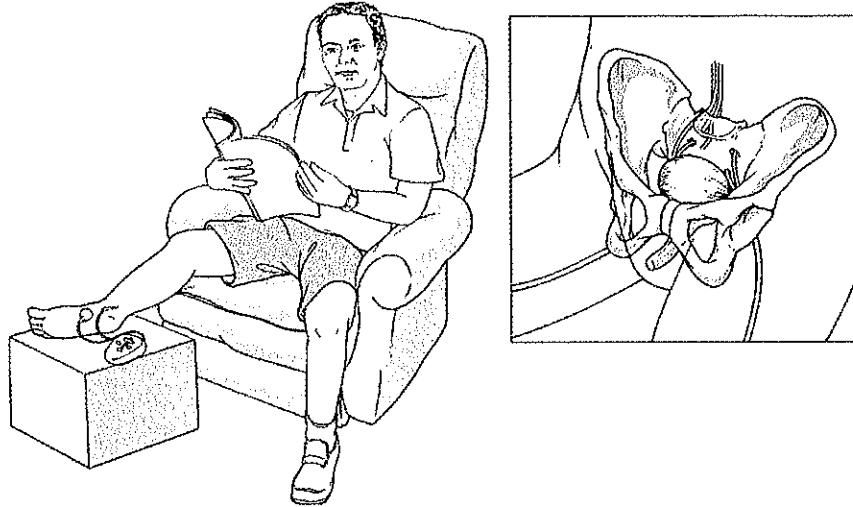


Treatment Overview for Percutaneous Tibial Nerve Stimulation (PTNS)



Treatment set-up

- You will sit in a chair with your treatment leg elevated
- You may be treated with a group of other PTNS patients, at your clinician's recommendation
- Your clinician will
 - Clean your ankle and arch on the treatment leg
 - Insert a thin needle electrode above your ankle
 - Attach a grounding pad to the arch of your foot
 - Connect components
- You will remain comfortably seated for the 30 minute treatment

Determine treatment settings

- Your clinician will turn on the Stimulator and adjust the setting
- You will feel a sensation in your ankle or foot. Your toes may also spread out and curl
- Let your clinician know if the sensation is too strong or if you're sitting position is uncomfortable

Receive treatment

- The Stimulator will deliver 30 minutes of therapy
- You can read, do crossword puzzles or other similar activities during your treatment

After treatment

- The Stimulator will beep upon the completion of the treatment session
- Your clinician will turn off the Stimulator and remove the needle electrode
- You should be able to resume normal activities immediately following treatment

Treatment schedule

- Initial series of 12 weekly sessions, 30 minutes each
- If you respond, it is likely that you will need treatment (~monthly) to sustain results

If you have any questions, please discuss them with your clinician.