

Posterior Tibial Nerve Stimulation (PTNS) – Mr Andrew Hextall

A new treatment for urinary frequency and urgency, most commonly caused by an overactive bladder, has recently been introduced at Spire Harpenden and is already proving popular with patients.

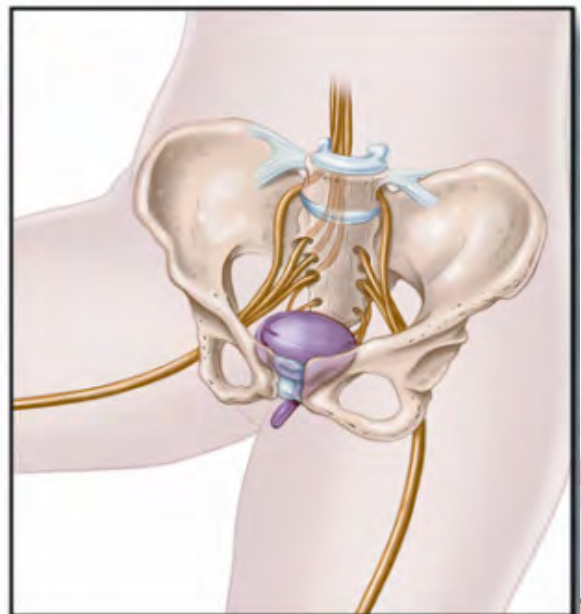
PTNS – Posterior Tibial Nerve Stimulation (PTNS) - is a form of neuromodulation which provides a useful alternative to fluid modification, bladder retraining and anti-cholinergic medication. The treatment targets the sacral nerve plexus and modifies the nerve impulses sent to the bladder which contribute to the development of urgency.

A small acupuncture needle is inserted into the ankle near the Tibial nerve and is then connected to a stimulator device (Fig 1.). At the end of twelve 30 minute outpatient sessions, usually undertaken once or perhaps twice per week, there is a 70% chance of improvement. Sometimes further “top ups” are given depending upon the initial response. Patients have some slight tingling when the needle is inserted but then do not feel anything while the treatment is taking place. Side effects are minimal and so far the treatment has been very well tolerated.



PTNS has recently been approved by NICE and is now one of range of therapies available on the NHS at St Albans City Hospital. Mr Hextall also offers the treatment at Spire Harpenden with the help of Sister Jane Carden.

Mr Andrew Hextall is a Consultant Gynaecologist & Urogynaecologist at Spire Harpenden Hospital and West Herts NHS Trust. For further information or appointments, please contact 0800 585 112.



(Fig. 1 PTNS treatment)