

OAB Therapy 101 Glossary

Electrode — A part that carries electrical pulses from a stimulation device. PTNS uses a needle electrode through the skin. TTNS uses pad electrodes on the skin.

Frequency — Urinating more often than usual.

Nocturia — Waking from sleep to urinate.

Overactive Bladder (OAB) — A group of symptoms that includes a sudden, difficult-to-control need to urinate. It may also include frequency, nocturia, or urine leakage.

Percutaneous — Through the skin. In PTNS, a thin needle passes through the skin near the ankle.

Percutaneous Tibial Nerve Stimulation (PTNS) — TNS delivered through the skin with a thin needle electrode placed near the ankle.

Tibial Nerve — A nerve that runs down the leg and passes near the inside of the ankle.

Tibial Nerve Stimulation (TNS) — Electrical stimulation of the tibial nerve to address bladder symptoms. This website discusses at least four ways to deliver it. Stimulation sites can vary along the leg.

Transcutaneous — Across the skin. In TTNS, electrodes rest on the skin; no needle passes through it.

Transcutaneous Tibial Nerve Stimulation (TTNS) — TNS delivered through electrodes placed on the skin near the ankle.

Urgency — A sudden, difficult-to-control need to urinate.

Urgency Incontinence — Urine leakage associated with a sudden, strong need to urinate.