

tensi+

An innovative treatment
for an overactive bladder



Safe + Effective + Medicinal free

Trancutaneous posterior tibial nerve stimulation (T-PTNS)

Your Care, Your Choice.

CliniMed[®]

Understanding Overactive Bladder (OAB)

An overactive bladder (OAB) is a common condition



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A sudden, strong need to pass urine (urgency)



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Needing the toilet more often (frequency)



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Waking multiple times at night to pass urine (nocturia)

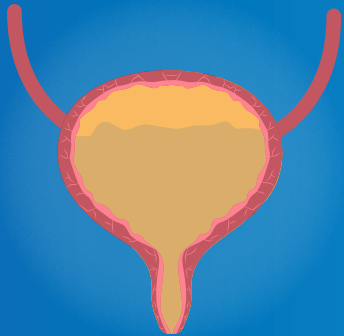


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Sometimes leaking before you reach the toilet (urge urinary incontinence)

Overactive Bladder (OAB) can affect daily life, social activities, and even sleep – but there are effective options to help manage your symptoms. Tensi+ offers a simple, medicine-free, non-invasive, non-surgical treatment that you can use in the comfort of your own home.

Normal Bladder



The bladder muscles squeeze to push out urine once it's full.

Overactive Bladder



The bladder muscles squeeze to push out urine before being full.

What is Tensi+ and how does it work?

Trancutaneous electrical nerve stimulation

Tensi+ is a small medical device that delivers **Transcutaneous Posterior Tibial Nerve Stimulation (T-PTNS)**. It has built-in electrodes designed to optimise tibial nerve stimulation, which are positioned just behind and below the ankle bone (medial malleolus) and secured in place with a strap. The device sends gentle electrical pulses through the skin to stimulate the posterior tibial nerve.

This nerve connects to the spinal centres that control bladder function. By stimulating it, T-PTNS may help rebalance the signals between the bladder and the brain, reducing urgency, frequency and other symptoms of overactive bladder.

(Actual size)



tensi+ BENEFITS AT A GLANCE

- ✓ **Non-medicinal** No daily tablets, so no medication-related side effects.
- ✓ **Non-surgical** No invasive procedures or needles.
- ✓ **Home use** Easy to use and the treatment can be carried out in the comfort of your own home at a time that suits you.
- ✓ **Sustainable** Reduces the need for repeated clinic appointments and journeys.

Treatment plan

How Tensi+ works



Initial treatment plan

One daily session of 20 minutes for 12 weeks (3 months).
The device will automatically switch off at 20 minutes.

Using Tensi+ is simple

Apply a small amount of conductive gel to the electrodes and fit the ankle strap securely. Switch on the device, then gradually adjust the intensity until you feel a gentle sensation.

Most people feel a tingling sensation under the sole of the foot. Others may notice slight movement in the big toe, while some feel a pulsating sensation directly under the electrodes. Everyone's experience is different, so adjust the intensity to what feels comfortable for you.

If in doubt, follow the quick-start guide by scanning this QR code...



Typical timeline

Week 1

Establish daily use; get comfortable with settings.

Week 6

Many people begin to notice improvements.

Week 12

Significant improvement is often achieved for many users.

Maintenance

After the first 3 months, many people move to 1–2 sessions per week to maintain benefit.

Evidence & results

Clinical efficacy

The effectiveness of Tensi+ has been confirmed in a large multicentre clinical study led by Professor Jean-Nicolas Cornu and colleagues in France (2024)*.

Patients with overactive bladder used Tensi+ at home for daily 20-minute sessions of Transcutaneous Posterior Tibial Nerve Stimulation (T-PTNS).



67%

of patients achieved a meaningful improvement in bladder symptoms with Tensi+ therapy.

Symptom Relief

Many users reported reduced urgency, frequency, and improved bladder control within the first few weeks.

Sustained Improvement

Ongoing use helped patients maintain symptom relief and quality-of-life benefits over time.

88%

of users continued therapy after 3 months, typically maintaining 1–2 sessions per week.

These results show that Tensi+ is an effective and well-tolerated treatment for overactive bladder that patients are willing to continue to use.

*Reference: Cornu JN, Donon L, Thullier C, Meyer F, Klap J, Campagne-Loiseau S, Mariadassou A, Peyronnet B. "New TENS+ Device for Transcutaneous Posterior Tibial Nerve Stimulation: A Prospective, Multicentre, Post-market Clinical Study." European Urology Focus, 2024. <https://doi.org/10.1016/j.euf.2024.05.013> (for digital copy)

Who should use Tensi+

Suitable for adults (18+)



Use Tensi+ if you have

- ✔ A diagnosed idiopathic or neurological overactive bladder.

Do not use Tensi+ if you have

- ✘ A pacemaker, implantable defibrillator or other active implanted electronic device (risk of interference)
- ✘ A metal implant next to the treatment site (possible heating/burn risk)
- ✘ Severe ankle problems, swelling or broken/irritated skin where the device sits
- ✘ Pregnancy
- ✘ Significant cognitive impairment that prevents safe self-use

If you are unsure, discuss Tensi+ with your healthcare professional.

Frequently asked questions & costs

Confidence in Care

Will I feel anything?

Most people feel a tingling sensation in the sole of the foot. Some may also notice a slight movement of the big toe, or pulsating or tingling under the device itself. These sensations are normal and simply show that the nerve is being stimulated.

Is it painful?

No. Increase the intensity only until you feel a comfortable sensation – never painful.

What if I don't feel anything?

Sometimes the sensations reduce during a session which is known as habituation, but the treatment can still be effective. Check the gel amount and the strap position.

Is Tensi+ the same as a TENS machine?

No, Tensi+ is specifically designed and CE marked for the stimulation of the posterior tibial nerve, specifically for the treatment of an overactive bladder. The placement of the electrodes in the fixed position, has been designed and tested to ensure that the patient can ensure they are stimulating specifically the correct nerve. The frequency and pulse width are preset at an optimum level for tibial nerve stimulation.

How often will I need replacement supplies?

Conductive gel

You only need a pea-sized amount on each electrode, so one tube of gel should last approximately 6 months.

Electrodes

It is recommended that the electrodes are replaced every 12 months or earlier if you see signs of wear. Replacement electrodes come in a pack of 4 (2 required per replacement).

How long will the product last?

Tensi+ has a 2-year warranty but is expected to last considerably longer with normal care.

How do I clean the Tensi+ device?

It is important that you wipe clean the electrodes and back of the device after each use to ensure that any gel does not get into the working parts of the Tensi+ machine.

It is recommended that the electrodes are cleaned at least once a week when using daily. Clean the electrodes separately from the device, with clean, lukewarm water. Make sure they are clean and dry before repositioning them back on the device.

How to purchase Tensi+



To purchase your Tensi+ device or to reorder any of the consumables, please call the CliniMed Order Office on **01628 535250**

Tensi+	Order code	Price
Tensi+ device	PF0001	£355
Tensi+ conductive gel (100 ml)	PF0106	£6.80
Replacement electrodes (2 pairs)	PF0105	£20

(Prices are subject to VAT)

For more information

Email: tensi@clinimed.co.uk Visit: clinimed.co.uk/tensi-plus

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CliniMed Ltd. Cavell House, Knaves Beech Way, Loudwater,
High Wycombe, Bucks HP10 9QY Tel: 01628 850100
Email: enquiries@clinimed.co.uk Web: clinimed.co.uk

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