

SCENAR[®] Therapy System

101783

Scenar treatments are guided in real-time by the body's own responses. Patients often report feeling better, with less pain, and an improved sense of well-being. Children can be treated, and animals also seem to enjoy it.

How often will I need a treatment?

Scenar Treatments are usually more frequent at the beginning of a course of treatment. As one's painful condition improves the frequency of treatment can be reduced. This is particularly true of Acute painful problems that respond well to more intensive and frequent treatments. Chronic problems may require a more measured and gentler treatment regime. A course of treatments will vary greatly from individual to individual, and will depend on such factors as the stage and response level of the painful process, the person's age, overall state of health, life-style, and so on. In-clinic treatments can sometimes be well complemented by home use of the ENAR[®] the Personal Scenar device for self-treatment.

What about my conventional treatment?

The therapist prefers that your doctor knows you are receiving this treatment. It is hoped that any nonessential drugs may be reduced or eliminated over time and your doctor will need to be involved with those decisions. Also, a period of passive time of lying in the Energy Blanket may be included to complement your Scenar treatment. The Blanket may either help prepare for, or help to support, the Scenar &/or ENAR[®] treatments. Also, a personal level device, the ENAR[®] Therapy device may be recommended as a part of the Scenar treatment regime. Clients are able to rent or buy an ENAR[®] to help to sustain recommended level of treatment, and for general personal therapy use.



Relieve Pain & Facilitate Function

What is Scenar?

The Scenar (Self Controlled Electro Neuro Adaptive Regulator) **Blue Pro** is a hand-held, electro-stimulation therapeutic medical device (101783). Scenar type therapy is different because it interactively locates, measures and prompts problem areas in the body (key-points) through the skin to relieve pain and to help restore function.



Where is Scenar from?

Scenar was developed in the late 1970s by Dr A Karasev as an electro-interactive TENS type therapy. It was considered ideal for use by Cosmonauts, although it never actually went into Space. Today **Scenar has been adopted as a mainstream therapy in many countries** where it is finding many applications for the relief of pain and to help facilitate functionality.

How does Scenar work?

Scenar works by prompting nervous system response. Scenar stimulation tries to prompt or reset nerve innervation and response. As the body adjusts to environmental and internal influences it is said to be maintaining homeostasis and health. When the body is unable to adjust to impacts and influences it may go into painful dysfunction and pathology. Scenar seeks to **help the body regain homeostasis by finding, measuring and treating 'key-points'** which are tell-tale signs of areas where homeostasis may not be ideal. This is the central principle of the Scenar treatment approach and so Scenar can be used anywhere on the body.

Contact:

or Enlightened Therapies Pty Ltd - Ph 1300 305 107 - www.enlightenedtherapies.com



Acute



Chronic



Holistic



Energetic



Acceptance of Scenar

SCENAR Therapy is not an experimental therapy. In Russia where SCENAR is a mainstream medical pain therapy. The Russian experience suggests that it can be effectively used on patients suffering with a very broad range of painful disorders or problems.

SCENAR has been authorized for clinical use by the Health Ministry of Russia since 1986. Today SCENAR is finding increasing acceptance by many different types of specialist practitioners in many countries. In Australia, there are 2 SCENAR type devices currently included on the ARTG with the TGA by their legal sponsor, Enlightened Therapies, the larger SCENAR Blue Professional device (pic) and the ENAR® Therapy System personal device.

Formal research trials by the Macquarie University in Sydney on the ENAR® have confirmed chronic (neck) pain relief, (with related disability reduction PSFS and functional rehabilitation including general health measures SF36). Importantly, **all the effects catalogued in this trial on the ENAR® Personal were sustained for the entire follow-up period of 6 months, AFTER treatment.**

(Chronic Neck Pain / Dysfunction / Health - study of the effects of ENAR®. Macquarie University. 2004)

How does Scenar work?

Scenar acts non-invasively through the skin, using interactive TENS reflex response bio-feedback to try and prompt healthy neuro reponse. It can be classified as a short-pulse TENS type electrotherapy, yet Scenar differs considerably from other types of neuro-electro-stimulation. (eg: acupuncture, conventional TENS, microcurrent.) Sophisticated Scenar electrical impulses, the parameters of which are similar to the body's own endogenous nerve impulses, are transmitted through the skin to the nervous system. Each impulse is different from the previous one as it changes according to the individual body's responses. The Scenar impulse is carried via afferent nerve fibres to the brain, which in turn responds via efferent nerve fibres. **Scenar utilizes high short amplitude signals which stimulate the very small and much more numerous and un-myelinated C-nerve fibres.** These fibres are thought to be responsible for the production of many different neurotransmitters (neuropeptides and other regulatory peptides), including natural painkillers. This may explain some of the effectiveness of Scenar and ENAR® therapy. The effects of these changes in chemistry on the Central Nervous System may also result in the treatment of one area aiding with the treatment of other imbalances. This goes some way to explaining how Scenar may sometimes create comprehensive and sustained changes, and how old and forgotten pain problems (unfinished business) are sometimes brought to the surface.

N.B. Some painful problems may briefly exacerbate (ie get worse) after a course of SCENAR treatment begins. IF SYMPTOMS PERSIST, REFER TO YOUR DOCTOR OR HEALTH PROFESSIONAL.

Scenar for pain relief?

As therapeutic interactive stimulation, Scenar doesn't diagnose or treat any condition just by itself, **its purpose is to relieve pain** and also facilitate functionality. It tries to stimulate a dynamic, a change, that tries to prompt the body's own natural reponse processes. **The most pronounced and immediate effect after application of the Scenar or ENAR® is pain relief**, which may last longer than after use of more conventional means of pain control. **PATIENT RESULTS WILL VARY.**

What conditions can Scenar treat?

In Scenar Therapy, many health practitioners currently use the device as their principle instrument of treatment for painful problems. **The device is used on most types of painful problems** especially musculoskeletal or soft tissue disorder or injury. Most conditions involving painful physiological dysfunction may be treated. The SCENAR is usually further credited with reducing recovery times.

Is Scenar safe?

As Scenar impulse is similar to endogenous nerve impulses, it is non-damaging. However **people with Cardiac Pacemakers are NOT recommended to have Scenar treatment.** Also Pregnant women are NOT usually treated in the West.

Scenar Treatment Procedure

After an initial history taking and a complaint description, Scenar treatment will be performed using a digital assessment according to the patient's needs. While the Scenar is placed or run over the spine, abdomen or affected area, a gentle tingling/stroking sensation will be felt. Although these areas may not seem to directly relate to the obvious symptoms often they will be showing distinctive signs as 'key-points' and referred points. **By treating these 'asymmetries', a 'dynamic' or change is generated and nerve innervation is prompted and the relief and rehabilitation process may be facilitated.** The initial treatment can take up to one hour, however treatment time for acute/active painful problems can be as short as ten minutes.

