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- Authors:** Моисеев С.В.
(Moiseev S.)
- Article name:** Применение СКЭНАР-технологии в спортивной медицине
- Keywords:** SCENAR, sport
- Summary:** The article presents results of SCENAR-therapy for sportsmen, participating in domestic and international competitions in running for over-marathon distances. Authors describe methods allowing to ease pain, recover muscles, decrease fatigue. All patients gave positive feedback on procedures, noted significant improvement of running speed along with decrease of fatigability. In conclusion it is stated that SCENAR-technology in sports medicine can be used not only for emergency, but also enhance potential abilities of human for new achievements.

SCENAR-Technology and Sports Medicine

SCENAR devices gained a reputation in treatment of various diseases. They are very effective for the first aid rendering which is proved and confirmed by many cases and results described by SCENAR-therapists.

The search of new ways of SCENAR devices application led the therapists to the usage of these devices in sports medicine.

Modern sport presupposes increasing psychologic and physical stress. Thereupon, the most outstanding tasks in sports medicine are the following: the treatment of injuries, increases of psychological stability, treatment of general diseases, complete and accelerated rehabilitation as well as prolongation of sports activity period.

Light weight, usability, and portability of SCENAR devices allow for use not only in hospitals but directly during the training, competitions, travel or hotel stay.

It is known, that the sooner aid is provided in traumas, injuries, the less time passed after the beginning of the disease - the better the effect of treatment will be, the easier the disease will proceed, and the faster the body will recover. That's why the presence of a skilled SCENAR-therapist at the competition, training, wherever else the team is, improves the overall team performance.

A group of SCENAR-therapists accumulated positive experience in medical support of competitions, in particular, different Supermarathon races. Due to intensive dynamic load and long duration of the competition, the athletes have to have frequent massage sessions, use various ointments, with the time required for rest growing longer and longer as the load increases. This results in worse overall performance. All the aforesaid and masseur shortage poses a new problem – how to manage to serve many runners in an extremely limited time.

In April 1996 a regular 100 km race was held in Odessa. 56 sportsmen from Ukraine, Russia, Moldova, Belarus, Germany, and Canada took part in the competition. The participants were aged 17 to 75. The distance was laid along the shore, making an 8-km circular route. The therapists began working with the patients a day before the competition, from the moment the participants were registered. Taking into consideration the fact that many of them had never heard about SCENAR, there was a kind of conference on device application and all the participants were proposed to resort to SCENAR therapists for help before or during the competition, if necessary. Such uncommon proposal caused a kind of circumspection and a lot of questions. Two sportsmen,

who didn't intend to take part in the competition because of injuries (fracture in the area of ankle joint and soft tissue bruise) came to support their friends. They decided to test the device on themselves. The main complaints were: constant pains in the legs. In 10-15 minutes after the treatment of pain locations in the continuous mode, they felt better and marked that the pain disappeared. They felt the desire to take part in the competition. One of them managed to do it. This procedure was carried out in presence of many people. It proved the things that had been said during the conference and dispelled some doubts.

The next day, before the start, another announcement about SCENAR-therapy was made and the sportsmen were proposed to turn to SCENAR-therapists if it would be necessary.

During the marathon the help to the sportsmen was rendered on the place, equipped with trestle-beds, near the masseurs. After 2 hours of the marathon and till the end of competition the main complaints were: spastic and stiff legs, tired ankles, lumbar and sacral parts of the backbone. The sportsmen had an opportunity to interrupt the marathon to be helped. SCENAR-therapists worked based on the complaint mainly, and every following turn of the sportsman for help was considered as a newly appeared complaint. As the time was limited (the stopwatch wasn't stopped), they used continuous mode most often; in some cases, applying the device to the place, which a patient had pointed to, and using individually-dosed mode was enough to remove muscle spasm and pain. To relax the muscles of the back and remove fatigue 3 pathways, with the focus on the loin, were treated. Treating the tendons turned out to be very effective. The treatment of lower extremities was finished by influencing the area of Qiu Xu points – near the front edge of lateral ankle and Qiu Xi – in the middle of the distance between the ankles, between the tendons of long radial extensor muscle of wrist and of other fingers. The total time of procedure was 5-15 minutes, sometimes – 2-3 minutes, and it was much less than the time required for massage. Very soon sportsmen felt their muscles could work again and their fatigue disappeared; it allowed to increase their running speed.

With each circle of the distance, more and more people turned to SCENAR-therapists, and less and less people turned for help to masseurs. Good reputation about the device was increasingly spreading because their high effectiveness and short time needed to help. During the competition the sportsmen showed rather good results.

The following day after the competition, the group of sportsmen was treated for fatigue removal. After the procedure all of them got up and went sightseeing, they could not believe they were able to do it.

The Ukrainian Athletics Federation got interested in the results of the competition and the effectiveness of SCENAR devices. SCENAR therapists were proposed to provide medical service of the Ukrainian Combined Team during the competition in Switzerland. O.Lyutov, a SCENAR-therapist, was accompanying with the team. He rendered different kinds of medical help on the way to the country already (removal of renal colic, heart attack, stomach upset, headache, toothache). Taking into consideration that he did it in the bus, on the territory of the foreign country, one can estimate the economic effect, which became possible due to SCENAR-therapy.

He had to work hard during the competition, especially because during his free time he helped all the people who turned to him. The language barrier made it even more difficult but this problem had been overcome. The Ukrainian Team won the First Prize in the 100 km race. Having accumulated some experience in using SCENAR in sports medicine, our SCENAR-therapists decided to support the sportsmen during the 13th Supermarathon. On the 5th of October, 1996, on the "SPARTAK" stadium the participants of a 1000 mile race (1609km and 344m) started up. Then, on October 14, other sportsmen joined them, and at last, on October 19, the European Cup of 24 hours' race started. The strongest sportsmen of Ukraine, Russia, Latvia, Litva, England, Germany, Belarus, Moldova, champions and repeated prize-winners of different supermarathon distances took part in the competition. The work was lightened because the race was on the stadium track. The sportsmen were able to see if the SCENAR-therapist is free, and understand whether he/she can give

SCENAR-treatment. On average, a sportsman had 3-5 procedures a day. The methods were described above. The methods were very effective, and the sportsmen praised them a lot.

The 1000 mile race was very interesting and had some elements of dramatic intrigue. The first two days Georgiy Ermolaev was in the lead. He is an experienced sportsman, has the second result in the world in this distance, world records in 1300 miles and 2700 miles. He was in the lead of the competition, willing to break the world record. He refused SCENAR medical services, but afterwards he regretted it greatly - he dropped out of the race and still got SCENAR-procedure. Richard Brown, eight times Champion of Great Britain, who also was going to break world record, set the pace of the race. On the third day of the race he outran Ermolaev and the gap began increasing. He started to use SCENAR treatment only from the 4th day, because of the language barrier, English modesty and evident success of the competitors who were given SCENAR-therapy. SCENAR-therapists worked hard. On the 3rd hour of the race Russian sportsman V. Glazkov from Istra got injured due to a fall – deep avulsive wound between the 4th and the 5th fingers of the left wrist. SCENAR treatment on both sides of the wrist stopped bleeding in a short time and removed pain. The wound wasn't bandaged – frequent SCENAR treatment was recommended. In the evening the old calcaneal spur began troubling Glazkov. He was limping and thinking of leaving the competition. SCENAR-therapists proposed 4-5 SCENAR procedures a day on the heel area and supposed that there would be a complete recovery by the end of the race. The first treatment of the heel took 8 min, it removed the pain and gave hope of success.

On the 3d day of the race all sportsmen refused the masseur's services and were given only SCENAR-procedures. All of them spoke only favorably of SCENAR-therapy: they ran much easier and got less tired as compared with other races. It resulted in increased speed, shorter rest periods and improved overall results.

As a result of such cooperation of SCENAR-therapists and sportsmen, the records poured as if from the horn of plenty. Richard Brown, Englishman (aged 47) held a world record in 1100 km, then in 700 miles (8 days 9 hours 23 min 48 sec). His next world record was in 1200 km distance – 9 days 1 hour 20 min 24 sec. Here he had to drop out of the race because of the pains in the stomach, upset stomach. There were no SCENAR-therapists at the moment nearby. Doctor on duty gave him some medicines, manganese solution, and it caused a strong vomiting. That's why almost 5 hours were lost. The pain in the stomach remained until he was treated with a SCENAR.

Also, in 1200 km race the previous world record was broken by Vasyutin (aged 45) and Glazkov (aged 58), who was still limping because of the spur. Unexpectedly the information came saying that in Spain Alberto Aria improved the world record in 100 miles by 2 hours and a half. That's why the schedules of the race had to be urgently changed in order to break the new record. But the sportsmen were almost exhausted. SCENAR-therapists offered to use OLM-1 healing blanket during the rest. The sportsmen were wrapped for 1 hour while sleeping. This allowed to decrease the total time of rest for 1.5-2 hours. The sportsmen felt completely relaxed, tiredness and psychoemotional stress removed. They felt burst of energy as if they rested for 5-6 hours and visited a sauna. They were ready to achieve good results with new power.

First, Glazkov and Vasyutin held new world records in 1500 km: 11 days 15 hours 26 min 10 sec and 11 days 17 hours 30 min 5 sec respectively. Then Vladimir Glazkov also broke the world record in 1000 miles – he did it 4.5 hours faster (12 days, 13 hours, 32 min and 41 sec), don't forget that he did it with pain in the leg because of the spur. By the way after he finished, he said that leg is better than the healthy one before the race.

Vladimir Vasyutin from Ukraine broke the previous world record – 12 days 14 hours 55 min and 21 sec.

Remarkable results were shown by Peter Silkin – 13 days 5 hours and 6 min – the record of Litva, the 6th result in the world! During the competition 21 world records were held in all – 5 absolute records and 16 records in different age groups. All this was made thanks to SCENAR therapists also, because there were no such results before, and because SCENAR-therapy was never used so widely and for so long before.

During the competition SCENAR-therapists also helped to fans and footballers during a football match that was held there.

This experience proves that SCENAR-technology can be successfully used in sports medicine as first aid. Moreover, it considerably improves the potential of the body. It would be desirable for every team to have its SCENAR-therapist to treat and support their sportsmen. With the knowledge of SCENAR-technology, you will see the case of Yury Vlasov (world record-holder) described in “There’s No Disease Called Osteochondrosis” by M.Y.Jolondz, published in the “Medicine againstmedicine” series, in a different light, and will recognize that SCENAR and SCENAR-technology will have a great future in sports medicine.