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- Authors:** Яковенко П.П..  
(Yakovenko P.)
- Article name:** Применение аппарата "СКЭНАР" в командах мастеров по футболу и баскетболу
- Keywords:** SCENAR, sport
- Summary:** This article is about experience of using SCENAR-therapy in football and basketball teams. The maximum effect was achieved when treating new injuries (muscle and joint chorda) and ARS-syndrome for football players. SCENAR was also applied to neck and shoulders before the match and players noted the feeling of sprightliness it gave. During the treatment, no negative effects were revealed. In conclusion authors mention high therapeutic and economic efficiency of SCENAR.

## Use of SCENAR Treatment in Football and Basketball Master Teams

SCENAR-therapy is constantly applied in the Uralmash football team since January 1996. In the teams Uralmash-M (mini-football, major league) and Uralmash (basketball, major league) SCENAR-therapy was used occasionally, only for the leading sportsmen. Almost all the players of the Uralmash team took a jaundiced view of device's promised large capabilities for treatment and prophylaxis. The first procedures dispelled all the doubts, and none of the players refused SCENAR since then. About 18 thousand procedures were made over the described period (the author considers treatment of a single zone to be a procedure – editor's note)

The treatment was the most effective for recent injuries. For example, on a training camp abroad (Cyprus) the player R. injured his right ankle. From the training he was carried to the hotel in the arms. In 30 minutes he was given the treatment. Within these 30 minutes edema developed, and palpation of the joint was difficult.

The first treatment session lasted 30-35 minutes, then a tight bandage with the Erazon ointment was applied over the injured site, and an intramuscular injection of Rheopyrin (0.5) was given. After 5 hours the bandage was removed, the skin of the affected region was disinfected, and another SCENAR-treatment (40-45 min) was given.

Edema was almost gone, the player could step on his foot without pain, and movements in the joint were slightly painful and slightly difficult. Another salve dressing was applied.

The next morning the player was able to have a light training: flat racing without speeding up. The following SCENAR-therapy session took 40-45 minutes. In the evening the player participated in the general group with the ankle supporter, he was forbidden to kick the ball with his injured foot. In the evening he was given another 40-45 minute SCENAR-treatment. On the third day the player had no complaints and was admitted to train without any restrictions.

In the big-time football ARS syndrome (pain in the legs under considerable load) is a frequent condition. 2 players (full-backs) were given the treatment. The pain was stopped after 5 procedures (15-20 minutes each). Player P. injured his back thigh muscle, and had partial tear of the bundle. He was given 8 sessions (2 sessions a day, 30 minutes each). He was released from physical exercise for 3 days. He was given an injection of Kenolog with Novocaine 0.5% (6.0) in the painful point. After 3 sessions muscle tension disappeared, palpation of affected region was slightly painful. The induration reduced from 5x7mm to 1-2 mm (the size of an apple pit). After 5

procedures the player resumed individual training, and after 8 days – training in the general group with his thigh muscle fixed with the supporter.

One of the delegation leaders tore his heel tendon on a training camp in Israel. He was recommended to be taken to a hospital and have a surgery. Since the training was to end in 2 days, he refused hospitalization. The following treatment was given: his tendon was treated for 20-30 min, 3 times a day, then - fixed with a bandage. There was no edema, no pain. The patient returned home without special assistance. When he came back to Ekaterinburg, he was operated in a traumatology department. From the surgeon, the injury (the heel tendon was held by a bundle of 3mm in diameter) looked like a recent one, without necrosis of tissue, as if the injury happened 2-3 hours ago (in fact – 5 days ago).

After the surgery the site of injury was treated once a day for 20-25 minutes. No scars. The suture was soft, elastic. There was no pain when moving. In 6 weeks the suture was hardly noticeable, it was like a pencil line. In all 100 sessions were given throughout the treatment period.

Player P. of the women basketball Uralmash team asked for help, she had a recent injury of her right ankle. During the last training, before one of the games of Russian Championship, one of the players stepped on her right foot with simultaneous blockage of her body. As a result, her ankle bursa was damaged, and partially – the tendons. Objectively: the patient could not step on her foot, considerable edema, difficult palpation (because of pain), limited movement in the joint.

The first session lasted for 80 min. Edema considerably reduced, the patient could then step on her foot. In addition, a physiotherapeutic procedure was made with a Kaskad device, and the bandage with the Hepatrombin ointment was applied. The next day the patient came without help, but assisted with a cane. Palpation was still painful. Edema reduced but hematoma from the toes to the middle one-third of the shank developed. After a 90 minute SCENAR treatment the haematoma disappeared in almost entire shank. After the session the movements in the joint restored 60-70 %. In addition, therapy with the Kaskad device was given, and a tight ointment bandage was applied on the foot. On the third day the session lasted 90 minutes. After it the joint movement reached 70-80%. Edema remained in the area of lateral ankle (the place of greatest injury). In the evening the player was able to participate in a team game with her ankle fixed and 2.0 units of Tramal 100 injected intramuscularly. After 5 days there were no complaints, and the player had a regular team game (she was recognized to be the most useful player in the team).

In April 1997, during the games of Uralmash-M (mini football, major league) a player got contusion of his right calf muscle. With the help of other people he left the ground. The bruise was treated by Chloroethane and SCENAR for 4-5 minutes. The player came back to the ground and played till the end of the match. No pain or edema developed after the game.

In some players the effect developed only on the 10<sup>th</sup>-12<sup>th</sup> session, as if suddenly, and then the recovery took its usual course.

Before the beginning of the games, neck and shoulders of the players were treated for 1-2 minutes with SCENAR-035-3. The players said that they felt as if they woke up with a feeling of vivacity and burst of energy.

Through the entire period of SCENAR treatment, no side effects developed in any patient. SCENAR can undoubtedly replace many kinds of medical help, and, thus economize the money abroad. SCENAR-is not only a polyclinic, but also a mini-hospital, and first-aid.