

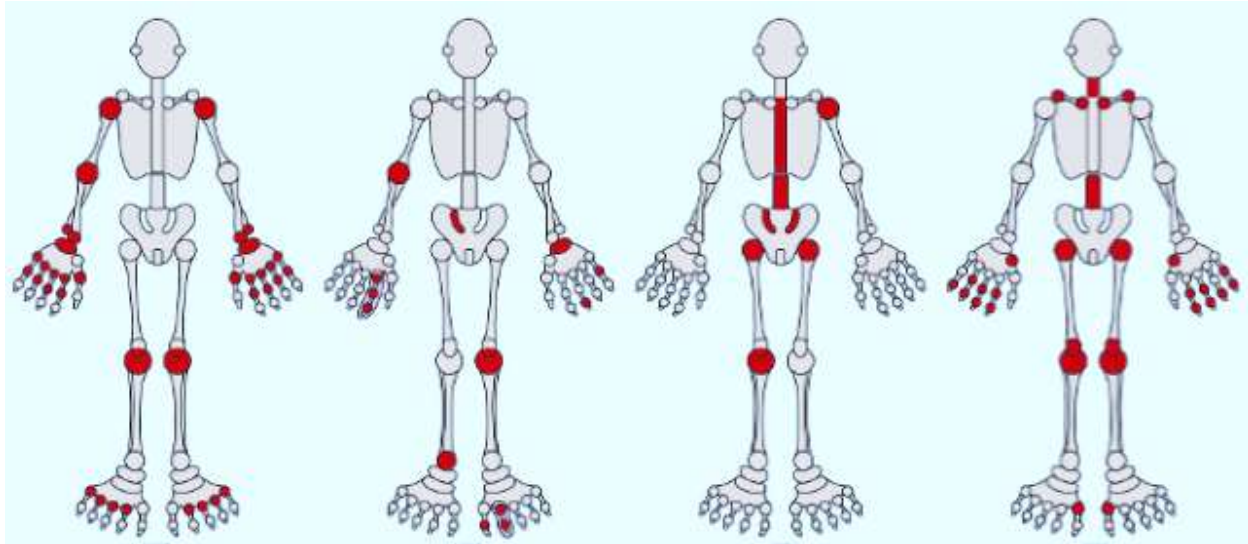
Pain Relief SCENAR Effect On Small Joints Health

Patients suffering from arthritic pain typically have no options other than systemic pain relievers to treat arthritis pain of the joints, especially the hands.

These patients are actively seeking alternatives to make everyday activities less painful.

SCENAR pain relief is of obvious benefit with a condition as painful as Rheumatoid Arthritis. It may also help by relaxing the Autonomic Nervous System, which appears to be a key factor in the progress of Rheumatoid Arthritis.

SCENAR treatment is truly dynamic as it continually adjusts to the patient's body at different times and physiological states.



SCENAR treatment system has been shown to provide pain relief, accelerate the resolution of pathological processes, diminish symptoms, and reduce inflammation. The effects appear to be fast, intense, and long lasting. Treatments not only tackle the presenting symptoms, they generally assist in improving the body's state

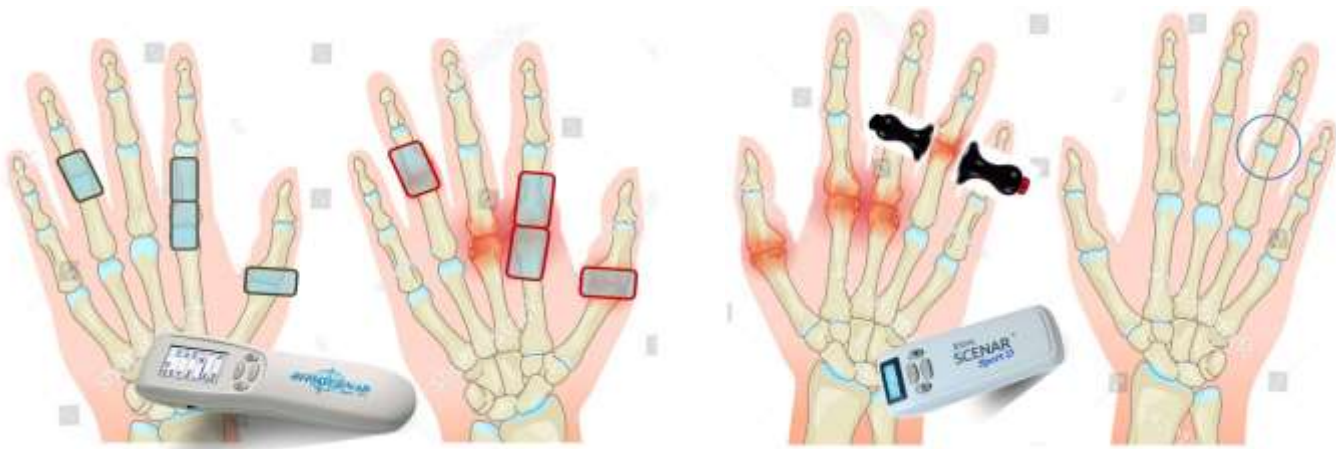
CAUSES OF REDUCED RANGE OF MOVEMENT



Before SCENAR treatment, it is necessary to find out the range of movements performed by the patient. Particular attention should be paid to existing mobility/ flexibility limitations as a result of pain and swelling.

During SCENAR procedure, the pain may decrease or migrate. In the case of a local treatment techniques, a pain migration is a key symptom. It is necessary to stop treating the current point and go to the point where the pain has moved (if the migrated pain has a point and specific character).

APPLICATION OF SCENAR ELECTRODE ON SMALL JOINTS



The electrode is oriented along the finger if the finger can be straightened, and across the finger if the finger cannot be straightened.

If the joints and fingers are small, it is recommended to use an external Small probe coaxial electrode.

In case of an acute process that is accompanied by edema, use spaced pawn electrodes, placing the electrode surfaces on both sides of the joint (lateral or upper and lower).

If the finger is deformed and bent so that it is impossible to place the electrode with full contact, it is recommended to use a spaced pawn electrode placing the electrode surfaces on both sides of the joint (lateral or upper and lower).

Blood vessels and nerves pass at the junction of the surfaces of the joints (lateral and palmar). Therefore, in case of severe pain in the joint with pronounced upward radiation (when the joint pain spreads along the nerve), the electrode should be placed along the phalanx of the finger at the junction of the surfaces.

It is not necessary to constantly move the device or the electrodes in the treatment of the small joints.

In case of a complex surface and the poorly pressed electrode, it is necessary to move the electrode over the surface extremely slowly, for uniform impact.

It is necessary to treat one placing/ spot (surface), then move to another. For each placing of the device, the treatment time is at least 20-30 seconds.

In acute localized pain (when the pain is localized to a point and you can point it with your finger) - the point of pain should be treated for 2 minutes or longer.

The order of treatment of the small joints, if several joints are involved in the disease process, does not matter. It is better to start with treating the joints that are more sore.

If pain in the joint occurs only when moving it, you should (before SCENAR treatment) give a load to this joint. It should be (carefully) bent and unbent until pain and limited movement feeling appear, attracting the patient's attention to this. After treating the joint, it should also be loaded, for comparison. After the procedure, the pain should be less. If soreness occurs only with external activity - palpation, pressure, then the activity leading to pain should be performed before and after SCENAR therapy.

Be sure to compare the sensations.

SCENAR TREATMENT FOR MOTION PAIN (ARTHROSOARTHRITIS)

First, you need to load the inflamed joint by performing the active and passive movements. Identify the mobility limitation and the occurrence of pain during the movement.

Device settings:

SCENAR Pro: Preset **“JointCaps”** or Sw1 ,Dmpf-off

Home device: FM or F-360-60Hz

Place the electrode on the point of the maximum pain (small joints).

Energy is comfortable, the treatment time is 3 to 4 minutes.

Load the joint again with the passive and active movements, pay attention to the change in pain in the joint or change in mobility.

If there are no changes in pain and mobility, change the parameters and set

“JointTraum” preset or F180 + Int - 7 for SCENAR Pro and repeat the treatment of the sore joint points.

If the pain has changed its localization, place the electrode on the newly found points and treat them.

If the pain has decreased, set the parameters and set the preset

“MyoUni” or 60 Hz + Int - 5 for SCENAR Pro and treat the entire joint with the massage like movements. Finish the procedure.

Or switch on **“Dosing-1”**D-1 IDM mode and treat the symmetrical points of a healthy joint till Dose (*).

SCENAR TREATMENT FOR LIMITED MOBILITY (ARTHRITIS)

First, you need to load the affected joint by the active and passive movements.

Identify the limits of mobility.

Set **“JointChron”** preset or FM + Int - 5 + Gap - 30.

Place the electrode on the point of the maximum pain (small joints).

Energy is comfortable, the treatment time is 3 to 4 minutes.

Set **“JointCaps”** preset or Sw1 + Dmp - off and treat the projection of the joint space (fold line). The treatment time is 3 to 5 minutes.

Load the joint again with the passive and active movements, pay attention to the change in mobility.

Set **“MyoUni”** preset or

60 Hz + Int - 5 and massage the entire joint, paying attention to the stickiness.

Set **“Symmetry”** preset and treat it until there is no dynamics,

or in D-1 IDM + F-60 + Int-3 till Dose (*), on a symmetrical healthy joint.

SCENAR TREATMENT FOR ACUTE INFLAMMATION OF ONE JOINT (ARTHRITIS)

Identify the complaints of a joint pain. Locate the most painful points.

Set **“JointAcute”** preset or FM + Int - 8 + Dmp - Sc2 and place the device's electrode on the found pain points. If the patient cannot identify the most painful points, start working from the joint that got sore the earliest.

The time is 3-5 minutes.

Find out if the nature of complaints has changed. If there are no changes, turn on the **“JointCaps”** preset or Sw1 + Dmp - off and treat the same points for 3 more minutes.

Load the joint with the passive and active movements, pay attention to a change in pain in the joint or a change in mobility.

Set **“LocalPain”** preset or F-90Hz + Int-5 and treat the projection of the joint space (fold line). The treatment time is 3 to 5 minutes.

Switch on **“Symmetry”** preset and treat till a signal of a lack of the dynamics or in D - 1 + F - 60 + Int - 3 till Dose (*), on a symmetrical healthy joint.

SCENAR TREATMENT FOR INFLAMMATION OF SEVERAL JOINTS (POLYARTHRITIS)

Identify the most active (painful joint). On an active joint, identify painful points.

Set **“JointAcute”** Preset or FM + Int - 8 + Dmp - Sc2 and place the device's electrode on the pain points found.

Find out if the nature of the complaints has changed. If there are no changes, switch on **“JointCaps”** preset or Sw1 + Dmp - off and treat the same points for 3 more minutes.

Load the joint with the passive and active movements, pay attention to a change in pain in the joint or a change in mobility.

Set **“JointCaps”** preset or Sw1 + Dmp - off and treat the projection of the joint space (fold line). The treatment time is 3 to 5 minutes.

Keep treating the next joint in the same way.

THE SCENAR TREATMENT FOR RHEUMATOID ARTHRITIS

In the absence of an active inflammation, treat as an arthrosis. But in one procedure no more than 2 joints.

Treatment should begin with the active (most sore) joint at the time of treatment.

The order is similar to the treatment of polyarthritis.

During an inflammatory attack, it is necessary to combine joint treatment with procedures for General zones.



Preferably treat the horizontals rather than segments.

If there is pain in the spinal column, treat General Zones and pairs of adjacent joints involved in the process.

Frequently change the settings. Results are often delayed.

Be patient and advise the patient to keep a positive attitude.

This disease is very time consuming to treat; but it will subside and if there is any edema, you will see immediate results and the pain should be 80% or more gone.

The process of treating an inflamed rheumatoid arthritis is much slower and is much more difficult to treat. Here, SCENAR intensity must be set very high to tolerance

The patient with this syndrome must have lots of patience, if so; it will improve though very slowly.

SCENAR TECHNIQUE “3 PATHWAYS ON THE BACK”

Device settings: D-0, basic settings, E-comfortable.

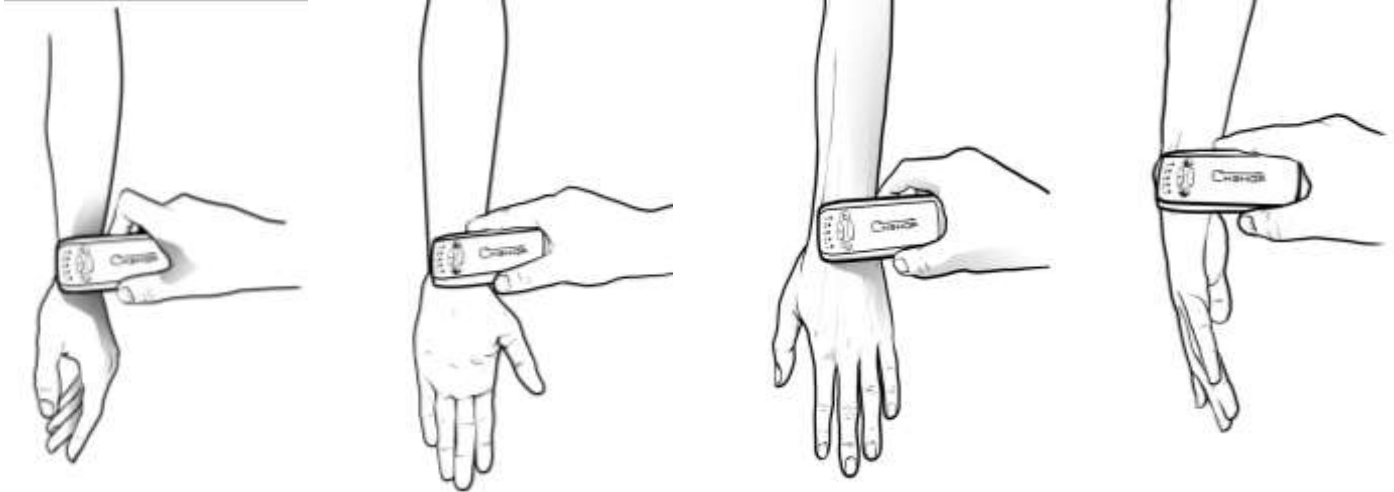
SCENAR TECHNIQUE “TREATING LOWER ABDOMEN AND LOWER BACK”

Device settings: D-0, basic settings, E-comfortable

SCENAR TECHNIQUE “COLLAR ZONE”

Device settings: D-0, basic settings, E-comfortable.

SCENAR TREATMENT FOR WRIST JOINT



Treat the joints as the local zone in D-0 and D-1 or D-2 (D-4).

SCENAR Technique “Bee sting”.

Treat the wrist joint from 4 sides - the outer, inner and 2 lateral surfaces.

The electrode is placed in the projection of the joint space.

Wrist treatment using the “Pawns” electrode is the simplest and most effective way.



Before and after the procedure, compare the level of the active and passive movements in the joints.

In the course of treatment you should include general techniques, i.e. “3 Pathways on the back” and, “Collar Zone”, “Kidneys”, “Regional Lymph Nodes” (on the upper extremities -

axillary and ulnar cavities, on the lower extremities - inguinal and popliteal cavities, lymph nodes on the leg - projection of the ankles and intratarsal spaces).

Additionally, treat symmetrical zones, zones of the cervical or lumbosacral spine regions

Conductive Garments

“Conductive Garments” are designed to be used in conjunction with a vast variety of SCENAR devices modalities both in the home and clinical setting. In the clinic Conductive garment electrotherapy can increase daily patients’ turnover. For the patient they provide support, which leads to reduction in treatment for arthritic pain with various modalities. “Conductive garments” electrodes made of a high-quality silver thread that performs superior in conducting electrostimulation SCENAR impulses to the body that is FDA approved.

Passive therapy (A glove or a sock is on an extremity – a hand or a foot.)

The second pole of the electrode is connected to a glove or a sticky electrode of a large area or to a tubular textile conductive electrode located slightly above a glove or a sock on the same extremity!

It is strictly forbidden to treat two hands or two feet at the same time!

Electro-conductive gloves must be moistened with a physiological solution NaCl (0.9%).

In exceptional cases, gloves may be moistened with water.

- a. **HiFM** (F-35Hz + Int-5) - the main pain syndrome;
- b. **LoFM** (F-100Hz + Int-5) - the main edema syndrome;
- c. **SubAcute** (F-30Hz + Int-5) main stiffness syndrome;
- d. Dosed Modes and “**Symmetry**” Preset are Not Used.

“Conductive Garments” can be used before SCENAR procedure for 7-10 minutes.
For self-treatment for no more than 7 minutes.

