

Winter is here...

Winter storms generate precipitation at low temperatures such as snow, sleet, and freezing rain. Risks due to winter storms can include traffic accidents on icy roads, heart attacks from shoveling snow, or hypothermia from prolonged exposure to the cold.

Right after the trauma the injured person visits the doctor, also a chiropractor or a physical therapist can help tremendously (and the U.S. Department of Homeland Security has deemed DC and PT as essential workers during this pandemic, meaning many Americans will still be able to visit them for treatment).

SCENAR® treatment for natural pain management

Using SCENAR following an injury has far more value than just treating the immediate pain. In an injured area, we often find ourselves with scars and aches years later. These simply echo a central part of SCENAR® theory: the body often gets accustomed to a stable pathological state, becomes distracted by other challenges and leaves the healing incomplete. SCENAR® treatment pushes the body to complete the healing.

The SCENAR® is a bio-feedback controlled non-invasive neurostimulator for the treatment of acute and chronic pain, and the improvement and restoration of body's functions in optimal time.

The faster the treatment is given after any form of trauma, the faster the recovery. Damage which would normally take months can then recover in weeks, and those that would take weeks may reduce to days or even hours. Recovery is especially fast when treatment is given within minutes or hours of an injury.

Using SCENAR® on various wounds, abrasions and other superficial injuries helps to quickly stop bleeding, relieve pain and accelerate wound healing. The SCENAR® method is an easy-to-learn and inexpensive type of therapy.

In traumatology, it is characterized by an unusually rapid success in recovery.

First of all, remember that pain can be useful. Pain tells the brain where a problem in the body can be found. This allows the brain to produce pain-killing endorphins targeted for that area.

Say, you slid on ice, fell and sprained your ankle, twisted your wrist, hurt your elbow or your knee. All these are the examples of an acute injury, and the associated pain is a symptom of the healing process. The pain you experience works to alert your body's nervous system to the problem and the body responds immediately to begin the healing process.

However, pain often persists long after the healing period has elapsed. This is especially true when the injury was severe. Extensive use of painkillers during this

period may also have affected healing. That's because they dampen the signal used by the brain to identify and repair injury.

After a while, the brain and the nervous, endocrine, and immune systems can do no more for an injury. Yet, the pain may persist. This is known as chronic pain. SCENAR helps the body to produce mediators, hormones, and other chemical substances used for healing. It redirects the body's energy back toward the location of your pain or injury.

One of SCENAR'S strengths is that it can have an effect when applied to a zone other than the actual injury area. If for example someone with a broken arm in a cast is seeking a pain relief and a faster rehabilitation, the treatment can be given on the symmetrical zone of the other healthy arm (symmetry), and a corresponding area on the opposite-side leg (reciprocity). The treatment of the symmetrical zone is applied, which will require less time than treating the local complaint. Recommended Preset: SCENAR® Pro *"Symmetry"*.

Post-traumatic pain

Different traumas and injuries: bruises, hematomas, fractures, sprains, wounds.

Device settings: E -comfortable.

- for Personal device: F - 60Hz or 90Hz.
- for Professional device: F - 60Hz, Int - 5, Gap - 10.

Recommended Presets: SCENAR® Pro *"Fast Aid"*, *"Sub Acut"*, *"JointTraum"*, *"AcuteTrauma"*.

Begin treating with intensive stimulation of trauma projection according to the treatment method for point- localized pain, limited pain or extended pain. If the patient also has concurrent edema of subjacent tissues, press the electrode to the skin and massage the skin area (labile technique) from the edema center to the periphery. Treating the limbs follow the direction of lymph and blood outflow in the lymphatic and venous vessels. Also treat symmetrical skin areas (2-3 min). Total stimulation time should be 10-20 min. Treat until pain significantly subsides. Repeat treatment sessions 4-6 times a day.

Fractures and plaster/cast.

Treat the area symmetrical to the fracture.

Device settings: AM - 3:1, E - comfortable, F – 60Hz or 90Hz.

First 3-5 days perform 2-3 sessions a day, then once a day.

Rehabilitation after removing a plaster/cast.

Perform a massage like movement on the affected limb with the electrode from the periphery to the center.

Device setting: D- 0, AM 3:1 or 2:1, F – 90Hz, Int - 2, Gap - 50. E – Comfortable.
You can begin sessions at any time after surgery.

Treat as in case of point-localized, limited or extended pain.

Due to the plasters, treat symmetrical skin areas.

Session can be repeated 4-6 times a day (10 to 20 min each session).

Anti-edematous therapy

Edema occurs as a result of a dysfunction of the cardiovascular system, kidneys, and various injuries.

For any edema, first, in a constant mode, quickly (1-2 minutes) treat the border between between edematous and healthy tissue.

The edema should be treated in a swinging FM mode, then in a constant D-0, F- 90Hz. In both modes, it is necessary to press the electrode very tightly to the skin, as if massaging the edematous surface. E - Comfortable.

Treat the regional lymph node with built-in electrode (30 - 60 seconds), and then use split electrodes or Conductive Gloves (Socks)

Recommended Presets: SCENAR® Pro *“Lymph”*, *“Subacute”*, *“Little Muscu”*, *“Muscul”*, *“Myo Deep”*, *“Stim Relax”*, *“Low FM”*.

Swelling of the extremities

Treat from the periphery to the center. Use two modes of treatment of the edema zones (SDM and IDM).

Perform the massage like movements with the built-in electrode from the center of the muscle in the direction of lymph flow. F - 90 Hz

Recommended Presets: SCENAR® Pro *“Lymph”*, *“Low FM”*.

Use of SCENAR treatment for various bone fractures in children.

According to the Chair of Child Orthopedics and Traumatology and the city emergency traumatology center in Rostov-on-Don (RU) the pioneer non-invasive electric impulse treatment technology allows the decrease of fracture consolidation time in children by $7,3 \pm 3,1$ days, stimulating the bone tissue reparation, without side effects and complications. This allows the application of gypsum casts for a shorter period time and the commencement of combined regenerative treatment earlier.

Accompanying effects of SCENAR therapy.

Anti-stress effect achieved through the influence on the Autonomic Nervous System and via activation of biologically active substances' formation.

Good mood caused by improvement of the body's adaptive reactions.