

WHIPLASH

General recommendation for the combining therapy SCENAR procedure and homeopathic remedies in case of acute and chronic complaints.

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Whiplash is a neck injury due to forceful, rapid back-and-forth movement of the neck, like the cracking of a whip. It may be called a neck sprain or strain.

This injury can cause a damage to the muscles, discs, nerves, and tendons in the neck.

Whiplash is commonly caused by:

- rear-end car accidents;
- cycling collision;
- physical abuse, such as being struck or shaken;
- contact sports, such as football, boxing, and some martial arts;
- horseback or amusement park rides;
- falls in which the head violently jerks backward;
- blows to the head with a heavy object.

Symptoms usually appear within 24 hours after the incident. Sometimes, symptoms may develop after a few days.

Injured people with whiplash get better within a few weeks. However, some people have chronic neck pain and other long-lasting complications.

Common symptoms include:

- neck pain and stiffness
- headache, specifically at the base of the skull
- dizziness
- tiredness

Less common symptoms associated with chronic whiplash include:

- chronic pain in the neck, shoulders, or head
- numbness in your arm or hand
- problems with concentration and memory
- ringing in the ears (tinnitus)
- blurred vision
- inability to sleep well
- irritability

Usually, traditional doctors prescribe pain killers and muscular relaxants and ice application for a few hours in an acute case. In case of chronic symptoms, they recommend continue to use medications additionally to do special exercises to build strength and flexibility in your neck and alternative aftercare.

One of the most effective alternative approaches is combining therapy of homeopathic remedies and SCENAR procedures. It boosts improving of the damaged neck tissues (muscles, discs, nerves, and tendons) and reduces in the number of possible complications.

This therapy can be started both immediately for the first 24 hours after accident and postponed in a chronic stage.

1. In case of acute pain and other first symptoms within 7 days after the injury.

The goal of this therapy is to relieve pain syndrome and accelerate recovery of the body after injury's shock and prevent chronic symptoms.

Homeopathic remedies:

- During the first 3 days take Arnica 30C/30D, melt under the tongue 3 globules once a day. Arnica reduces a shock reaction and tissue inflammation after injury; may relieve pain.
- Starting the 4th day and for the next 5-7 days take Ruta 9C/9D or 12C/12D, melt under the tongue 3 globules once a day. Ruta prevents neck stiffness; may help restoring the muscles, tendons, and ligaments.

SCENAR treatment:

Determine the most painful area in the neck. Then using SCENAR device in D-0 treat the selected area from top to bottom in order to reveal SCENAR signs on the skin in the treatment zone (signs of Small Asymmetry: difficult electrode sliding/ stickiness, difference in sensation of current, sound difference, hyperemia or pallor).

Next, it is necessary to treat the found signs until they change to the opposite state, and then assess the dynamics of the initial pain. If pain moves/ shifts to another zone, move the device there and repeat the same procedure ("Hunt for pain" technique).

In addition, it is recommended to periodically alternate the treatment of a symmetrical zone of the skin, the corresponding zone of the spine on the complaint level and paravertebral. The number of repetition of procedures depends on the recurrence of complaints and can vary from 1 to 3 per day. The duration of one procedure - until the pain disappears completely or significantly decreases. The duration of the course of therapy is until the complaints disappear.

Additionally treat the sacrum area at the end of each procedure.

Also, we can use sticky "patches" adhesive electrodes on the painful zones at the neck.

Device settings: D-0, or D-1, E (Energy) - sub comfortable.

SCENAR Pro: F-90- 120Hz, Int - 5, Dmpf - Sc2-Sc-4 or

Presets: "Local Pain", "MyoUni", and "HighFM"

Personal SCENAR device: F-90-120 Hz, FM, AM 3: 1, preset: P-2, "SYS"

2. In case of long-term complications from whiplash

The main goal of rehabilitation is to promote complete and faster healing.

Advice for homeopathy:

- "Arnica 30C or 30D" – take every other day once a day; 3 servings total. Melt 3 granules under the tongue.
- "Ruta 9C/D or 12C/D" – take on the days when not taking Arnica. Melt 3 granules under the tongue.

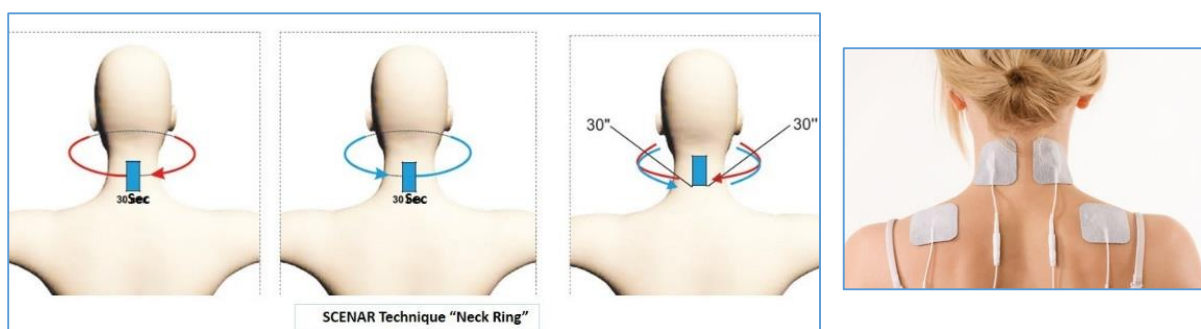
- In case of the pain which is worse from the slightest motion and pain ameliorates by pressure and warm application take additionally “Bryonia 9C/D or 12 C/D” once; melt 3 granules under the tongue.
- In case of the pain which is worse on the beginning of motion and ameliorates from continuing motion may take Rhus tox 6 C/D or 9 C/D once, melt 3 granules under the tongue.

“Bryonia” and “Rhus tox” both are famous remedies for treatment the affected fibrous tissue markedly-joints, tendons, sheaths-aponeurosis.

Advice for SCENAR treatment:

Combine the treatment of General Zones and local pain zone.

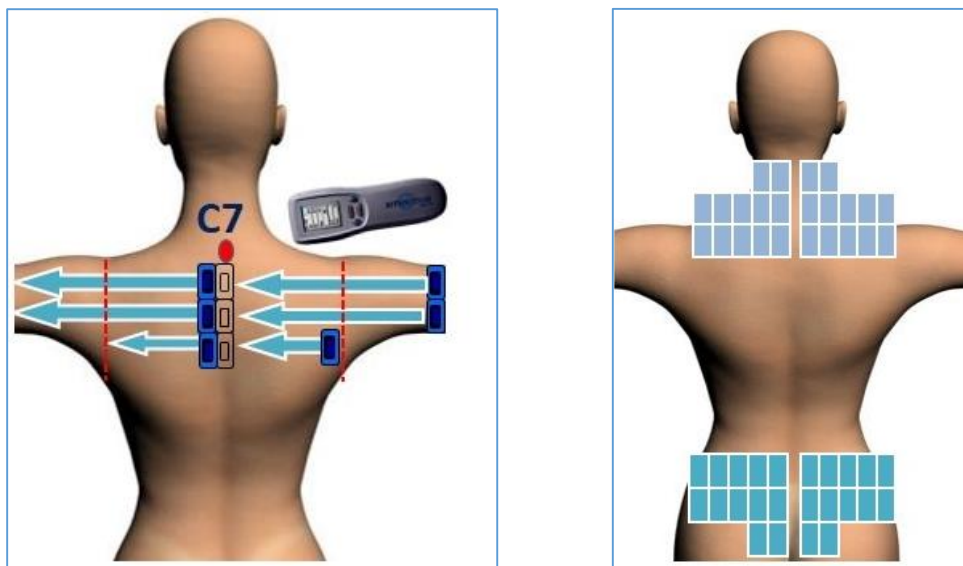
General zones: "3 Pathways 6 Points", "Collar Zone", "Palms".



Other useful SCENAR techniques:

“Collar zone and Reverse Collar zone” Horizontals, “Pirogov’s Ring”.

Treatment of Local zones described above in acute period.



SCENAR treatment is recommended every second or third day. Usually, 5-7 procedures are enough for a speedy recovery.

According to the National Institute of Neurological Disorders and Stroke, most people undergoing traditional treatment fully recover within 3 months. (Or up to 6 months). When using SCENAR the recovery may happen in half the time or less.

List of References

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- 4) Grinberg J.Z., Unakafov M.A. Method of electro influence on living organism and the device for realization. The invention description for the patent of RF №2325929 A61N1/08, 1/36, G01R27/00, published 10.06.2008r, №16.
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