

Carpal Tunnel Treatment Developed by SCENAR Practitioners providing High Probability of Healing

Everyday life requires a lot of repetitive motion, lifting, turning, and other wrist use and sometimes abuse such as work at the computer, driving, and sports-related jobs and activities.

Carpal tunnel syndrome is a painful progressive condition caused by compression of a key nerve in the wrist. It occurs when the median nerve, which runs from the forearm into the hand, becomes pressed or squeezed at the wrist. Symptoms usually appear gradually, with pain, weakness, or numbness in the hand and wrist, radiating up the arm. As symptoms worsen, people might feel tingling during the day, and decreased grip strength may make it difficult to form a fist, grasp small objects, or perform other manual tasks.

Carpal tunnel is 3-5 cm long, formed by carpal bones, covered by transverse carpal ligaments. This nerve provides sensation to the thumb, index and middle fingers, and half of the ring finger. The little finger ("pinky") is usually not affected.

Causes can be mechanical tiredness, improper exercise, rheumatism, metabolic disorders, fractures.

Main symptom/ complaint - brachialgia paresthetica nocturna - awakening at night (usually several times) due to painful abnormal sensations in the arm, which may radiate to the shoulder. The arm feels stiff and swollen. Relief comes from rubbing or shaking.

Typical complaints:

- sharp pains proximal to the wrist;
- uncomfortable wrist flexion/extension for about 1 minute duration (increased wrist pressure);
- lack of range of motion in the arm.

Possible traditional/ old-school treatments for CTS:

- Electromyography;
- Overnight immobilization in a stretched position (splint);
- Cortisone injection into the carpal tunnel;
- Surgery.

However, if someone is looking for non-invasive, drug-free, effective treatment with long-lasting results then progressive SCENAR therapy should be given a try.

In case of CTS SCENAR therapy should be performed:

- Locally and on General zones;
- With SCENAR device and external electrodes;
- At a comfortable level of Energy (higher levels of Energy which are uncomfortable will not accelerate the treatment or the healing process);
- Several times a day.
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Best results can be achieved when performing the following procedures:

1. Direct SCENAR treatment of the nerve areas.

a) Treat directly above the nerve, just before it enters the carpal tunnel (in this spot the nerve is close to the surface - proximal to the lesion – where the most pronounced edema is usually found)

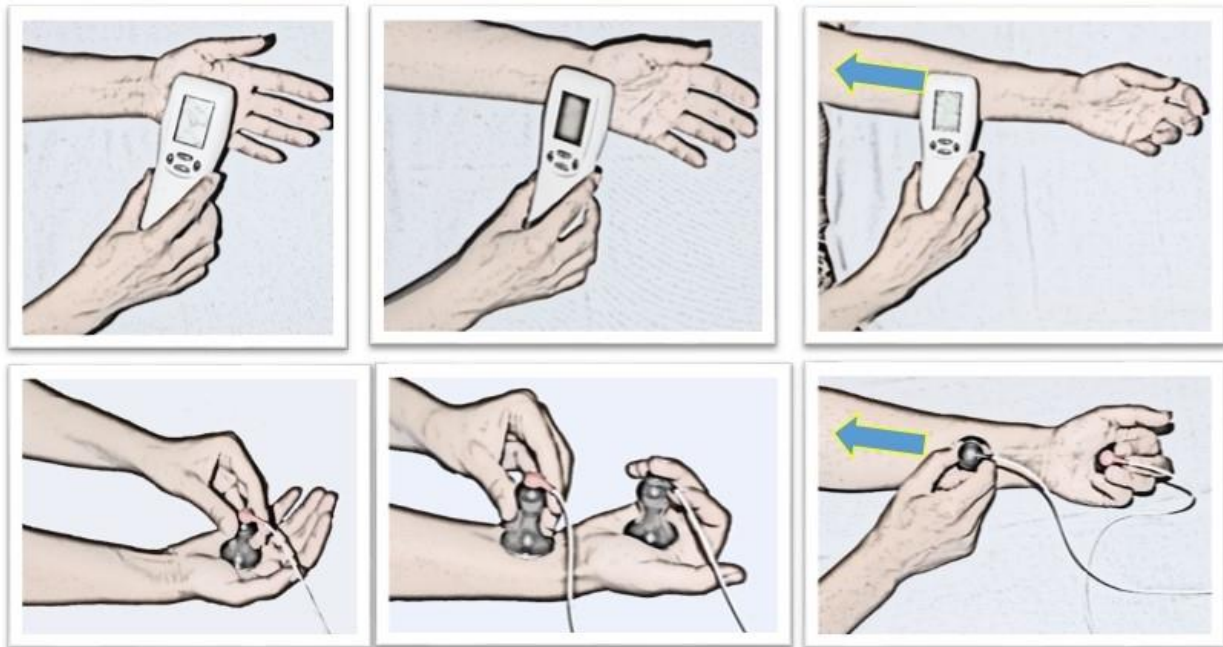
Device settings: D-0, F - 350 Hz, Dmpf – VAR (time- 2 mins) + FM (time -2 mins)

b) Treat the hands from the periphery to the center.

Treat the arm from the wrist to the middle third of the forearm, as well as the palmar surface.

Device settings: D-0, F-90Hz, E – sub comf.

Labile with compression for 2-3 mins. If necessary, further treat Small Asymmetries by brushing with the device – quick and short strokes on the skin over the area of concern (do not forget to change the settings).



2. SCENAR Therapy in the period of active exacerbation.

The procedure can be performed daily and even several times a day.

- Step 1.

Use external /remote “Pawns” electrode. Place one electrode in the middle of the palm, and the other - on the 2 fingers (middle and ring).

Device settings: D-0, FM, Int - 5, E - comf. for 5-7 mins or Preset “LoFM” 3 – 5 mins and then Preset “HiFM” 2-3 mins.

- Step 2.

Use external /remote “Pawns” electrode. Place one electrode (stabile) in the middle of the palm, and the other (labile) – in the projection of carpal tunnel.

Device settings: D-0, F – 90Hz, Int. – 5, E - comf or Preset “Local Pain” for 3-4 mins.

- Step 3

With the device treat the palm of the healthy hand for 2-3 min.

Device settings: D-0, F – 60Hz, Int. – 3, E - comf or Preset “Symmetry”.

3. *Periodic therapy (Personal/ Home use device)*

Use external /remote “Pawns” electrode. Place one electrode in the middle of the palm, and the other - on the 2 fingers (middle and ring).

Device settings: FM, E - comf. Time: 2-5 mins.

Perform several procedures per day.

The experience of using SCENAR therapy in German orthopedic practice on 200 patients with confirmed carpal tunnel syndrome for several years showed that using only local treatment (10 to 15 four-minute procedures) showed 80% asymptomatic (no night awakenings, full control of the hands, no neurological deficit) and 20% with no effect/ improvement or some residual symptoms.

The benefits of SCENAR treatments for CTS are:

- *Relatively easy to use.*
- *Faster recovery of effected areas.*
- *Flexible in treating many different areas.*
- *Increased perfusion reduces neuro-edema and lactic acid.*
- *Increases oxygen tension in the treated tissue.*
- *Relief is long lasting and effective.*