

Treatment of bruxism with SCENAR therapy.

Medical contributor – Dr. Iosif Semikatov, MD, SCENAR therapist

Bruxism is an involuntary, unconscious contraction of the masticatory muscles in the absence of the need to chew food, which manifests as constant clenching of teeth, grinding, rubbing and tapping.

The most common causes of bruxism are psychological. Stress and anxiety cause a person to clench or grind his/her teeth without realizing it when they are sleeping. The most common consequences of bruxism are pain in the muscles of the jaw, neck and ears, headache and dental problems. In addition to them, people suffering from this problem may have various disorders, from eating type to insomnia due to severe tooth sensitivity to cold or hot foods, as well as inflammation of the jaw.



There are the following **types of bruxism**:

- **1st degree** - non-aggressive and random.
- **2nd degree**- caused by anxiety, requires treatment to prevent damage to the teeth.
- **3rd degree** - significant. The patient consciously reproduces this habit and gets injuries.

Standard traditional treatment in orthodox medicine includes anxiolytics, relaxation exercises, physical therapy, and psychological therapy. To protect the teeth during sleep, unloading splints or relaxation plates are used. In severe cases, surgical treatment is used. However, often this therapy is symptomatic and does not achieve the desired effect.

For high efficiency in solving this problem, it is recommended to use SCENAR therapy – a specific physiotherapy with biofeedback.

SCENAR therapy is based on the concept that you can actually help the body to eliminate involuntary muscle activity during sleep. It is well known that bruxism has many different causes, it is largely related to stress and anxiety. And the link between bruxism and stress is undeniable. And, since the biofeedback used in SCENAR therapy is aimed at restoring pathological changes in the body caused by various types of stress, it is believed that SCENAR therapy can directly change the problem of teeth grinding.

SCENAR therapy can help regulate the level/volume of cortisol and cortisone and accelerate the recovery of immune responses.

SCENAR therapy can be used both in combination with the above listed methods of treatment, and independently.

In SCENAR therapy the bruxism treatment is performed on:

- Local areas of manifestation of the problem,
- Additional zones (especially when there are active complaints from the other localization).
- General zones (zones of general regulation).

Each SCENAR procedure begins with a survey.

The purpose of the survey is to identify the presence, localization and characteristics of an active complaint "here and now" (the presence of maximum subjective discomfort at the time of the procedure).

1. If there is a local active complaint in the projection of masticatory muscles, temporal region or lower jaw joint, SCENAR treatment starts in the projection of this complaint. It is recommended to



increase the treatment zone by 1 device electrode around the active complaint area. Additionally treat the same zone on the symmetrical side.

Treat either with the built-in electrode of the device or with the external electrode "Pawns".



Device settings:

D-0.

Energy - comfortable.

- CHANS device - FM mode,
- SCENAR Pro device - "FM + Int - 3" or "F - 30-35 Hz + Int-3".
- SCENAR Pro device with presets - "LoFM".

Treat muscles of mastication with "Pawns".

The muscles of mastication of the right and left sides are treated separately (treat one side in one procedure).

Part 1

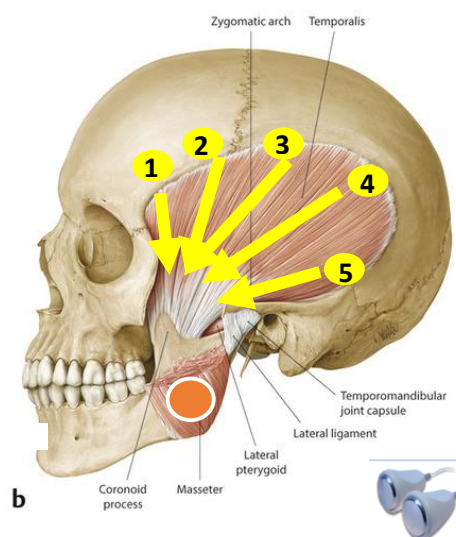
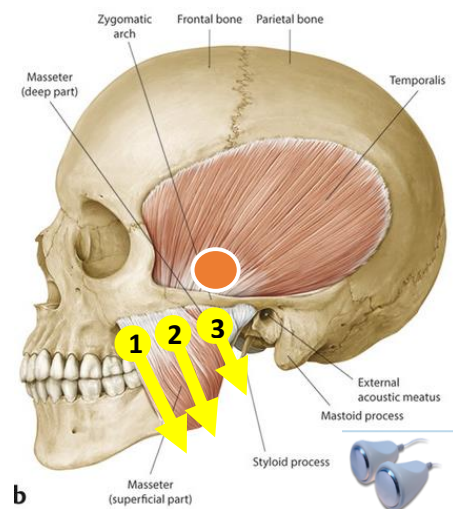
Place one pawn stationary on the projection of the mandibular joint, move the second pawn on the muscle of mastication from top to bottom along vertical parallel lines - from the zygomatic bone to the lower edge of the lower jaw and from the front edge of the muscle to the back.

Treatment time - 3 min per part.

Part 2.

Place one pawn stationary under the ear at the posterior edge of the lower jaw. Move the second pawn in fan-shaped movement from top to bottom from the temporal fossa (from the border of hair growth individually) to the upper edge of the zygomatic bone. Treatment direction from front to back.

Treatment time - 3 min per part.



In the next procedure, repeat parts 1 and 2 on the symmetrical side of the head.

2. Additional treatment zones:

- Collar Zone.



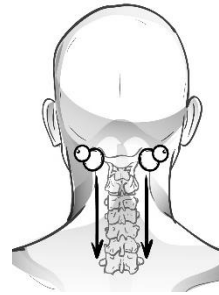
Perform the treatment with the built-in electrode of the device alternately on each side or with the external electrode "Pawns" simultaneously on both sides (see Fig.).

Treat "Collar zone" (CZ) with "Pawns" electrode on both sides simultaneously

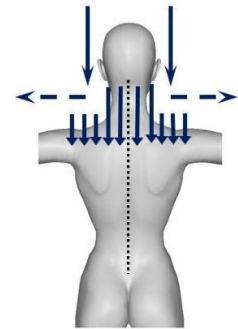
F=30-60 Hz + Int-3

Preset = "LoFM"

Treatment time 5-7 min

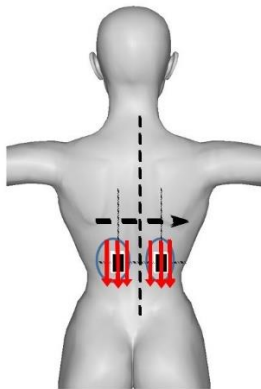


«Collar zone»



- *Projection of the adrenal glands.*

Perform the treatment with the built-in electrode of the device alternately on each side or with the external electrode "Pawns" simultaneously on both sides (see Fig.).



Device settings:

D-0.

Energy - comfortable.

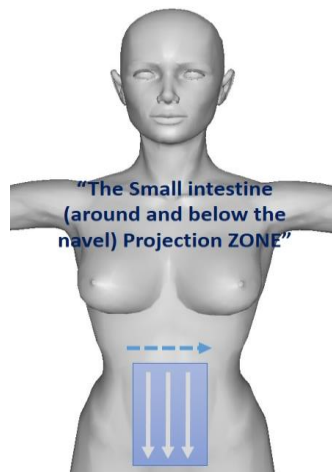
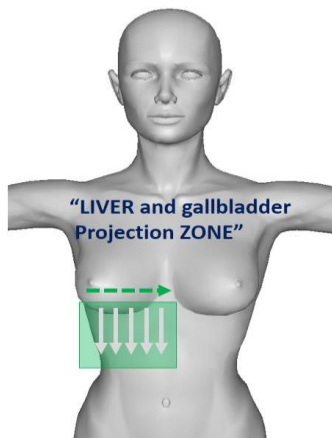
F=60-120 Hz + Int 5-7

Preset = "HiFM".

Treatment time - 3 min. on each side

- *Abdomen.*

Treat the projection of the small intestine (around and below the navel), the projection of the liver and gallbladder (see Fig.).



Device settings:

D-0.

Energy - weak to comfortable.

F=90-150Hz. Int 1-3.

Treatment time - 5-7 mins.

3. Periodically during the course of treatment, treat General Zones:

- "3P6P" (3 pathways on the back, 6 points on the face),
- "CZ" (Collar Zone),
- "Palms",



- "Abdomen" (it is possible to use professional SCENAR techniques: "Mills", "Crosses", "Spirals", etc.).

Device settings: D-0 or D-1. Energy - comfortable. F = 90 (60) Hz.

General recommendations:

!! In one procedure, it is recommended to treat 2-3 zones, one of each of the above (1.-3.) in various combinations and alternations.

!! The optimal time recommended for each procedure is until the positive dynamics of the complaint that the patient presented before this procedure is received.

!! To increase the effectiveness of the procedure, it is recommended that when treating the skin in any treatment area, look for and mainly work on signs of Small Asymmetry.

We also recommend using SCENAR for personal use in the evening before going to bed. Treat the projection of the appearance of pain, muscle spasms and gnashing of teeth in the face.

Reference list:

1. Ya.Grinberg "Effectiveness of SCENAR Therapy" Taganrog 1994.
2. Cherkasov "Central effect of SCENAR applications" Rostov on Don 2001.
3. Iveta Iontcheva-Barehmi "RITMSCENAR® therapy in the holistic dental practice"//
4th Australasian SCENAR Conference.

