

Joint pain: SCENAR® Do's and Don'ts.

Joint pain (arthralgia) can occur in a single or simultaneously in several joints (polyarthralgia). Arthralgias are sometimes observed with severe pain and even loss of mobility. In general, joint pain is distinguished with or without inflammatory changes. Swelling or stiffness associated with this pain is the main complaint of the patients.

Causes of joint pain

Pain in the joints occurs through the irritation of the neuroreceptors of the synovial membranes of the articular capsules with inflammatory mediators, products of immune reactions, salt crystals, toxins, osteophytes.

Sometimes joint overload leads to joint pain. Especially beginners often overdo it in the first workouts and forget about the warm-up and cool-down.

Joint pain can also occur with:

- arthrosis;
- injuries and bruises;
- obesity;
- joint wear and incorrect walking and body position;
- trauma/dislocation;
- sports injuries or overtraining;
- as a side effect of influenza (Covid 19);
- Menopausal symptoms or during pregnancy.

Treatment of joint pain with SCENAR® signal

Inflammation of the joint (monoarthritis). In case of inflammation or injury SCENAR procedure on the joint pairs is in most cases effective. For example, both knees, etc.

The treatment time of a healthy joint is 1:3-1:5 of the time of an aching joint.

A healthy joint can be treated in Dosed Mode (D-2) by “Magic Points”.

The use of SCENAR devices with a dual biofeedback mode, which allows you to determine the necessary treatment parameters in acute conditions in an automatic mode, gives an immediate therapeutic effect.

The joints have a relatively large surface and their treatment takes a lot of time. Dr. Yuri Gorfinkel discovered a treatment method that can significantly reduce the time of the procedure. He suggested treating the so-called “*Magic Points*” rather than the entire joint. «Magic points» of analgesic therapy. The term «Magic points» is used because of the fast analgesic effects achieved when treating them. These are the points where the joint capsule is closest to the surface of the skin. All these points are well known to the health practitioner – these are the places of punctures of the joints, and ultrasound control, entry points for arthrological operations.

Such SCENAR procedures are performed only on large joints.

For small joints, such as the fingers or toes, there are no such points.



To treat “Magic Points”, use either the built-in or external electrode. Spaced electrodes are preferred as they provide greater analgesic and overall effects.

Place the device on the “Magic Point” across the axis of the limb, press firmly against the skin for 2-3-5 minutes. Energy – at maximum tolerance. To enhance the effect, work on a moving joint. The average treatment time is 5 – 7 minutes. When working with the spaced electrode the treatment time reduces by a half - so it takes only 2 minutes; when the treatment time with a built-in electrode is 4 minutes.

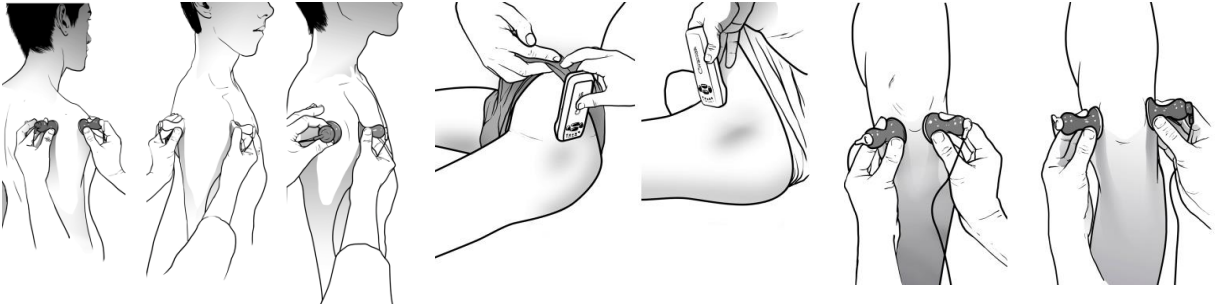
Device settings: In the acute period - F (Frequency) - high, Am, Fm. Alternate.

Recommended presets: **Joint Acute, Joint Chron, Joint Trauma and Joint Caps.**

In an exacerbation of chronic process – do not start with high Frequency! Start with low and physiological F (Frequency) - 15-60 Hz, AM, FM.

Mandatory combination and alternation of D-1 and D-0 in one procedure.

One joint can be treated in D-0, and the other in D-1 according to SAs rules.



Also use SCENAR technique “Joint Wave” to stimulate the muscles around the joints and activate the receptors of the joints.

Combine and alternate treatment of the joints with General Zones:

When treating joints, follow this algorithm:

- 1) Functional test for passive and active movements.
- 2) Treat the most painful pair of points.
- 3) Repeat until the pain subsides or dynamics is achieved.
- 4) Treatment of a symmetrical joint.
- 5) Treatment of the corresponding segments of the spine.

The ability of SCENAR signal to target specific areas of low skin impedance provides immediate access to highly effective areas for the treatment of a local complaint, increasing the rate of recovery.

SCENAR impulses affect the autonomic nervous system and, thus, the body’s own processes of adaptation and regulation as well as reduce stress on your joints.

Light sports such as leisurely cycling or physical therapy, exercise or diet therapy also help with aching or damaged joints.

When administering medication delivery to the joint, only use a remote electrode and a special SCENAR mode, getting the "electroporation effect".

The use of pain therapy with SCENAR gives an immediate pain relief effect and, as a result:

- increased range of motion;
- muscle relaxation, reduction of muscle cramps and spasms;
- Improved neuromuscular retraining.

SCENAR® also provides effective treatment of chronic diseases, helping people suffering from pain and dysfunction to return to an active life. SCENAR remains an individual coordinated therapy, and the causes of pain in the joints and joint complaints are varied, therefore, despite the situation under study, no general statements are made in this article.

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