

SCENAR Application In Case Of Menstrual Pain Treatment (With Algomenorrhea)

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Menstrual pains (another name - algodismenorrhea) are found in more than half of women with menstruation. Pain can appear a few days before the start of the menstrual period or during it. The severity and intensity of pain can vary from weak to very strong. It is not rare that such pain in some women disturbs their daily life, forces to miss work, classes and makes them see a doctor and use medication therapy.

The main symptoms of algodismenorrhea:

- Spasms and pain in the lower abdomen;
- Lower back pain, sometimes with spreading down the legs;
- Swelling or soreness of the mammary glands.

Additional symptoms are possible:

- Emotional instability (irritability, tearfulness, etc.);
- fatigue, general weakness;
- headaches, fainting;
- nausea, vomiting, diarrhea.

The main methods of treating menstrual pain, which were confirmed by studies and are used at home, include the use of over-the-counter painkillers and antispasmodic meds, vitamins and mineral additives, thermal therapy.

Researchers also study other possible means, among which is the effective physiotherapeutic method of short-impulse electrotherapy – SCENAR therapy. Therapy is performed by SCENAR device, which has been on the market for more than 40 years. SCENAR (Self-Controlled Energo-Adaptive Neuro-Adaptive Regulator) is a neurostimulation device with which acute and chronic pain can be quickly relieved, the stressful state of muscles improved, the body as a whole improved by stimulating the processes of self-regulation through bio regulatory impulses. SCENAR is an effective remedy for the treatment of menstrual pain, which in most cases can significantly reduce treatment and lead, as a rule, to complete, without any residual effects, recovery.

SCENAR procedures can be performed:

- during menstruation with severe pain;
- with prolonged menstruation (i.e., in fact with bleeding);
- regardless of the time of the cycle - with acute necessity (for example, in acute adnexitis).

The female body, unlike male, is more cyclic. Therefore, the treatment of women's gynecological diseases is recommended to be performed by focusing on its menstrual cycle according to the schemes.

With menstrual pain, it is recommended to perform therapy according to the short gynecological scheme "7+7": start therapy 7 days before the expected beginning of the menstrual period, treat daily before the start of menstruation. Then take a break during menstruation and resume the daily SCENAR treatment for another 7 days. If after the start of menstruation, the pain remains, then the procedures also continue during menstruation till its disappearance.

The average length of a menstrual cycle is 28 days, and in general you should stick to it. But if a woman's normal cycle is less or more, then the treatment plan needs to be adjusted.

Given the randomness (stressfulness) of the world around us, there are situations when you have to be guided by real capabilities and perform therapy without adhering to the above scheme.

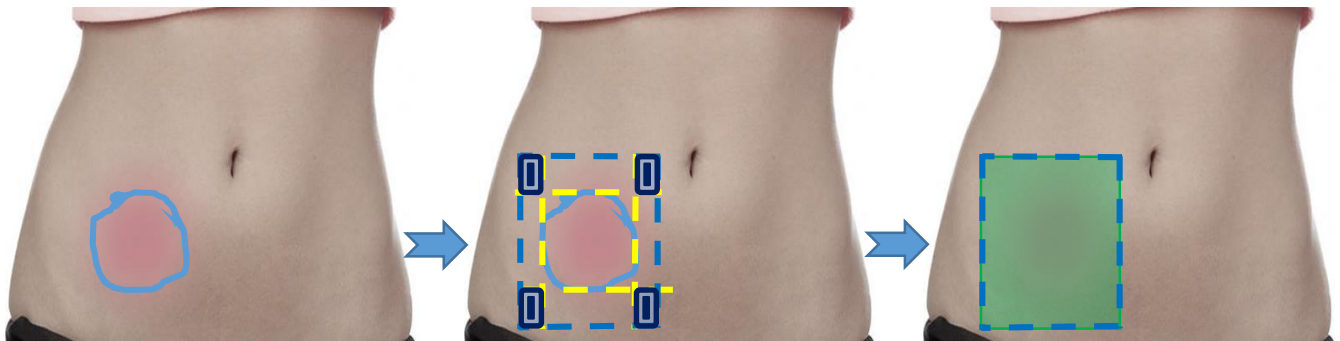


General recommendations for SCENAR Procedure in the presence of pain

(The purpose of SCENAR therapy during this period is to relieve pain)

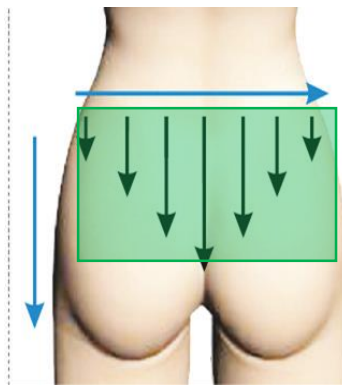
1. Main SCENAR treatment zones:

- *With local pain with clear boundaries*, treat the projection of pain on the skin one electrode wider the perimeter of the projection of the boundaries of the pain itself.

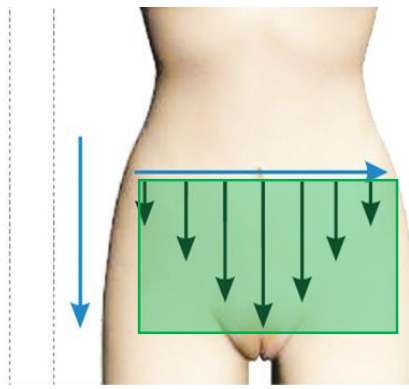


- *In the absence of clear boundaries of the complaint*, palpating determine the most painful area of the abdomen, or use D2 mode (Personal device CHANS) to search for an active complaint zone, or treat this zone according to the general vector.

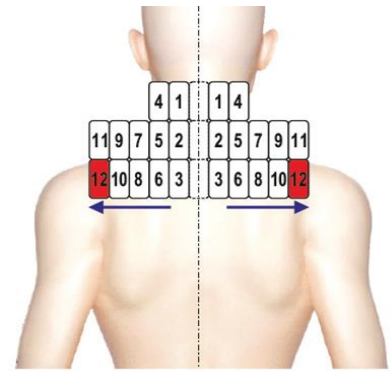
- Abdominal zone in front, below the navel.
- Lower back and sacrum zone.



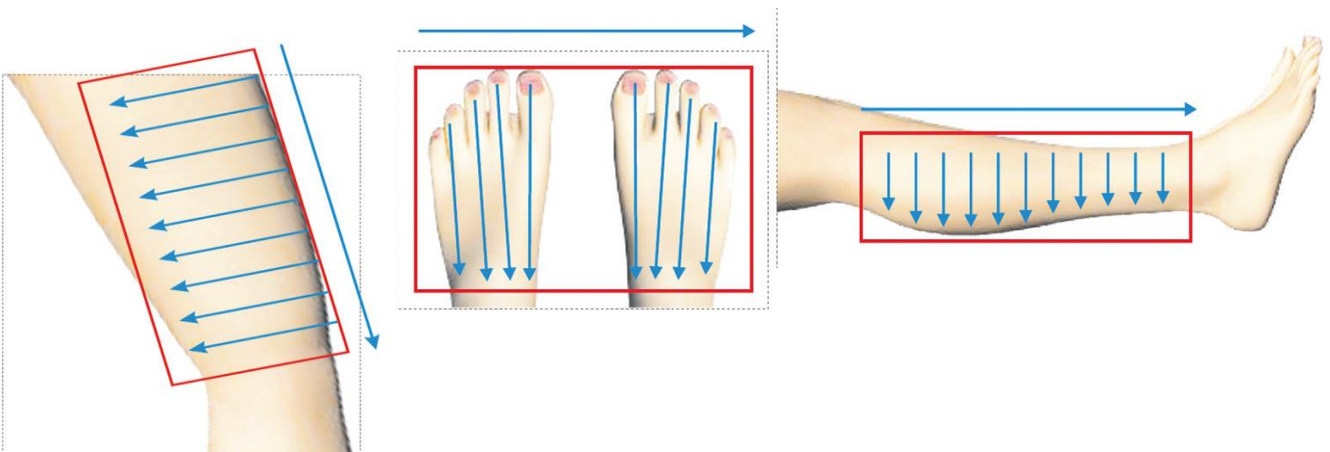
Lower back and sacrum zone



Abdominal zone in front, below the navel



Collar Zone



GYNECOLOGY ZONES. Always treat along General Vector in D-0 generating hyperemia in the treatment zone.

Additional treatment zones:

- Front projection of the liver.
- Collar Zone
- Reflexology gynecological zones on the limbs (see in Fig.).

1. The front inner surface of the thigh.
2. The back outer lower leg/ shin.
3. The rear of the foot.

(For right -handed patients treat left thigh + right shin,
For left -handed patients treat right thigh + left lower leg/ shin).

- General zones: "3P6P" and others.

In one procedure, treat 1-2 additional zones.

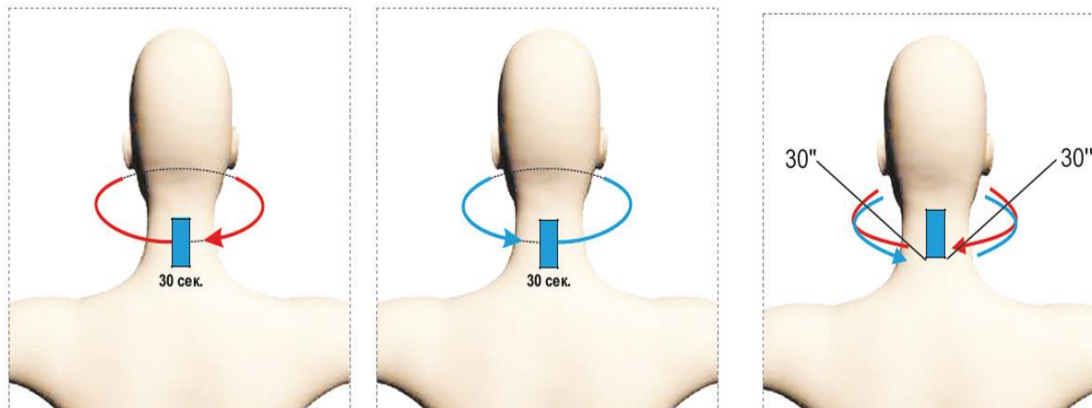
Treat the selected zone (by sliding) with SCENAR device in D-0 on the skin from top to bottom and try to find SCENAR signs on the skin in the treatment zone (signs of Small Asymmetry): difficulty of sliding/sticking of the electrode, the difference in the feeling of current, the difference in sound volume

when sliding the device, the difference in skin color (hyperemia or pallor)). Treat these signs of Small Asymmetry to change to the opposite state. The duration of each procedure is to a definite decrease or disappearance of pain. Repeat the procedures during the day is recommended for each appearance or severe pain.

In the presence of additional symptoms (headache, nausea, etc. (see above)), treat:

1) HEADACHE:

SCENAR techniques "Collar Zone", "Pirogov's immune ring", "Little Wings".



"Pirogov's immune ring"

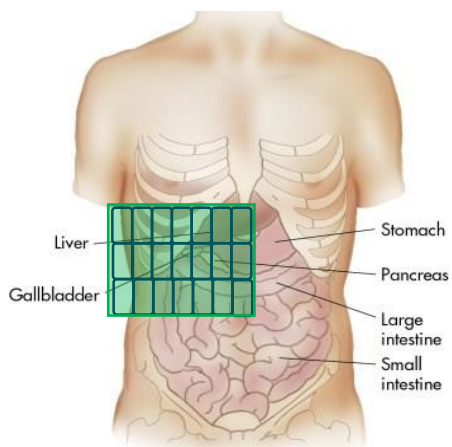
2) EMOTIONAL INSTABILITY, FATIGUE, GENERAL WEAKNESS:

SCENAR techniques "Collar Zone", "Pirogov's immune ring", General Zones," Little Wings".

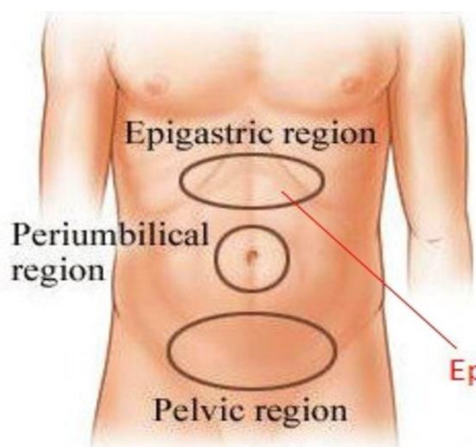
3) NAUSEA, VOMITING:

SCENAR techniques "Epigastric region", "Collar Zone", the front projection of the liver and the pancreas.

Mode: SDM/ D-0. Time 15-30 minutes.



Anterior projection of the liver



Epigastrium, hypogastrium



"Little Wings"

General recommendations for SCENAR procedure in the absence of complaints at the time of the procedure

1. In SDM/ D-0 treat the lower abdomen from the side surfaces to the center for 5 to 7 minutes. Then treat the sacrum area for 5 to 7 minutes.
2. Then treat additional zones .
3. In one procedure treat 1-2 additional zones.

Device settings: D-0, E (Energy) - sub comfort (in the presence of pain at the time of the procedure),
- comfortable (in the absence of pain).

SCENAR FORCE: Presets: “Fast Aid”, “Sub Acute”, “Relax”.

CHANS: F-340 (90) Hz, FM, AM 3: 1, Preset P-1.

Treat the zone of active complaint (labily) “from top to bottom and from left to right” (move the electrode vertically).

Labily - the movement of SCENAR electrode on the skin with massage-like movements, as well as 4 vector treatment (sliding or brushing).

Stable - SCENAR remains motionless on the skin from 30 seconds to 5-7 minutes.

Frequency for anti -pain therapy:

F-120 Hz is a pointed localized pain (covered with one electrode of the device).

F-90 Hz is a universal mode, for localized pain with clear boundaries on the area less than the palm of the patient.

F-60 Hz is a chronic and non - localized pain. The projection of pain in size is larger than the palm of the patient.

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