

SCENAR THERAPY FOR TENSE MUSCLES CAUSED BY STRESS

The bodily experience of emotions is almost instantaneous. It takes us only a few seconds to experience a negative emotion at the bodily level. When we are stressed, we automatically tense the muscles in the jaw and around the eyes and mouth, as well as the muscles in the neck and back. These muscles tense at the same time to prepare the body for a reaction, and then relax when the stressful situation disappears.

It's a reflex response that protects us and isn't really harmful, except when stress becomes a chronic condition. In this case, the muscles never relax, but remain in a state of constant tension.

Chronically stressed people suffer from shortening of the neck and shoulder muscles over time.

Sudden involuntary muscle movements (muscle spasms) are often very small, like a twitch or a kick, and they usually come and go fairly quickly. It can also be convulsions - long, pulling muscle pains, which are also considered a type of muscle spasms.

A large mental load causes an increase in muscle tension in the neck and shoulder areas, especially in people working at a computer.

Muscle tension reduces blood flow to the affected area, which reduces the supply of oxygen, contributing to the accumulation of lactic acid and toxic metabolites.

Shortening of muscle fibers can also activate pain receptors. Stress activates nerve structures, so it also lowers the pain threshold and makes us perceive it more intensely than it really is.

Since it is almost impossible to avoid stress, it is convenient to have a whole arsenal of relaxation techniques on hand to help relieve stress. If you are short on time, you can apply some relaxation techniques in a few minutes, but it is convenient that at least three times a week you apply other methods, such as SCENAR technology, which is very helpful for acute stress.

SCENAR therapy increases blood circulation in muscles, simultaneously affects the skin, lymphatic and blood vessels, provides moisture to the deep layers of the skin, removes toxins and stimulates the restoration of normal physiological cell activity.

SCENAR procedure allows you to quickly restore the tone of weakened and damaged muscles, while achieving both shortening and lengthening of the muscle.

The local effect of the impulse is manifested by the activation of blood microcirculation processes and the improvement of tissue trophism not only in the area of local SCENAR treatment, but also in the internal organs associated with this area of the skin (according to the skin-visceral reflex principle).

Also, preventive use of SCENAR therapy allows to achieve a significant improvement in muscle tone.

How to work during SCENAR therapy session:

1) The body reacts to any trouble with muscle spasm

Whatever complaint the patient presents to you, carefully examine the patient and palpate the muscles (jaws, shoulders, neck, spine, knee, arms), it is desirable to find the most spasmodic area, spasmodic muscle, zone or induration, node which is very firm on palpation or with signs of myositis.

Treat such section (node) according to one of the following **SCENAR Techniques**:

- **“Myostimulation”**. Use F (Frequency) F-90 Hz (in most cases), always Int. (Intensity) is not less than 5. AM 3:1. Motor points are the classic points for myostimulation. The center of the muscle belly. Proximal and distal tendon. Peripheral/ regional nerve trunks (shoulder, hip, etc.).

For myostimulation, use "Pawns" or self-adhesive electrodes (for long-term myostimulation, treatment time -20 min), or conductive gloves.

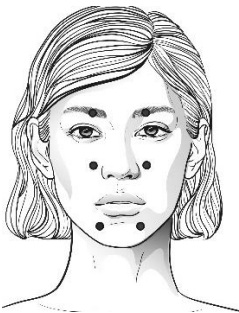
- **"Center of the muscle mass"** is used if the area of the muscles to be treated is very large (more than two palms). For the muscle treatment you can use "Pawns" electrode. Place the electrodes on the tendon of the inflamed muscle, set AM mode, Frequency - 60 Hz, and increase Energy slowly until the first sensation in the muscle. Treat for 2-3 minutes.

Treatment Options: SDM and IDM (Digital methods for Local zone) combination options.

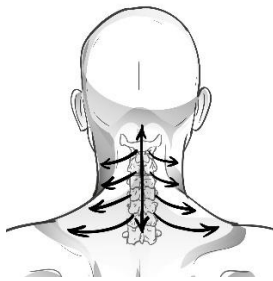
Recommended Presets SCENAR FORCE: "Myo", "Relax", "Subacute", "Trigger", "LittlMuscul", "BigMuscul", "MyoSup", "MyoUni", "MyoDeep", "StimRelax", "MyoIsoton", "MilkAcid", "LowFM".

General zones: "3P6P" ("3 Pathways 6 Points").

Additional treatment zones in case of acute stress:



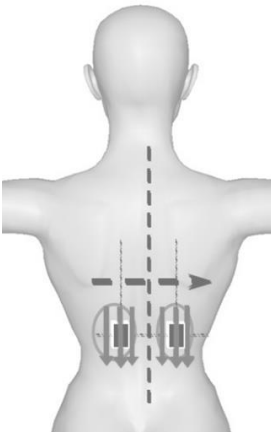
6 Points on the face
SDM, SW3 (FM), AM 3:1,
Energy -comfortable.



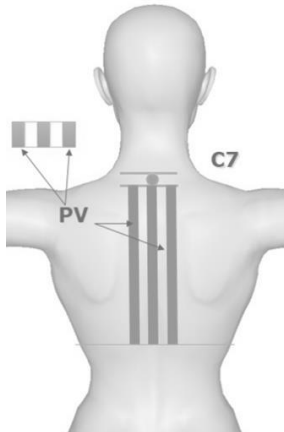
Neck and collar zone
SDM, Frequency 60 (90) Hz, FM,
Energy - comfortable



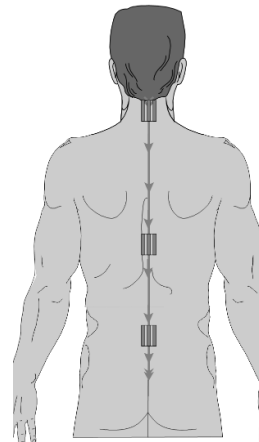
7th cervical vertebra (C7)
SDM and IDM (Digital methods for
Local zone)



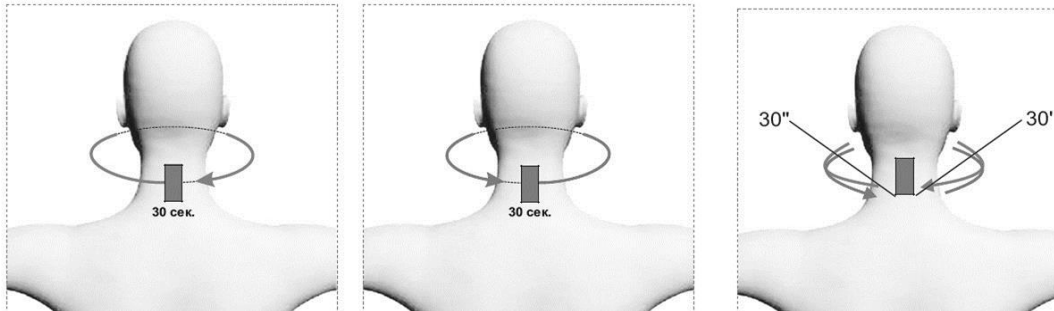
Projection of the adrenal glands
SDM and IDM (Digital methods for
Local zone)



Thoracic spine and interscapulum space
High Frequency. High Intensity.
Energy on the threshold of
tolerance.



Informational cleansing of the spine
High Frequency. High Intensity.
Energy on the threshold of
tolerance.



“Pirogov's ring” (“Immune Ring Around The Neck”)
SDM, Frequency 60 (90) Hz, FM, Energy - comfortable

2) When examining a patient after a session of SCENAR therapy, it is necessary to palpate the muscles again

At the next session with the patient, start all over again. Complaints can change drastically. Therefore, the algorithm must be repeated: questioning, examination, palpation...

Stress management and better sleep can be just side benefits of SCENAR treatment, or the main goal of treatment. Some stress is obviously a natural result of life's challenges and can be part of personal growth. Our need for stress management is becoming huge.

During chronic stress, the Sympathetic Nervous System (the "fight or flight" response) becomes dominant when you're in danger of being physically hurt, verbally attacked or victimized, and when you suffer from allergies. (However, for real emergencies, we need the Sympathetic Nervous System to release adrenaline to stimulate the heart to work harder and send more blood to the muscles.) SCENAR helps by shifting the body towards the other nervous system -- the Parasympathetic ("sleep and heal") -- and eventually reaching a balance between the two.

The goal of SCENAR therapy is to return the body to a state of openness and normal physiological function: to relax muscles, relieve tension and restore energy flow, reduce the emotional component.