SCENAR THERAPY

Space-Age Therapy for your health

From – The Spinal Injuries Association
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“Russian invention to keep astronauts in peak condition could be the latest and most revolutionary weapon of the alternative health industry”, Daily Mail (November, 1999)

Back in the 1970’s when Star Trek’s Dr. McCoy healed people with a device that looked just like a remote control, little did we know that Russian Scientists had begun working on a similar gadget. Twenty years later the Scenar (Self-Controlled-Energo-Neuro-Adaptive-Regulator) is making dramatic changes to Russian healthcare. In Russia, the Scenar device is the first thing that is applied to an injured body, no matter what the injury, whether it is a Spinal Cord Injury or a burn. Here in the UK, Scenar Therapy is undergoing rigorous medical testing procedures, and after only being available in the United States for the past seven months it has taken the U.S. medical world by storm.

One of the pioneers of Scenar Therapy in the U.K. is Stephen Coleman. Stephen is an accredited Scenar Therapist). Stephen, a sports scientist, masseur, and nutritionist, has nearly 6 years of experience in Spinal Cord Injury Rehabilitation having been trained in the Dikoul Institute form of exercise therapy.

Since training in Scenar Therapy Stephen has introduced it into his clinic, The BodyWorkshop, and has dramatic results with Spinal Cord Injury clients, “Scenar Therapy has optimised and revolutionised our Rehabilitation Therapy. At The BodyWorkshop we have witnessed increased sensation, strength, energy and functional movement, a reduction/removal of pain, hypersensitivity and spasm, and improvements in bowel, bladder and respiratory function. Strengthening supposedly ‘paralysed’ muscles when performing exercises, or whilst walking on our treadmill (with overhead harness) has been so much easier for our clients once their muscles have been ‘woken-up’ with Scenar therapy. Thus, improvements happen that much more quickly.”

One such client is Vivien Mills, who suffered a Spinal Cord Injury back in May 1997. Five years later Vivien has progressed to being able to walk with the assistance of two sticks, even though she has very little sensation in her feet and back of her legs. “It’s bloody hard to walk when you can’t feel whether your feet are on the ground or not, Vivien says. The aims of the treatment were to:

- Increase strength in hamstrings, abductors, and ankle muscles
- Increase sensation in these areas and her feet.
- Improve bladder function.

First Course of Treatment (10 sessions, 1 or 2 times per week)

Scenar was applied to Vivien’s Spinal Column taking ‘readings’, and treating the whole body via the Central Nervous System. During the treatment of Vivien’s spine she had sensations of tingling throughout areas of her legs and feet. During the second part of the session treatment then became more specific to Vivien’s complaints: Her legs and feet. Sometimes treatment would be applied to her legs, and then during the next session to her arms. This provides the brain with a comparison: what is unaffected (arms) and what is (legs).
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During every treatment Vivien had sensations throughout areas of her legs and feet where she usually feels nothing. This firstly would only last for about 24 hours, but over the course of treatment it built up to being continuous. After 2 treatments, Vivien commented on an increase in strength in her hamstrings, and after 7 sessions Vivien stated that her abductors were ‘waking up’ and having some functional movement. “Scenar has improved both the coordination of my movement and my proprioception...when swimming my breaststroke technique has improved enormously as my leg muscles are working together in more coordinated patterns,” Vivien stated.

Second Course of Treatment (10 sessions, 5 times per week)
After the results of the first course Vivien became much more committed to Scenar Therapy and received intensive therapy. During this course of treatment the Scenar was applied in similar areas, but additionally the Genito-Urinary System (Kidneys, bladder, etc) was treated. The improvements continued, visually it could be seen and Vivien could feel that she was beginning to gain ‘toe-off’ (being able to push forward with her foot when walking). The areas of no touch sensation were decreasing in size, and post bladder treatment her bladder felt ‘normal’.

“I just used to feel ‘something’ in my bladder before Scenar, but now I do know when my bladder is full. Before Scenar I used to go to the toilet and be unable to pee, Scenar is helping me regain control of my bladder function,” commented Vivien.

One week after the treatment Vivien had discarded her walking boots (with ankle support) in favour of trainers; her ankles were much more stable. The large amount of swelling around her ankles is decreasing as she can now functionally use her lower leg muscles.

“The biggest bonus I have gained from Scenar Therapy is that I have been able to discard my hiking boots and now wear sandals in the summer, making me feel more like a human being,” said Vivien.

What is Scenar Therapy?
Scenar Therapy is a holistic form of therapy, which stimulates the nervous system and teaches it to heal itself. Russian Scientists discovered that every cell in the human body emits a signal, and when it becomes injured the damaged cell emits a disharmonic frequency. This frequency has a direct affect on the skin that is protecting the cell; it is well known that the skin is closely interconnected with all functional systems and organs, and it takes part in all body reactions, i.e. the skin reflects the internal medium of the organism. Sometimes the skin visually displays damage, e.g. warmth or redness. However, often the damage can’t be seen, and Russian scientists found that the skin changes it’s RESISTIVITY due to damage beneath it.

Scenar is applied directly to the skin and emits an electrical impulse almost identical to a human neural impulse. This impulse oscillates at extremely high amplitude, unlike TENS, Neuro4, etc, and is thus able to stimulate Neural C-Fibres. The benefit of this is that C-Fibres make up 85% of human nerve fibres connecting all organs of the body. This goes some way to explaining why our clients can feel areas that they were previously unable to.
The Scenar device has sensitive on-board software that scans the body and detects changes in the skin's resistivity. Once a damaged cell has been located the Scenar sends an impulse into the body. This impulse is transported to the brain, and the brain responds by attempting to harmonise the frequency emitted from the damaged cell, and thus alter the skin's resistivity. The Scenar responds to this change and thus sends a different impulse into the body. This process continues until the cell is harmonised. Therefore, each impulse is different from the previous one, unlike TENS, Neuro4, etc. This continually changing impulse makes it impossible for the body to get used to the impulse; if the impulse was identical the body would eventually get bored and stop 'listening'. The Scenar is the only machine capable of this type of feedback with a client, (it has recently been FDA cleared as a class 2 biofeedback device) thus training the body to repair itself.

The Scenar device not only causes the nervous system to release neuropeptides, our body’s natural healing chemical, but it activates our Serotonin and Opiate mechanisms, our body's natural pain-killers. These neuropeptides are delivered into the bloodstream and broken down into many compounds that are themselves bioactive. As a result homeostasis is gradually and gently restored.

**Training**
Train to be a Scenar Therapist with “Pacific Health Options” ask when we will be visiting a city near you.