

A Special Scenar Treatment Method

developed by Dr. Alena Plieninger/Basel/Switzerland

I call this treatment method

Magic Gloves

magic, because the method is able to solve most of muscle- and soft tissue tensions. Therefore after the treatment patients feel **"reborn"**.

Reason for Development of this Method

I wanted the Scenar impulse to penetrate deeper into the tissue.

And I wanted to feel with my hands, using my tactile sense, where and how I work on the patient!

First I worked with the paravertebral pawns electrode (double bell) on wet skin. It was good, but it wasn't a real great sensation.

So I was looking at other Tens (*transcutaneous electrical nerve stimulation*) electrodes and treatment options and discovered the conductive electrodes (glove). After that it was easy to refine the method which I had developed for the paravertebral pawns electrodes.

General advantages of this method

- I use the well-known Scenar Impulse
- I encourage the muscles to contract, as if you were squeezing a sponge. Then the tissue can be re-supplied with fresh blood, so that the muscles, connective tissue, ligaments, bands, fascia, and joints have better circulation and can regenerate

Advantages of this Method for the Therapist

- I can feel the tension when I treat my patients. I can directly palpate/feel the tensions and treat them directly.
- By changing the position of the patient, I can detect and handle more tensions/problems.
- Thus, problems with muscle chains, meridians, hardenings of the tissues and adhesions can easily be solved.
- The therapist does not have to work so hard; besides, this method is good for self-treatment.

Advantages of this method for the patient

- With this method, I can work on deep muscles and soft tissue without causing pain to the patient, as commonly happens with other methods (triggerpoints, APM, Acupuncture, etc.).
- The muscles, connective tissue, ligaments, and tendons are gently loosened.
- The blood circulation of the tissue is stimulated over a large zone.

- Less or almost no pain
- Relaxed position for the patient (and the therapist)
- Very pleasant, most patients love this treatment.
Very few patients do not like this treatment, or are afraid of electricity
- Quickly (within 45 min.) the whole body can be treated
- Faster success
- Most patients, after the treatment, feel much more flexible, light as a feather, in a good mood, and reborn.

Applications

- Muscle tension of all kinds - neck stiffness, Frozen shoulder, tennis / golfers elbow, knee problems, ISG deformity, herniated discs, scoliosis, inflammations, jaw tension, metacarpophalangeal joint problems, etc.
- Adhesions, scars (even very deep/Endoscopy)
- Acute injury – compressions, ankle sprain, etc.
- Hardenings as Dupuytren's contracture can be softened very well.

Negative Experiences

- New patients after the treatment can experience muscle soreness. This usually lasts about 1 day.
- There are patients with severe muscle inflammations. Here, often only the mobility can be improved.
- A person, who could not tolerate the treatment, suffered from constant soft tissue pain. However, she was much more mobile than usual in 2 days.

Important

- Because many toxins from the treated tissue are released by this treatment, detoxification must be encouraged - excretory organs must be stimulated
- Liver must be stimulated - for example, use buds (Gemmotherapy), herbal medicine, ear acupuncture, reflexology, oxygen therapy, biochemical salts by Dr. Schüssler, Magnesium substitution, etc.

The Method: what you need

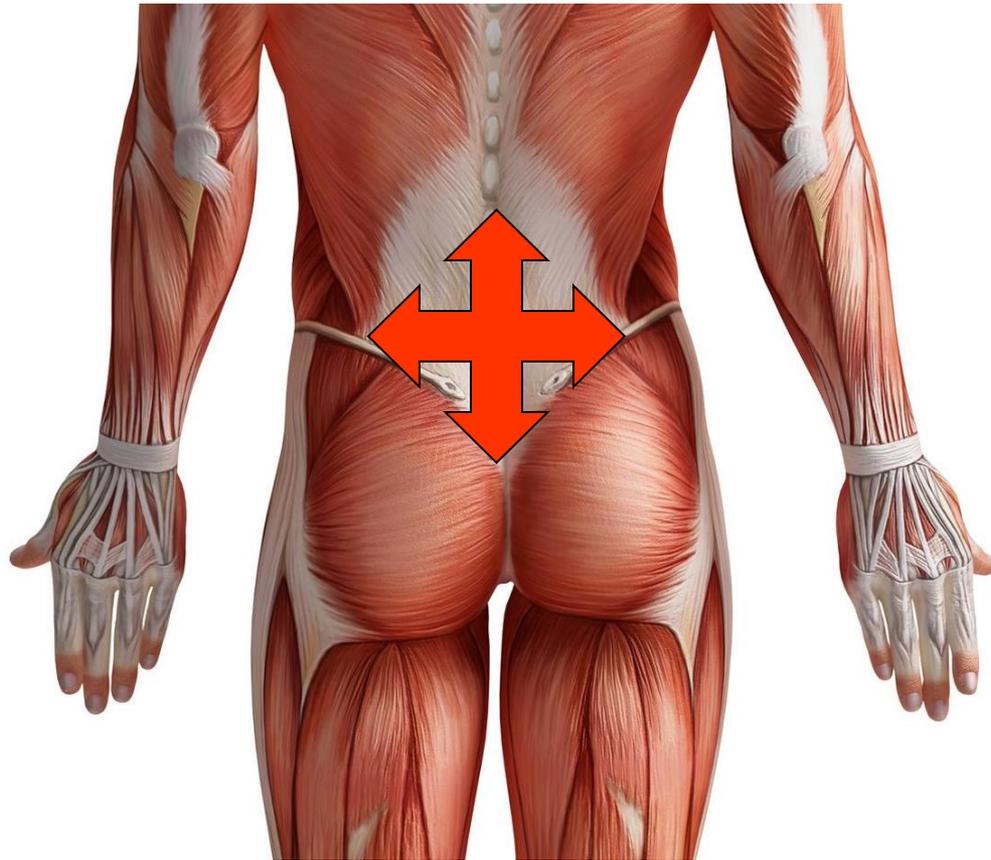
- Scenar Device (Expert, NT, Home, ..)
- Vinyl Gloves (2x)
- Slightly wet Tissue Electrode Glove (2x) = Magic Gloves
- Cable (1x)
- Your Hands (2)
- Your tactile Sense
- Patient/Therapist

Case History/Anamnesis

Watch well, scan well = work well

- What kind of complaints the patient has, how he evaluates the problems (important, not important)
- Behavior: sitting, standing, walking; accentuation of the body movement
- Scan / palpation - tenseness, trigger points, location of the pain - often they are not in the same place
- Do not forget - if there are tensions, shortenings of muscles, some part is overstretched = pain???

Example Back Pain



???Back Pain???

Pain and Discomfort in the Back has Effects on the whole Body

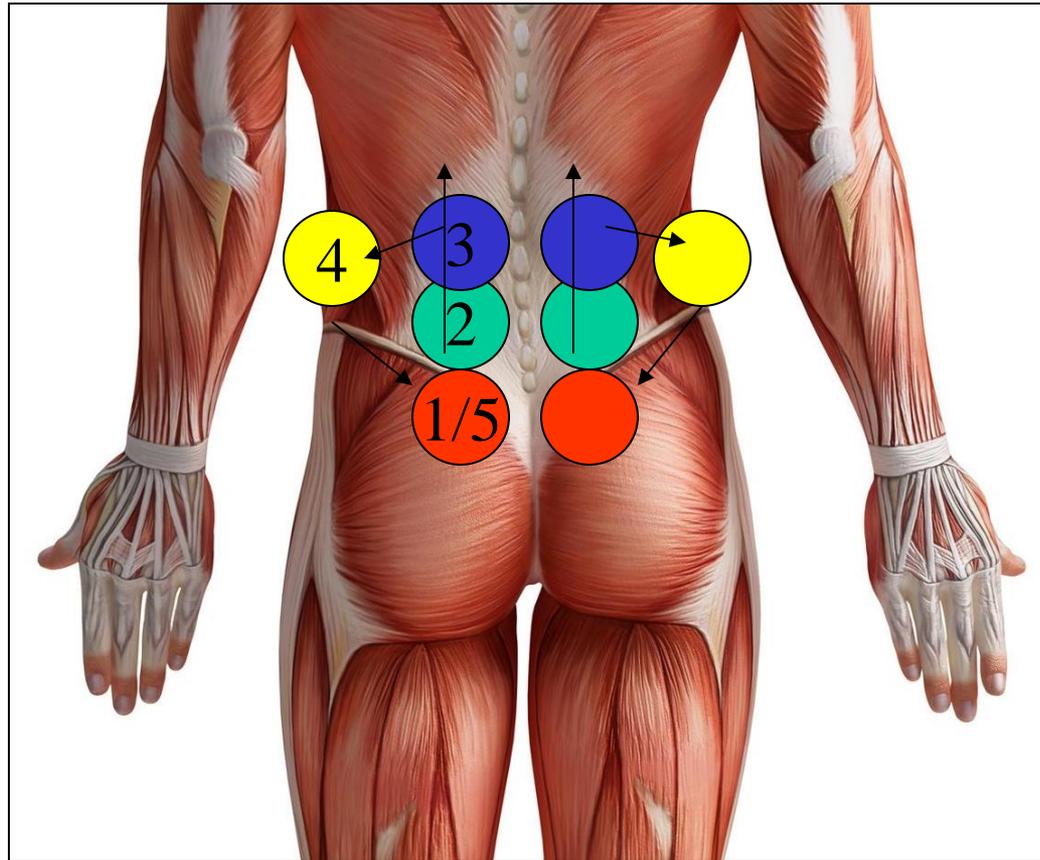
- Lumbar spine/LWS = reflexology for neck muscles attachment of the m. iliopsoas (herniated disc)
- Sacroiliac joint/ISG = a holy joint, reflexology for head
- Pelvic girdle = starting point of many muscles for: the lesser pelvis (OPs), pelvis (m. piriformis = ischialgie), back, groin, thighs, abdomen (diaphragm), shoulder (m. latissimus dorsi)

Setting the Scenar

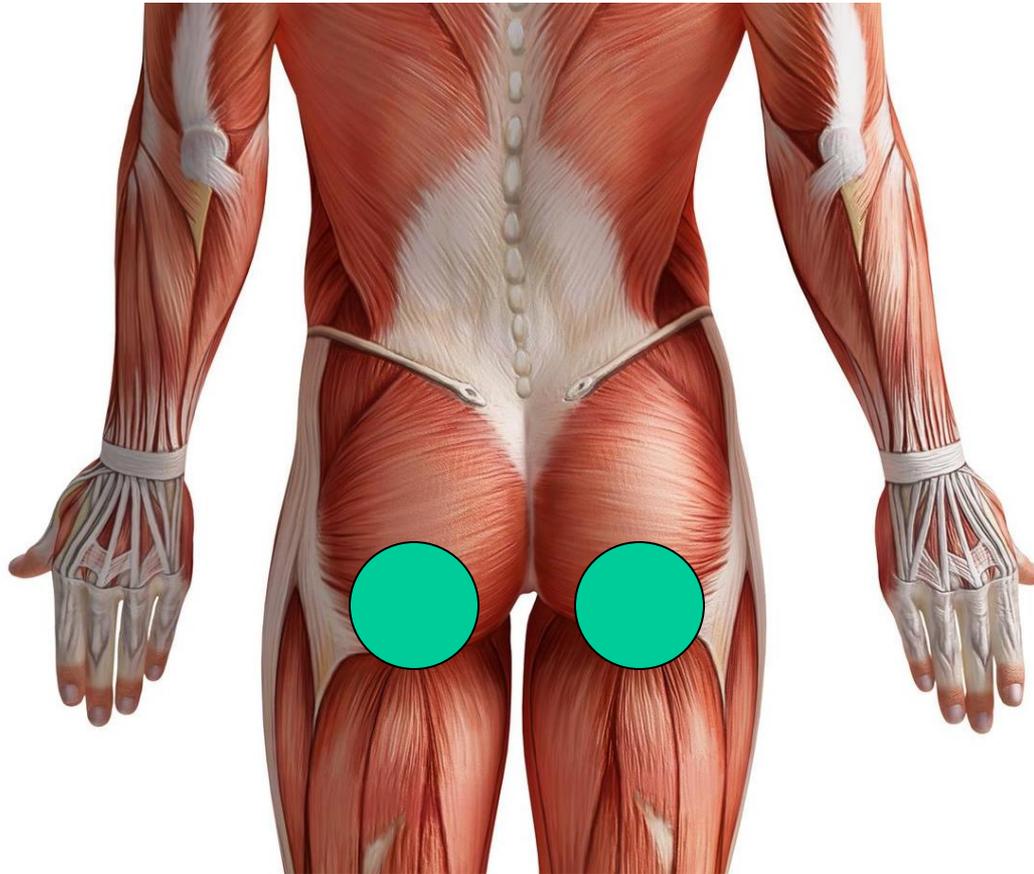
These are the settings that I use

- Scenar Expert, NT : AM = 1:1, FM = on (if chronic 16 Hz), Damp = on, Intens = let the patient decide (his favorite number is usually the best decision, where this setting is burning (change to 1) is often a problem zone
- Scenar Home : AM + FM on
- The patient should sit on a bed with his back to you
- Put your vinyl gloves on, then the wet electrode gloves, connect device and adjust the intensity so that the patient likes it; you have to feel the effect - fine vibrations and muscle contractions (you can first test the intensity on your own neck and then on the patients back)
- The patient gets used to the vibrations and muscle contractions shortly and normally wants to enhance the signal because it feels good for him/her

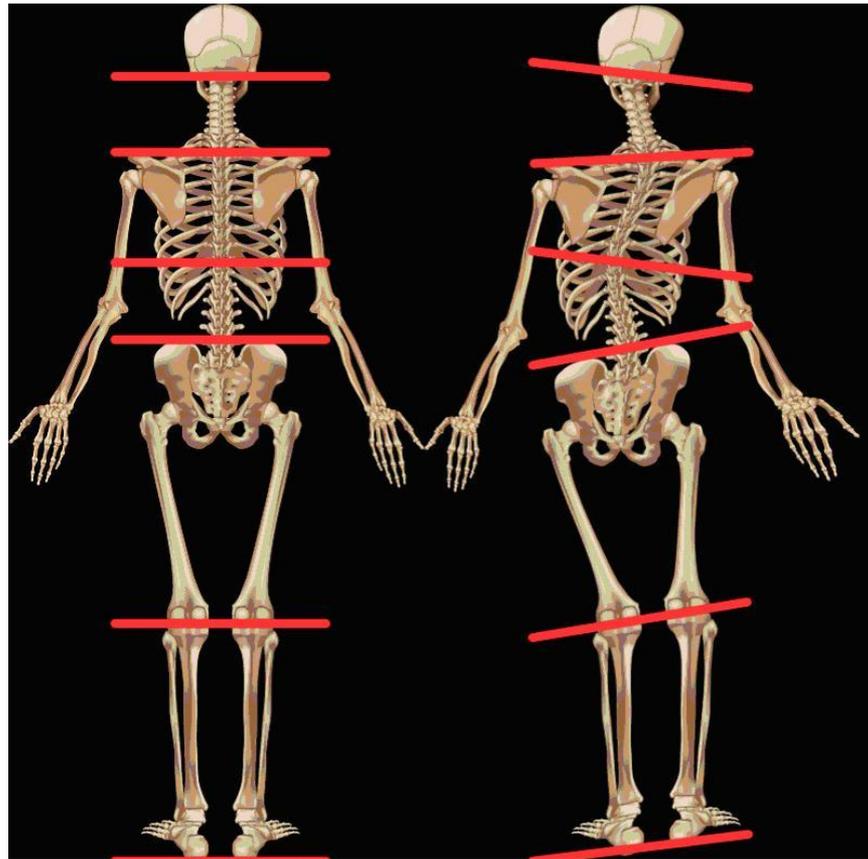
1. You put your hands flat at the ISG/LWS frontier (the two gloves should not touch = short-circuit) , then move up slowly with your hands, step by step, slightly past the last rib, then put your hands on the waist and after that go back to the ISG



2. The patient sits down on your hands = “you carry the patient on your hands”, you should feel the sit bones.
After a short time the whole basin should easily move like a swing, back and forth



During each treatment, observe whether both sides of the body work equally. Remain at the same place until you get the feeling that the muscles work almost equally and are softer.



Important Feedback

- At each treatment observe whether both sides of the body work equally. Remain at the same place until you get the feeling that they work almost equally and are softer
- **The patient should always comment on your work!**
- After the primary back treatment the patient has to get up, move, stretch and give his assessment (how he feels)
- The back should now be straight (upper arm above the highest point of the iliac crest, right angle), the back should have a lordosis/kyphosis (if possible) and the patient should stand upright rather than on his heels

I wish you a lot of fun with this
magic method

“Try everything possible and impossible”

Prof. A. Revenko

- Work with the Scenar as you like, but work with Scenar!