

Scenar Germany MD reports

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I qualified at the Royal Free Hospital, London and spent 15 years as a GP. Dissatisfied with the conventional approach to pain relief, I sought out more effective methods. When I first heard about Scenar therapy I was very sceptical as it seemed too good to be true. However after doing some research I was convinced of the fast and long lasting pain relief achieved using the Scenar device. I have been using this highly effective method of treatment with great success since 2000.

Mr J.G. 72 years.

A fall resulted in him fracturing the greater trochanter of his hip. He was in a lot of pain, walking with crutches unable to weight bear. He had been told by the orthopaedic specialist that it would take at least 8-10 weeks for full recovery. He had 7 Scenar treatments resulting in a rapid improvement in both pain and mobility. He was pain free and walking unaided after 5 weeks.

Mr L.V. 47 years

Low back pain for several months because of spondylolisthesis of the lower spine. No relief from a course of physiotherapy treatments. Walking bent over unable to straighten spine. After the first treatment he was able to straighten his back and walk upright again and the pain was considerably improved. Pain free after 6 treatments.

Mrs D.J. 40 years

Chronic fungal infection with infected eczema of finger. Works as a manicurist. The day after the first treatment there was a marked reduction in pain, redness and swelling of the finger.

Complete resolution of symptoms after 6 treatments.

She recently brought her 11 year old daughter to see me as she had been complaining of a painful foot when walking, and was about to go on a school activity trip for 1 week. When I examined her there was some redness and swelling on the sole of the foot. After one treatment the pain disappeared and she was able to participate fully in all the activities on the trip.

Mrs G.G. 62 years

Recurrent trigeminal neuralgia for 10 years. When I saw her she had been in severe pain for 3 months despite taking high doses of Gabapentin. After 2 treatments the pain had considerably improved and she was able to start reducing the medication. Following a course of 8 treatments she reported just the occasional twinge of pain. She recently came to see me again as she had acute low back pain. She was completely free of pain after 1 treatment. She was also delighted to tell me that since finishing the treatment 5 months ago, she had had no

recurrence of the trigeminal neuralgia pain and was off all medication.

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Case history:

A 29-year old woman

The patient consulted for recurrent painful tension, especially in the cervical spine region, due to poor posture at work.

Even after the first SCENAR treatment she had improved mobility and marked pain relief.

After two more treatment she was completely free of pain.

A notable feature during the course of treatment was the appearance of vegetative and mental symptoms of the type of the so-called healing crisis.

On the one hand this was expressed by a sore throat, runny nose, brief gastrointestinal symptoms and intense dreams in which traumatic stress situations could be worked through.

On the other hand, menstruation resumed after the very first treatment, having been very irregular with only one or two periods each years fur the last six years.

After a total of seven treatments the patient feels well and balanced, and has more self-confidence and energy. The mental trauma she suffered could be eliminated with SCENAR and the accompanying discussions.

Eighteen months after treatment the patient remains free of pain and is mentally stable and balanced. Her periods have been regular since the first treatment.

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SCENAR – A therapeutic system that has permanently changed my practice.

A few years ago I learned about SCENAR in London while on a homoeopathy course and I have used it in my practice since early July 2003. Now the SCENAR treatments have already begun to take up about one-third of my practice work, and my colleagues work about 50% of the time with SCENAR. The following brief case reports will show what can be achieved with SCENAR therapy.

Examples of acute problems:

Case 1: H.B, 55 years old ("self-test")

Problem: Deep cut of the ball of the right thumb caused by broken glass in the home during the evening, with a gaping diagonal gash about 6 cm long on the dorsal side of the thenar prominence.

The wound was treated by my wife (a nurse) and the edges brought together with Steri-Strip. Then a first SCENAR treatment directly on the wound, repeated 2 hours later. On the following day: full workload without any restriction. A first SCENAR treatment in the morning and 3 short treatments during pauses in work throughout the day and then more intensive treatment at home in the evening. Short treatments were applied when time allowed on the following days (the accident happened 4 days before a study trip to Egypt, with enormous workload before starting the holiday) Result: uninflamed wound healing, pain-free at rest from the first day, with tolerable brief pain when moving the thumb extensively. Negligible interference with my work.

Final result: unrestricted thumb function, barely noticeable scar.

Case 2: H.W, 49 years old

Problem: Acute enterocolitis with watery diarrhoea, stomach cramps, high fever and headaches (during Egyptian trip).

SCENAR treatment: initial treatment of the abdomen due to considerable stomach cramps; after a short time the cramps eased but shortly after that a new, more intensive stabbing pain arose on the dorsal side above the right elbow (first time, acupuncture point 3E 11) so that the treatment was then targeted at this pain point, with complete disappearance of the stomach symptoms and headache. Finally, further treatment of the abdomen with specific therapy for the diarrhoea.

Findings at the end of the treatment session: no pain, pleasant tiredness. Result: after this treatment session the patient slept for 4 hours. When he awoke and during the following hours and days he was fully fit and healthy again as if nothing had happened.

Examples of chronic problems:

Case 3: W.B, 74 years old

Problem: Chronic left ileo-sacral joint pain for months, not responding to treatment (physiotherapy and antirheumatics).

SCENAR treatment: Permanent freedom from pain was obtained with just 3 treatment sessions. The definitive breakthrough was achieved by treating the sterno-clavicular joint (reciprocal relationship to the ileo-sacral joint).

Case 4: J.W, 67 years old

Problem: Migraine not responding to treatment (1 or 2 severe attacks per week in recent months but previously less frequently; only slight relief with analgesics and triptans, and also only brief improvements with biophysical feedback therapy).

SCENAR treatment: the general zones of the back, neck/collar area and head were treated with a course of 9 treatment sessions.

Result: marked improvement even after the first treatment session and no more headaches after the 5th treatment. Generally much improved well-being and immensely improved quality of life.

Summary:

Both in acute medicine and in chronic problems previously unresponsive to treatment, it is possible to achieve therapeutic results that I could only have dreamed of previously. For me, SCENAR treatment is the discovery of recent years. It is the most valuable and effective new form of therapy that I have learned about during my professional development over 25 years or more.

Dr. med. Hans Bründler

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Mrs. Christa K., 70 years old

Poliomyelitis since the age of 20, later with chronic lumbar spine syndrome and polyneuropathy.

Severe lumbar spine pain, club-foot, no feeling in the legs down to the toes, reliant on a wheelchair. After 8 Scenar treatments the feeling has returned to her toes after an absence of 6 years and she can walk short distances again; the back pain has been 80% eliminated.

Mrs. Stephanie B., 79 years old

Severe polyneuropathy radiating out from the lumbar spine, worsening over the last 12 years. Feeling of the ground swaying under her feet and marked pain on the legs when touched. After 7 Scenar treatments the ground again felt firm under her feet and she was no longer worried about falling, the pain on touching was greatly alleviated and her consumption of medicines was greatly reduced.

Mr. Gerhard R., 85 years old

Shingle on the chest 4 years ago. Since then he has had severe chest pain every day, strong enough to make him cry out at night. All medicines have been tried. Uses Durocesic patches.

After just 3 Scenar treatments he could sleep through the night. After 6 treatment he was taking no medicines and did not even need the patches any more. Completely improved quality of life.

Mrs. Ruth St., 74 years old

Asthma patient since the age of 15 years. Since then fully pumped up with all possible sprays and medicines, especially prednisolone; has marked pulmonary emphysema, uses spray 6 times a day.

Breathing was much easier even after the first Scenar treatment. After 4 Scenar treatments she was using a spray only twice a day, and after 8 Scenar treatments used a spray only when needed (often governed by a change in the weather) and stopped all others.

Mrs. Birgit H., 43 years old

Trigeminal neuralgia for 10 years. After just the first Scenar treatment she was free of pain for 3 days. After five treatments she was completely pain-free and stopped all medicines. Patient overjoyed that at last something worked.

Mr. Jan M., 32 years old, scientist

Blind in one eye due to congenital glaucoma and highly fluctuating pressure increases in the seeing eye. The pressure stabilised, starting after 4 Scenar treatments. Scenar is an additional therapy and is acknowledged as effective by the ophthalmologist.

Mr. Gerhard St. , 91 years old

Chronic lumbar spine syndrome and osteoarthritis in the shoulder, hip and knee joints. Pain reduced by 70-80% after 6 Scenar treatments. Since the patient has only 10% eyesight, he is overjoyed that he can once again walk almost without pain. No pain at night. Stopped taking analgesics.

Mrs. Christa Z., 64 years old

Patient was operated on for ovarian cancer, with extensive removal of organs and lymph nodes. Now no longer operable. Tumour marker enzyme has increased and for 6 weeks she has had severe cramp-like stomach pain despite medication. After just 2 Scenar treatments the stomach pain was tolerable. After 4 treatments she was very largely pain-free. After 20 treatments, metastases were no longer detectable on MRI. Despite general mental stress, the patient is positive and wants to overcome the cancer.

Mrs. Anita K., 54 years old

Multiple sclerosis confirmed since 1996. Last flare-up in February 04. Patient almost confined to a wheelchair, severe pain in lumbar spine and legs. Phenomenal result after 9 Scenar

treatments. The patient is free of pain and walks without sticks; has strength and feeling in the legs. Scenar is being continued. Neurologist highly astonished.

Dr. Stary, Berlin

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Case 1:

Female patient. 16 year old

Diagnosis: Anorexia nervosa with secondary amenorrhoea

Due to her anorexia, the patient was successfully treated for a year with classical homoeopathy, leading to psycho-emotional stability and thus weight gain. However, periods did not return at that time.

After two treatments with the Scenar device she had two successive periods at normal intervals. They then were absent for three months. We therefore repeated the same two Scenar treatments again. Since then (followed up for 18 months) the patient has had completely normal periods.

Case 2:

Female patient, 58 years old

Diagnosis: Menopausal symptoms after total hysterectomy

The patient came to me after I had successfully treated one of her friends for very troublesome hot flushes. In fact I was pleased to be able to help my patients with hormonal problems (whether dysmenorrhoea, hypermenorrhoea with suspected uterus myomatosus, PMS, polycystic ovaries and menopausal disorders) even more effectively now. The Scenar accelerates the regulatory processes in the body in an astonishing way.

Now, this patient had certainly had ovariectomy-hysterectomy some years previously, after which she received various hormonal products but which she tolerated poorly in general and which did not improve the increasingly troublesome hot flushes.

Both homoeopathy and Scenar therapy are regulating procedures. But what if the organ that exerts this function is missing? I was rather sceptical.

After the first Scenar treatment things went poorly. She managed to get home all right but vomited all day long, had diarrhoea, dizziness and severe headache. She returned for a second session only many weeks later. Only after that, when she noticed how good she felt since then, how much less troublesome were the diminishing hot flushes, how her energy had

increased and how, as a secondary effect, her high blood pressure had started to normalise, did she have another 3-4 Scenar treatments. For six months now she has no longer taken any hormones or any antihypertensive medicines.

Case 3:

Patient aged 45 years

Diagnosis: right epicondylitis

Pain in the right elbow for six months, probably due to overstrain while playing tennis and too much PC work with the mouse. Various analgesics and cortisone injections had helped only briefly.

Pain is certainly the major field of application of Scenar therapy. The more acute and recent the pain, the faster does it generally improve. Significantly more sessions are often required in the case of long-standing pain.

I worked on this man in 4-5 sessions on the elbows, the "general zones", the horizontals, etc. without much success. Even with the Scenar, only brief relief of symptoms seemed to be possible. In the next two sessions I worked exclusively at a distance from the pain area, i.e. on the left knee. After that the patient remained free of pain. The Scenar technology seems to see the body as a single whole regulatory system. It forces us to move our focus from the site of the problem to the body as a whole. The better we do that, the more effective is our work with the Scenar.

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New forms of treatment in the Wertingen Hospital, Department of Surgery, Consultant Dr. W. Streifinger.

SCENAR therapy has been used routinely since June 2004 for the treatment of bone fractures in the Wertingen Hospital, an institution for basic and regular treatment with 60 surgical beds.

The aim is to utilise the anti-oedema properties and thus hasten joint mobility, wound healing, bone healing and even primary scar improvement, if necessary.

At first, the affected joints and distal calves of all patients with operated ankle fractures were treated from the day of drain removal in the "Diagnosis 0" therapy mode for 10-15 minutes, taking note of asymmetries and sticking points. The treatments were continued until these latter were balanced.

A very positive effect was found in the relation to the stated aims, with great acceptance by the patients and colleagues in the hospital. We immediately extended the indications to other fractures as well as after-care following prosthetic knee and hip joint replacement.

We did without anti-inflammatory treatment for these patients. Each patient received between four and six treatment sessions.

The senior consultant and a registrar in the department are SCENAR therapists and a physiotherapist has also been trained and performs inpatient therapy.

Due to the increased demand, the hospital has purchased a second SCENAR device and a ward doctor and another physiotherapist are being trained.

The hospital management approves of this innovative form of therapy and supports further training, especially since it shortens the time patients remain in hospital. Hospital employees can have free SCENAR therapy for various indications.

In the immediate neighbourhood there are three GPs who offer extensive SCENAR therapy. A SCENAR therapy week is planned in the hospital in which inpatients and outpatients will be treated. An experienced therapist from Russia will be our guest at this event in early 2005. This therapy week will be held like a workshop for hospital employees who are interested in SCENAR therapy. Other specialist departments will be invited to learn about the potential of SCENAR. On Saturday there will be a whole-day inter-regional meeting of users. The precise times will be published later.

The coordinator of SCENAR therapy in the Wertingen Hospital is
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Report of experience with SCENAR medicine

I have practiced conservative orthopaedics for 15 years and have experience with all modern instrumental and electromedical methods.

For 20 months I have successfully used SCENAR medicine in my practice. This "Self Controlled Energo Neuro Adaptive Regulation" has repeatedly proved its worth in many varied clinical applications. This noninvasive biofeedback-controlled electrical method is used in many varied ways for young athletes and in patients of all ages with orthopaedic, rheumatological, neurological and general medical conditions.

The treatment of a 46-year old professional musician was impressive. He had been freed of neck and shoulder pain by means of C6/7 vertebral disc surgery with ventral insertion of a titanium spacer, autologous bone transplantation and screwed plate, but suffered from persistent postoperative paravertebral pain at the T3/4 level. Even after follow-up therapy and outpatient rehabilitation plus intensive physiotherapy he was unable to hold his body in

position long enough to practice his instrument sufficiently to play with his symphony orchestra. As a private patient he sought advice from renowned physicians in Heidelberg, Hannover, Munich and Augsburg. The pain persisted despite many and varied pain therapy procedures involving injections, additional electrotherapy, TENS devices, massage and physiotherapy.

When SCENAR was used, there was a significant improvement in his findings after the 4th treatment. He was free of pain after the 5th treatment and was no longer restricted in his range of movement and physical performance. The threatened inability to work was thus averted and he was once again able to play in the symphony orchestra.

A 79-year old female patient had complained since girlhood of daily migraine-like headaches. During the last 10 years she had to get up two or three times every night. The constant headaches and disturbance of her sleep had completely worn her down and she had given up all hope of a normal life. She then accessed the SCENAR IGEL service. There was no significant change in her condition during the first five sessions but at the 6th appointment she burst into tears and stated emotionally that for the first time she had slept through the night without headache, "which was a wonderful thing. This was the best night since I was young". With subsequent treatment in the next three days the patient continued to be without headaches and could sleep through each night. A few days later she was able to celebrate her 80th birthday very happily, and her 81st birthday a year later. She repeatedly reported that she remained completely free of pain and could sleep all night through. She said "It is like being born again".

We treat all functional disorders and pain states, including joint contractures, painful movement restrictions, partial paralysis, scar problems and even pulmonary restrictions in asthmatics. The patients usually feel a positive response after each treatment and thus develop a positive attitude towards SCENAR therapy.

We often combine the Enerbalance sheet with SCENAR treatments. A female patient with chronic upper back problems first came to us for treatment after moving here from Munich and was free of pain immediately after the first combined treatment with the Enerbalance sheet and the SCENAR device, and was able walk home about 3 kilometres away. She had arrived at my practice in very poor condition by car and needed support to get into the consulting room. I have investigated SCENAR therapy in great detail and, as an orthopaedic surgeon and engineer, I am happy to use SCENAR medicine in my practice and to teach it during seminars at the SCENAR academy.

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From regular treatment of patients with SZENAR© 2004/2005:

A 52-year old factory worker had suffered a traffic accident with Le Fort's fracture and

subsequent atypical post-traumatic right suborbital facial pain. Initially there was continuous pain rated at 7/10, then pain of a neuropathological and trigeminal type, rated up to 9/10. After weekly Scenar treatment (local / reciprocal zones) the pain was reduced to 3/10. It was possible to reduce the doses of the associated medication with amitriptyline and carbamazepine.

A 43-year old skilled worker with chronic regional pain syndrome (CRPS) following a minor injury to the right hand, with acute pain episodes up to 10/10 and continuous pain of 7/10. There was also marked sensorimotor impairment. Conventional medical treatment had only a moderate effect. With Scenar treatment 2-3 times weekly, the pain perception was "mobilised", initially with intensified tiredness. Although the acute pain episodes felt when stressing the hand at work continued at the same intensity, the pain at rest decreased to 2-3/10. Threatened dependency on the prescribed opioids was also averted.

A 35-year old housewife had suffered a traffic accident with post-traumatic sensorimotor 4/5 paresis of the right leg and depression. After about ten treatments she showed the first clinical improvement of her sensorimotor state. There was also an improvement of her mental findings in terms of mood, drive and vegetative state.

Scenar treatment is usually given 1-3 times weekly. There are no side effects. Treatment is usually given according to the "local and reciprocal zones" concept. Together with a nonspecific improvement of mental state, patients tolerate the treatment very well. In most cases the doses of standard medications can be reduced or further dose increases can be avoided.

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I have used SCENAR therapy in my physiotherapy practice for five months now. After initial scepticism, I have become a convinced user of SCENAR therapy. Because I have many acute orthopaedic patients, I currently work mainly with the acute method or in vectors.

Experience reports:

A 37-year old patient fell backwards from a height of about 3 metres into a stream with 20-30 cm depth of water. He suffered no fractures but had a very painful contusion on the left side of his back. After one SCENAR treatment the pain had gone completely. After a few months, the patient is still free of pain.

A 60-year old patient with left lateral epicondylitis. The pain was eliminated with one SCENAR treatment.

A 40-year old patient with rib fractures and lung injury: he still had breathing problems during sports eight months after the accident. Four SCENAR treatments with the fir-tree technique were sufficient to eliminate the breathing problem.

A 75-year old female patient came to my practice with a shoulder injury. She complained of severe pain on movement of the shoulder joint and said that she could not move her arm. She also had difficulty in finding a pain-free position for sleeping. I treated this patient by the SCENAR acute method with reciprocal treatment of the healthy shoulder. Five treatments were sufficient to free the patient of pain so that we could start physiotherapy.

During physiotherapy, an 80-year old female patient stated that she had suffered from very troublesome diarrhoea for two years, which was being treated with cortisone without success. We were talking about the SCENAR device and she asked if her diarrhoea problem could also be treated with it. I told her that we could try. During the remaining 15 minutes of the treatment session I treated her entire abdomen by the acute method. The next day we had a telephone conversation in which she told me that throughout the night she had suffered diarrhoea even more severe than previously. However, on the next day the diarrhoea had vanished and her stools were normal. This state has continued for four months now. At the patient's request I have continued to treat her twice a month with the SCENAR apparatus for intestinal care.