

# Winning the Pain Game

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## SCENAR Life – Information Document

Dr. John A. Hache DNM



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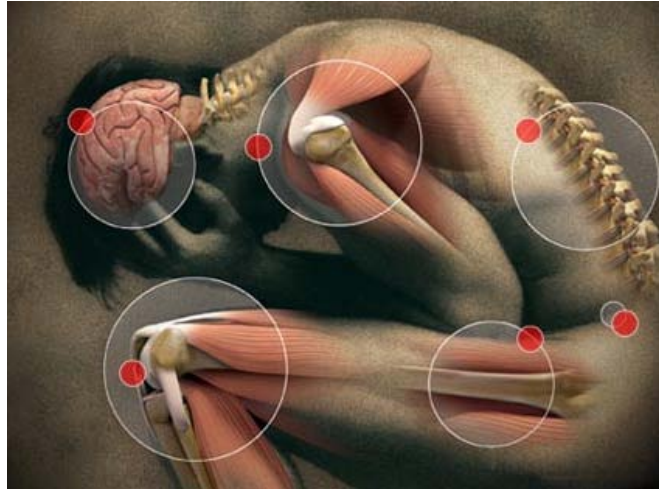
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There are generally two types of pain: chronic, where the pain is ongoing and occurs in such conditions as osteoarthritis, back problems, unresolved injuries etc; and acute, where a sudden injury occurs.



Suffering long-term ill-health with pain on a daily basis can be a debilitating and an ongoing challenge, with sufferers relying long-term on painkillers and drugs in order to cope. However, long-term medication may also come with its own risks or side-effects, and you can develop tolerance – which means you need higher and higher doses to get the same benefits. Using complementary therapies can assist in pain relief and minimizing medication. One such therapy is interactive neurostimulation, or Scenar for short.

This therapy originated in Russia where some 600 doctors use the technology. Many physiotherapists and sports clubs have also used the device to help get their 'expensive' players back on the field quickly after injury.

Interactive neurostimulation delivers pain relief through a small handheld device, which generates electrical pulses that stimulate the skin at the area of pain or inflammation and also the whole of the nervous system. In cases of very pronounced pain, the device sends a stronger signal to counterbalance it. The treatment is usually comfortable but the patient may feel a mild prickling sensation. Nerve c-fibres react to the electrostimulation and are responsible for releasing the regulatory peptides which accelerate healing. Pain relief is therefore achieved through the stimulation of the central nervous system and the release of the body's own painkillers, such as endorphins.

Additionally, more oxygen and nutrients are directed to the damaged cells, and waste products are removed, to accelerate the healing process. This means pain relief can be achieved naturally, without the use of drugs, and can have long-term benefits. It is used therefore for pain relief in both acute and chronic pain, for the relaxation of muscle spasms, to promote sports rehabilitation, for muscle re-education, to improve mobility and on muscular atrophy or weakness.

