

What is SCENAR therapy?

SCENAR is short for Self-controlling Energy Neuro Adaptive Regulator – a small machine first developed by the Russians for use by the cosmonauts so they would have a means of treating themselves without the need for drugs when in space.

A SCENAR machine is a short pulse electronic neuro-adaptive therapeutic stimulator - which makes it sound very complicated. In essence, it is easier to think of a SCENAR machine as a small but very effective and compact device offering electrotherapy.

How does SCENAR work?

The aim of a SCENAR treatment is to stimulate the body's own healing powers by emitting an electromagnetic signal which is almost identical to the human nerve signal. This signal travels along special types of nerve fibres to the brain, which results in the production of neuropeptides which rapidly advance healing. When applied to the point of pain, the brain also releases endorphins, the body's own powerful pain relieving substances.

SCENAR treatment is an entirely non-invasive biofeedback device which does not involve either drugs or surgery. It is operated by placing the device directly on the skin, where it collects electromagnetic signals that are modified and sent back to the body. This biofeedback is what distinguishes it from TENS machines and other electrical therapies.

What does it feel like?

When the machine is placed on the skin, it is adjusted until a gentle, tingling sensation is felt.

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