

Application of Scenar-technology in sports medicine

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Scenar-devices have shown themselves to be effective in a treatment of a wide variety of pathological conditions of the human body. They have also been well proven as highly effective under ambulance conditions.

Continual search for new directions in the application of Scenar have led to its use in sports medicine. Modern sport makes constantly increasing psychological and physical pressures. Topical examples of this include the treatment of sports trauma, enhancing emotional stability, treatment of general diseases, and complete and fast rehabilitation of athletes and players as well as an extension of an active sports life.

Portability, low weight and simplicity of application allow the Scenar device to be used not only in hospitals but at ‘on-the-spot’ training sessions, in transport situations, and during rest periods (such as at hotels). It is well known that the less time there is between trauma, injury or the beginning of a disease and Scenar-therapy the better the effectiveness of treatment, resulting in easier passage of the disease and a quicker recovery process. Thus the presence of a Scenar specialists at competitions, training sessions or other locations of a sports team can significantly increase the effectiveness of medical help.

One group of Scenar specialists has accumulated considerable experience in medical provision, in particular, for competitions on different super-marathon distances.

Because of high dynamic pressure and long duration of these competitions, athletes have repeatedly to resort to massage therapists, use of different ointments and an extension of their relaxation time in relation to the increased pressure. All this leads to a lowering of results. High numbers of participants usually also creates problems such as shortage of massage therapists and lack of available help for everybody.

The steps – Scenar meets sportsmen

In Odessa, Ukraine in April 1996 a regular race over 100km took place, with 56 runners from Ukraine, Russia, Moldova, Belarus, Germany, and Canada participating. Their ages ranged from 17 to 75 years. The circuit was built parallel to the sea coast, forming a ring 8km long. The Scenar specialists started with participants the day before the competition

started. Since most contestants had never heard about Scenar a lecture was given about the capabilities and applications of the device, and opportunity was offered to them to try it out. This invoked some interest and many questions. Two sportsmen, who because of previous traumas were not going to participate in the competition, but only came to support their team mates, decided to try the new therapy (one had a fractured tibia and the other a severe contusion of soft tissues). Their main complaints were intense constant pain in their legs. After 10 to 15 minutes of treatment they noticed significant improvement of their condition, and the pain disappeared. Then they wanted to participate in the competition along with the others and one of the sportsmen actually did so. The obvious results of this treatment procedure that had been witnessed by everybody, confirmed what had been said on the initial lecture and partly dispelled their doubts.

One more lecture was given on the next day right before the competition started. The offer was repeated and this time was accepted with greater enthusiasm.

Comparison with traditional massage therapy

During the course of the competition Scenar treatment was provided on the tables used by the massage therapists, working side by side with them. The main complaints of sportsmen after two hours of running, up until the finish of the competition were: spasms and 'blockade' of the leg muscles, and exhaustion of the ankles, pain in lumbar and sacral parts of the back. The sportsmen were now able to interrupt their run to get this speedier, versatile help -- the stop-watch did not stop!

Scenar specialists were working mostly 'on the complaint' and each successive appeal for help was considered as a new complaint. To relax back muscles and remove exhaustion and stress on the lumbar region, the spine and left and right vagal route ('3 pathways) were treated. Attention to tendons was shown to be very effective. Work on the lower extremities was finished off with two acupuncture points on the foot. Average procedure time was 5 to 15 minutes (sometime it was as short as only 2 to 3 minutes) which was significantly less than the time necessary for massage.

The sportsmen quickly noticed both a restoration of the work capacities of their muscles and relief of tiredness allowing them to increase their running tempo. With each new circuit more and more contestants asked for the help of Scenar specialists and fewer and fewer stayed with using massage. The effectiveness and speed of providing help spoke for itself, and the fame of this wonderful little device grew like a snowball. Good competition results were also achieved.

On the next day, after the event was finished, Scenar treatment was provided to a group of sportsmen to relieve tiredness. After that everyone concertedly got up and left for sight-seeing, exclaiming "Look! This has never happened before!"

Super-marathon successes

The Ukrainian Federation of Light Athletics, impressed with the results of the competition and the effectiveness of this new treatment soon invited the Scenar

specialists to provide medical help for the Ukrainian Super-marathon national team at the competition in Switzerland. Scenar specialist Oleg Lutov was sent to join the team. He started to work during the journey giving treatments to team members and their companions for renal colic, angina pectoris, upset stomach, toothache and headache. The treatment was given directly in the bus and in addition to direct medical benefits it had a significant economic effect due to avoiding expensive emergency help in Switzerland.

A lot of work was done during that competition, especially taking into account that during free time help was given to everybody who asked for it. Certain difficulties were created by the language barrier, but this was overcome. The Ukrainian National team took first place.

European sportsmen exposed to Scenar

After further accumulation of experience, a group of Scenar specialists decided to support our athletes in the 13th Super-marathon. On the 5th October 1996 in Odessa at the "Spartak" stadium the 1000 mile run was started. On the 14th October participants were joined by 6-day runners and on the 19th the European Cup "round-the-clock" run started. The competition was attended by the best sportsman, record-holders and prize-winners of different Super-marathon distances, came from Ukraine, Russia, Moldova, Belarus, Latvia, Lithuania, England and Germany.

The running and treatment was made easier by the fact that the whole event took place concurrently entirely in the stadium. Participants and audience could watch the progress and performance of both the treatment and the running. Sportsmen could watch the work of the Scenar specialists and make a decision of when to take a treatment. Generally each participant received 3 to 5 procedures per day. They showed good results and there were commendable responses from all those who undertook treatment.

The 1000 mile run exhibited some interesting and intriguing elements. For the first two days George Ermolaev was leading the field. He was an experienced athlete, holding the second fastest world result over this distance as well as world records over 1,300 miles and 2,700 miles. In the early beginning George set the pace for the competition, attempting to beat the existing world record. He declined to use Scenar support and later regretted it when he had to leave the race prematurely (then he could not avoid the Scenar procedure).

The pace of the competition was also supported by an English sportsman, eight times champion of Great Britain, Richard Brown, also seeking a new world record. On the third day of the competition he outstripped Ermolaev and continued to increase the gap between them. He only started to use Scenar procedures after the 4th day, deterred perhaps on the one hand because of the language barrier and English modesty, but prompted on the other hand by the obvious progress of the other sportsmen who used the treatment.

There was a lot of work for the Scenar specialists. Already in the third hour of the event a Russian runner from Istra, V Glaskov, suffered a deep wound between the 4th and 5th

fingers of his left hand following a fall. Scenar procedure on both sides of the hand and wrist joint quickly stopped the bleeding and removed the pain. There was no bandage required. On the night of the same day Glaskov was troubled by an old heel complaint and began to limp and to think about leaving the race. However therapy 4 to 5 times a day was suggested and the first 8 minute procedure completely removed the pain and inspired confidence and success.

Massage therapy abandoned for Scenar – A hailstorm of records

On the third day of the competition all the runners left their massage therapists to be supported only by Scenar specialists. All of them gave positive responses noticing significant lightness of run in comparison to their previous experience. Other benefits recorded were: increased tempo of run, reduction of rest time and significant improvement in the intermediate results.

As a result of the combined efforts of both the sportsmen and the Scenar specialists records began to fall as though from the “Hall of Plenty”. English sportsman Richard Brown (47yrs) established a world record over the distance of 1,100km, then over 700miles (8 days 9 hours 23 min48sec). His next world record was over 1,200km (9 days 1 hr 20min 24 sec). But then he had to leave the distance because of stomach-ache and upset stomach that started at night when Scenar specialists were not around. An emergency doctor fed Richard with pills that evoked severe vomiting – and as a result of this 5 hours were lost. His stomach-ache remained until he was able to receive Scenar treatment.

On the same distance of 1,200km the world record was also exceeded by I Vasutin (45 yrs) and V Glaskov who continued to limp a little because of his heel (he was continuing his Scenar procedures).

Rejuvenation Blanket reduces rest time

Completely unexpected for everybody was the arrival of the announcement that at the same time in Spain Alberto Aria improved the 100 miles world record by 2 hours 30 minutes. the run schedules had to be urgently reviewed to improve on this new record. But the strength and capacities of the sportsmen were already close to their limits. Scenar specialists suggested using the Rejuvenation Blanket. General body wrapping was done for 1 hour while sleeping. This allowed the general rest time to be reduced by 1½ hours to 2 hours. The sportsmens’ perception was of complete relaxation, relief of tiredness and emotional tension, and a flow of power as though they had rested for 5 to 6 hours or taken a sauna. Everybody was ready for new records.

First V. Glaskov and V. Vasutin established new world records over 1,500km respectively (11 days 15 hr 26 min 10 sec) and (11 days 17 hr 13 min 5 sec). Then Glaskov improved the 1,000 mile world record by 4 hrs 30 minutes (12 days 13 hr 32 min 41 sec) in spite of his heel. In fact after the finish he remarked that his sick left foot felt better now than the healthy one did before the race started.

The Ukrainian record, exceeding the previous world one, was established by Vladimir Vasutin (12 days 14 hr 55 min 21 sec). Outstanding results were shown also by Peter Silkin (13 days 5 hr 6 min), the record for Lithuania and the 6th highest in the world! In general, during the competition 21 world records were established – 5 absolute and 16 in different age groups. The help of Scenar specialists played a significant role. It was the first competition to show such impressive results – and the first one where the help of Scenar specialists was used so widely (along with the Rejuvenation blanket) and over such a long period. During the competition Scenar was also given to football players and supporters.

In conclusion

The many days of work experience clearly shows that Scenar-technology can be successfully used in sports medicine, both as emergency help and as a means to significantly increase and use the potential reserves of the human body. Certainly it would be worth each sports team to have on its own staff, a Scenar specialist who would monitor and support their team continuously.

Observing the capabilities of Scenar and the Rejuvenation Blanket at the above events, you can look with different eyes on the past's famous tragic episodes in sporting life, and realize that these two powerfully effective devices have a role to play in bringing about both a new era of records, as well as increased health and length of performance of the athletes.