



## Using the Scenar

This site has some videos that might help:  
<https://scenarworld.co.uk/resources/>  
**Instructions for Use – Personal Device (1 & 3)**

The Scenar takes a 9V battery

Power on / power off



- Hold square button (left) until unit beeps and screen lights up
- Hold square button down until unit beeps and screen goes dark to turn off

Select treatment mode & frequency



Triangle button (right) – press to move through different modes; 0 = mode is off / 1 = mode is on

D = dosing mode (will run for a set time, a dose)

FM = frequency modulation

AM = amplitude modulation

F = frequency (60Hz, 90, or 340) – default is 60Hz, can increase if desired

I usually have it set to:

- F= 60
- FM = 0 (off) if I want to do a brushing method; sometimes 1 (on) if I want to use electrodes on a site
- AM = 0 (off) if I want to do a brushing method; definitely 1 (on) if I want to use electrodes on a site

If using electrodes, attach them to the plug-in lead. Do NOT move to the next step until you've placed them on your body or you will really zap your fingers trying to handle them.

Set amplitude



Place the metal part of the device on skin or, if using electrodes, put the electrodes at treatment site (see next step for some description on how to place electrodes).

Now press the + button until you feel a tingling on the skin. Set it so that the strength of the tingling is still tolerable and not stinging/zapping (you can run it at a low level or a higher level based on what you want; higher level is supposed to be more effective). The number level (e.g; 25, 41, 50) for the amplitude will be different at each body site and each day.

- For electrodes in AM (amplitude modulation) mode, the Scenar will run from a low end of amplitude to the highest you set and then back down again. It will run this high/low treatment until you stop it.

Do your treatment (brushing or electrodes)

- **Brushing:** Run the metal electrode on the device over your skin in and around the area that hurts. Remember to treat the muscles and tendons that feed the site of the pain, not just the site of the pain itself. Brush in one direction (e.g., left to right) over the entire area, then change directions. You can brush in any direction and do a

	<p>treatment for 5-15 minutes. You may find that the electrode seems to “stick” in some areas; this means there is more tension or inflammation in that area. Drag the Scenar slowly over these areas – it will release itself and you may find that it gets less “sticky” as you conduct the treatment.</p> <ul style="list-style-type: none"> <li>• <b>Electrodes:</b> You should have placed the electrodes on your body – put one on a site nearest the pain and one further away but still connected to the muscles that attach to the site of pain. (For example, if I have pain between my shoulder blade and spine I would put one on the site and one lower down on my back). Run the AM cycles for as long as feels comfortable; you can move your muscles during the treatment. You can even hold the Scenar your hand and walk around during the treatment.</li> </ul>
<p>Finish the treatment</p> 	<p>Press and hold the – (minus) button to turn the amplitude all the way down before removing electrodes or when done with brushing treatment on a site.</p> <ul style="list-style-type: none"> <li>• Move the device or electrodes to the next treatment site, if needed, and reset the amplitude for that site by pressing the + button. Again, when done, turn the amplitude all the way down.</li> <li>• If completely finished, power off after turning the amplitude down.</li> </ul>
<p>Clean the device</p>	<p>Turn the Scenar off and then use rubbing alcohol on a cotton ball or cotton round to wipe the electrode. Allow to dry completely before putting the device back in its case.</p>