

## **InterX 5000**



**InterX** is Self-Controlled Energo Neuro Adaptive Regulator and a pioneering device invented by Russian scientists for use in the Space Programme by cosmonauts and is based on neuro stimulation

Since then, this line of treatment has evolved into a proven therapy for pain management. Now, through state-of-the-art engineering and manufacturing, the InterX 5000 is a new and improved version for the delivery of pain relief that is both safe and non-invasive.

### **Effective pain relief**

Unlike conventional electro-stimulation products, the device works interactively with the body. When applied to the skin, it transmits electrical impulses into the body that vary as the device encounters changes in the tissue. The dynamically changing impulse is designed to provide optimum pain relief and counter the body's natural tendency to develop a tolerance to static therapies.

This interaction is effective in the treatment of acute or chronic pain conditions, and is easy to learn and use. Its gentle electrical impulses interact with the nervous system to stimulate the area associated with the pain.

### **What does it feel like?**

As the device is moved over the surface of the skin a comfortable tingling sensation is felt. In cases of severe pain or acute conditions the sensations may be stronger. Typical treatments last from 15 – 60 minutes and involve the movement of the unit over the skin. The number of treatments needed will depend upon the severity of the condition and how long you have had the problem. Quite often patient's feel relief after the first initial but some conditions require multiple treatments to feel an improvement.

### **Safety**

CE marking for medical devices is based upon evidence that supports the safety and intended use of the marketed product. The device falls within the safety parameters of neuro-stimulation devices currently in the market. The technology has been safely and effectively used to treat thousands of patients throughout the world.

### **What conditions can Scenar treat?**

Many of the most common ailments and complaints that limit activities and quality of life have pain as a primary symptom. The device is effective in the treatment of acute or chronic pain conditions, as well as maintaining or increasing range of motion, increasing local blood circulation, and muscle relaxation and re-education.

The InterX 5000, which carries the CE mark, is intended for:

- Symptomatic relief and management of chronic intractable pain.
- Adjunctive treatment in the management of post surgical and post traumatic pain
- Relaxing muscle spasms
- Increasing local blood circulation
- Muscle re-education
- Maintaining or increasing range of motion
- Preventing or retarding disuse atrophy

In the UK, the British Standards Institute licensed the Scenar devices for pain relief. Russian experience is that Scenar affects all the body systems, stimulating the nervous system, because of the nature of the device.

Experience has shown that the device can help with patients where other treatments are unsuccessful, enabling a medical practice to improve the clinical outcomes for their patients.

Additionally, Russian experience suggests that by treating pain that it can be effective for a very broad range of underlying (pain creating) issues, including dysfunctions of the digestive, cardiovascular, respiratory, musculo-skeletal, urinary, reproductive and nervous system.

Users have at times found the device useful for managing ENT diseases, eye diseases, skin conditions and dental problems. It has also been found beneficial for burns, fractures, insect bites, allergic reactions, conditions of blood and disorders involving immune mechanisms, endocrine, nutritional and metabolic disorders, stress and mental depression, etc.

### **How frequent is treatment?**

In order to create a continuous flow of circulating regulative peptides Scenar action must be given quite often. For any fresh injury or any acute inflammatory process treatment needs to be intensive, ideally once or even twice daily. For chronic conditions, treatments are ideally given three or four times a week initially. As things improve the frequency can be reduced.

A course of treatment will vary from individual to individual, and takes into account such factors as the stage of the pathological process, the person's age, state of health, and so on.

### **How effective can it be?**

A substantial body of case studies, training, reports, and seminars give strong anecdotal evidence of the effectiveness of the device. Similar technology has been used in Russia since the 1980's, only in the last few years has the this technology begun to be used in Europe and the United States.

Data relating to 129 patients (51 males, 78 females) was collected through the experience of five trained practitioners and it was concluded that the device offers a means of total or significant pain relief to 90% of patients treated. Various complaints were treated during the data collection with back pain, frozen shoulder, plantar fasciitis and various types of arthritis being the most common. The treatment was considered effective if the difference in the level of pain as judged by the patient was greater than 2 points. Out of the total of 129 complaints, 34 were acute and 95 chronic. 33 (97%) acute patients experienced complete or significant pain relief; of the patients suffering from chronic pain 86 (90%) experienced complete pain relief or significant pain relief (see table below).

	Complete pain relief	Significant pain relief	No significant pain relief	TOTAL
Acute	29 (85%)	4 (12%)	1 (3%)	34
Chronic	39 (41%)	47 (49%)	9 (10%)	95
TOTAL	68	51	10	129
% OF TOTAL	53%	40%	7%	

**TABLE. Effectiveness of the treatment on acute and chronic complaints.**

### **What about my conventional treatment?**

If you are receiving treatment from your doctor it makes sense to inform him about Scenar therapy. Treatment with Scenar may enable you to reduce or even stop taking some medication, and this can be done under the supervision of your doctor.

### **How does it differ from other therapies?**

There are several ways in which it differs from other electrical therapies.

Unlike TENS machines, each impulse is different from the previous one so the body is unable to adapt to the signal. The impulse of the InterX 5000 responds to the condition of the tissue it touches in the instant it makes contact. It then continues to adjust as the body responds and communicates its changes through the skin. Hence the InterX 5000 is a truly interactive device. This interactive capability not only provides an immediate result, but it also counters the body's natural tendency to develop a tolerance to static therapies.

### **What is the functional principle?**

The following represents current understanding.

The impulse is high amplitude so it stimulates C-fibres, which makes up about 85% of the nerves in the body. That explains quick effectiveness of Scenar therapy on the whole body. The experience of pain in the body is a result of the activation of special local nerve endings as well as patterns of dysfunction in the nerve bodies and the Central Nervous System (CNS) itself. It is surprisingly common for a condition to evolve from a state where pain is experienced at an appropriate warning level to one in which it is felt too much or too easily. The device interfaces with these powerful pain sensing systems.

C and A-delta nerve fibers are responsible for conducting into the Central Nervous System the stimulation that results in the experience of pain. Some 70% of the Peripheral Nervous System is composed of C fibers and the most of the Autonomic Nervous System is made up of the same nerve fibers. The high amplitude, low current impulses are uniquely suited to stimulate the very small C and A delta fiber receptors. This interactive stimulation assists in modifying the electro-chemistry responsible for the sensitivity threshold of these special pain nerves, with the result that pain sensations are reduced. Both local tissues and structures in the CNS, such as the hypothalamus, respond with the production of dynamic neuro-peptides that send commands far and wide throughout the body to regulate pain and erase the patterns that allow its return.