

## PILLAR

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better postural awareness, and reduced low back pain in multiple studies. The equipment-based options in Pilates provide assistance or resistance that can be precisely graded for individual needs.

Eldoa's approach differs fundamentally through its use of sustained static positions rather than flowing movement, emphasis on fascial tension rather than muscular strengthening, and focus on specific segmental effects rather than global patterns. The study comparing Eldoa to Pilates for hamstring flexibility in football players found both effective but Pilates showing larger effect sizes, suggesting different mechanisms creating varied outcomes. The clinical decision between approaches often depends on primary treatment goals—Pilates for patients needing movement control and strengthening, Eldoa for those requiring specific joint decompression and fascial work. Many practitioners successfully combine approaches, using Pilates for movement re-education and strengthening while incorporating Eldoa for targeted mobility work. This integration respects each system's strengths while providing comprehensive intervention addressing multiple aspects of dysfunction.

## Piriformis Syndrome

The 2020 study examining Eldoa for piriformis syndrome provided valuable insights into both the technique's potential and its limitations compared to established interventions. Despite significant improvements in the Eldoa group with pain reducing from  $7.00 \pm 2.75$  to  $3.00 \pm 1.75$ , post-facilitation stretching proved superior across all measured outcomes. This finding challenges assumptions about Eldoa's universal applicability while highlighting the importance of matching intervention to specific conditions. The results suggest that conditions primarily involving muscle dysfunction may respond better to techniques directly targeting neuromuscular inhibition rather than Eldoa's broader fascial and joint-focused approach.

The clinical implications extend beyond simple effectiveness comparison to inform integrated treatment strategies. Piriformis syndrome often involves multiple components including muscle hypertonicity, sciatic nerve irritation, sacroiliac dysfunction, and L5-S1 joint restrictions. While post-facilitation stretching may excel at addressing the muscular component, Eldoa might contribute by addressing associated spinal and sacroiliac dysfunction that perpetuates piriformis irritability. The sustained positioning of Eldoa could complement the neurological inhibition of PFS, creating more comprehensive intervention than either technique alone. This exemplifies how research revealing one technique's superiority needn't exclude the other from treatment but rather clarifies optimal sequencing and integration. Future research should examine combined approaches and identify patient subgroups who might respond preferentially to each intervention.

## Postural Assessment

The systematic evaluation of posture forms the foundation for appropriate Eldoa prescription, though the definition of "ideal" posture requires nuanced understanding beyond rigid