

## PILLAR

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**Landing Mechanics:** How you land when jumping. Good back flexibility helps you land softly like a cat, not hard like a rock.

**Ligamentous Laxity:** When the rubber bands holding your joints are too loose. These people need to be extra careful with stretching.

**Load Management:** Balancing hard exercise with rest and recovery. It's like not doing all your homework in one night.

**Lordosis:** The natural curve in your lower back. Too much curve can hurt, so Eldoa helps make it just right.

**Low Back Pain:** When your lower back hurts from sitting, lifting, or moving wrong. Eldoa teaches special positions to help.

**Lower Crossed Syndrome:** When some muscles are too tight and others too weak, making an X pattern. Eldoa helps balance them out.

**Lumbar Spine:** The lower part of your backbone. It does lots of work holding you up and needs special care.

**L4-L5 Segment:** A specific spot in your lower back that often gets sore. Eldoa has special exercises just for this spot.

**L5-S1 Junction:** Where your lower back meets your pelvis - a very important and often painful spot. Many athletes hurt this area.

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**Manual Therapy:** When someone else moves your body to help it feel better. Eldoa is different because you do it yourself.

**McKenzie Method:** Another way to help back pain using different exercises. Sometimes it works better than Eldoa for certain problems.

**Mechanoreceptors:** Tiny sensors in your body that feel stretching and movement. They help your brain know what's happening.

**Mechanical Decompression:** Using machines to stretch your back. Studies show Eldoa works better because you control it yourself!

**Motor Control:** How well your brain controls your movements. It's like learning to ride a bike - practice makes it automatic.

**Movement Quality:** Moving smoothly and easily instead of stiff and jerky. Good movement quality is like a dancer versus a robot.