

## PILLAR

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network of viscoelastic fascial chains under constant tension. This model explains how mechanical forces distribute through fascial networks rather than concentrating locally, providing the mechanistic basis for Eldoa's ability to affect distant structures through targeted segmental spinal work. Research demonstrates mechanical force transmission along myofascial chains containing contractile myofibroblasts capable of actively modulating tissue stiffness and transmitting forces between structures that may be anatomically distant but fascially connected.

## Block Periodization

The integration of Eldoa within block periodization training models requires careful consideration of training phase objectives. During the accumulation phase, comprehensive spinal normalization protocols address the general physical preparation needs while establishing the movement quality foundation for subsequent training. The transmutation phase shifts to performance-specific Eldoa selections that support the increasing sport-specific demands while managing the compensatory patterns that emerge with higher training intensities. The realization phase requires minimal maintenance protocols to preserve spinal health without interfering with the neuromuscular freshness required for competition. When utilizing the conjugate method, daily rotation of targeted segments prevents accommodation while ensuring all spinal regions receive appropriate attention throughout the training cycle.

## Blood Pressure Normalization

Clinical evidence from cervical decompression surgery demonstrates blood pressure reduction in patients with cervical spine pathology, suggesting Eldoa's potential cardiovascular applications through similar mechanisms. The relief of nerve root impingement affecting autonomic tone represents a plausible pathway, particularly given that T1-T5 segments control cardiac sympathetic innervation. Enhanced vagal tone through improved spinal mobility could theoretically shift autonomic balance toward parasympathetic predominance. Research showing that lumbosacral epidural stimulation can normalize blood pressure in spinal cord injury patients further supports the concept that spinal interventions can influence cardiovascular function, though direct studies measuring blood pressure changes during Eldoa practice remain notably absent from the literature.

## Body Awareness

The development of enhanced proprioceptive awareness represents a fundamental benefit of Eldoa practice that extends beyond simple flexibility or strength gains. The requirement for total mind-body awareness during the 60-second holds creates a meditative quality that practitioners report as both challenging and centering. The precise postural positioning required, often involving 12 or more instructional cues for basic positions, demands a level of conscious muscular activation and spatial awareness that many modern adults have lost through