

# PILLAR

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**Guy Voyer:** The French doctor who invented Eldoa. He wanted to help people fix their own backs without always needing a doctor.

## H

**Hamstring Flexibility:** Being able to touch your toes easily. Eldoa helps tight hamstrings by working on your whole back and leg together.

**Head Position:** Where you hold your head. Good head position is like balancing a book on your head - it should feel easy!

**Healthcare Integration:** How Eldoa fits with other medical treatments. It's like adding a new tool to a doctor's toolbox.

**Hip Decoaptation:** Special exercises that make space in your hip joint. It's like gently pulling your leg to make more room in the hip.

**Hockey:** Ice hockey players often get back pain from bending over to skate. Eldoa helps them stand tall off the ice.

**Hold Duration:** Keeping each position for 60 seconds. It's like holding your breath underwater - challenging but not too long!

**Home Exercise:** Doing Eldoa at home instead of going somewhere special. You can do it in your bedroom or living room!

**Hydration:** Drinking enough water helps your body's tissues stay healthy. It's like keeping a sponge moist so it stays soft.

**Hypermobility:** When your joints bend too much, like being double-jointed. People with bendy joints need to be careful with stretching.

## I

**Individual Variation:** Everyone's body is different, so exercises need to be adjusted for each person. It's like how everyone needs different sized shoes.

**Inflammation:** When body parts get swollen and sore, like a scraped knee. Eldoa should wait until bad swelling goes down.

**Injury Prevention:** Stopping injuries before they happen. It's like wearing a helmet to prevent head injuries - Eldoa prevents back injuries.

**Integration:** Making all parts of your body work together smoothly. It's like an orchestra where all instruments play in harmony.