

## PILLAR

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**Intensity:** How hard the exercise feels. Eldoa should feel like work but not sharp pain - like carrying groceries, not moving furniture.

**International Sports:** Athletes from around the world use Eldoa. It works for all people, no matter where they're from!

**Intervertebral Disc:** The jelly donut cushions between your back bones. Eldoa helps keep them plump and healthy.

**Intervention Timing:** When to start exercises after an injury. It's like knowing when a cut is healed enough to play again.

**Inversion Therapy:** Hanging upside down to stretch your back. Eldoa is different because you control the stretch yourself.

**Irritability:** How easily something gets angry or sore. Some injuries are cranky and need very gentle exercises at first.

## J

**Joint Mechanics:** How your joints move, like hinges on a door. Eldoa helps them move smoothly without squeaking or sticking.

**Junction Points:** Places where different parts of your spine meet, like where train tracks connect. These spots often need extra help.

## K

**Kinesthetic Awareness:** Knowing where your body is without looking. It's like being able to touch your nose with your eyes closed!

**Kinetic Chain:** How movement travels through your body like a chain reaction. When one part moves wrong, it affects everything else.

**Knee Injuries:** Eldoa can help prevent knee problems by making sure your back and hips work properly. It's all connected!

**Kyphosis:** When your upper back gets too rounded, like a turtle shell. Eldoa helps straighten it out gently.

## L

**Lateral Flexion:** Bending sideways like a windshield wiper. Eldoa helps you bend equally to both sides.