

PILLAR

Proprioception: Your body's GPS system that knows where everything is. Eldoa makes this system work better!

Protocols: Step-by-step plans for which exercises to do. It's like following directions to build a Lego set.

Q

Quality Control: Making sure all Eldoa teachers do things the right way. It's like making sure all pizza places make pizza correctly.

Quality of Life: How good you feel doing everyday things. Eldoa helps people enjoy life more by reducing pain.

Quantitative Analysis: Using numbers to measure how well Eldoa works. Scientists measure things like how much pain decreases.

Quadratus Lumborum: A deep back muscle that helps you bend sideways. When it's tight, Eldoa exercises can help loosen it.

R

Range of Motion: How far you can move in each direction. Eldoa helps you move farther without getting hurt.

Reaction Time: How fast you can respond to things. Good posture from Eldoa helps you react 10% faster!

Recovery: Getting better after exercise or injury. Eldoa helps your body recover faster by reducing stress on your spine.

Recurrence Prevention: Stopping problems from coming back. It's like learning to brush teeth properly so cavities don't return.

Red Flags: Warning signs that you need to see a doctor right away. These include very bad pain or numbness.

Rehabilitation: Exercises and treatments to get better after injury. Eldoa can be an important part of getting back to normal.

Reliability: Making sure exercises work the same way every time. Good teachers make sure everyone learns the right way.

Remote Work: Working from home on computers. This can hurt your back, so Eldoa helps people who work at home.