

## PILLAR

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while avoiding the fatigue that compromises position quality. The 11-12 week program duration for optimal results aligns with established timelines for connective tissue remodeling and neuromuscular adaptation, suggesting that shorter programs may provide temporary relief without creating lasting structural changes.

Sport-specific adaptations to these general frequency guidelines reflect the varying demands of different activities and training phases. Pre-season periods typically employ daily Eldoa sessions to establish a foundation of spinal health and movement quality before intensive sport-specific training begins. In-season maintenance reduces to 3-4 sessions weekly, preserving gains while avoiding interference with sport practice and competition. Competition weeks require careful reduction in frequency to prevent any temporary instability that might compromise performance, often limited to familiar maintenance exercises. Post-competition protocols emphasize immediate intervention with 3-5 targeted exercises to address acute compression before inflammatory processes become established. Off-season periods allow for comprehensive protocols addressing accumulated dysfunction and preparing for the next competitive cycle. This periodized approach recognizes that optimal frequency varies with training stress, competitive demands, and individual recovery capacity.

## Functional Movement

The integration of Eldoa selection with functional movement assessment represents a evolution from symptom-based to movement-based treatment paradigms. Rather than simply addressing pain location, this approach identifies the movement dysfunctions creating symptoms and selects Eldoa exercises that restore optimal patterns. Movement screen findings revealing limited hip mobility might indicate L5-S1 and hip joint protocols even if pain manifests in the upper back, recognizing the kinetic chain relationships that create distant symptoms from local dysfunction. Sport-specific movement analysis ensures that improved mobility translates to enhanced performance rather than simply increased range without functional application.

The restoration phases following Eldoa intervention demonstrate predictable progression that guides treatment planning. The acute phase necessarily focuses on pain reduction and basic movement restoration, using positions that decompress symptomatic segments while avoiding provocative positions. As symptoms improve, the functional restoration phase introduces multiple spinal levels and more challenging positions that address compensatory patterns throughout the kinetic chain. Performance preparation integrates sport-specific movements with Eldoa positions, ensuring that improved segmental mobility translates to enhanced athletic function. The maintenance phase prevents recurrence through regular practice of key exercises identified as most beneficial for each individual. Finally, the optimization phase explores advanced positions and variations that continue challenging the system for ongoing improvement. This systematic progression ensures appropriate challenge at each stage while building toward full functional capacity.

## Future Research Priorities