

# PILLAR

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**Visual Performance:** How well your eyes work during sports. Good posture helps your eyes track balls and other players better!

**Volume Parameters:** How much Eldoa to do - usually once a day when fixing problems, then 3-4 times a week to stay healthy.

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

## W

**Walking Patterns:** The way you walk. Eldoa can make walking feel easier and smoother.

**Warm-Up Protocols:** Getting ready before doing Eldoa. Some people warm up first, others just start gently.

**Weight-Bearing Considerations:** Whether to do exercises standing up or lying down. Most Eldoa is done lying down to be gentler.

**Wellness Programs:** Exercise programs at work or school to keep people healthy. Many companies now include Eldoa.

**Whiplash:** Neck injury from car accidents or falls. Eldoa must be very careful and gentle for these injuries.

**Women's Health:** Special considerations for women and girls. Eldoa needs different rules for pregnant women.

**Work-Related Disorders:** Problems from sitting at desks all day. Eldoa is perfect for fixing computer-related pain!

**Workplace Integration:** Doing Eldoa exercises at work during breaks. Just 2-3 minutes can help a lot!

## X

**X-ray Imaging:** Pictures of your bones taken with special cameras. These show problems but can't see the muscles Eldoa helps.

**X-axis Movement:** Moving side to side, like a crab. Eldoa helps you bend equally to both sides.

## Y