

PILLAR

Ultrasound Imaging: A machine that can see inside your body with sound waves. Scientists want to use this to study Eldoa.

Unilateral Adaptations: When one side of your body is different from the other. Sometimes this is okay, sometimes it needs fixing.

Universal Precautions: Safety rules everyone should follow. These keep everyone safe during exercises.

University Students: College students who study a lot and hurt their necks and backs. They really need Eldoa!

Upper Back Pain: When the middle of your back hurts from bad posture. Eldoa helps you sit and stand better.

Upper Crossed Syndrome: When your head pokes forward and shoulders round. Eldoa fixes this common problem from too much screen time.

Upper Extremity Applications: Using Eldoa ideas for arms and shoulders, not just backs. This is newer and still being figured out.

Usage Patterns: How often people actually do their exercises. The best results come from doing them regularly!

V

Validity: Whether something really works the way people say it does. Scientists are still proving all of Eldoa's benefits.

Vascular Effects: How Eldoa might help blood flow better. When you stretch, blood can move more easily through your body.

Velocity of Movement: Eldoa uses slow, still positions instead of fast movements. It's like doing slow-motion exercises.

Ventilation: How well you can breathe. Better posture from Eldoa helps your lungs work better!

Vertebral Compression: When back bones get squished together. Eldoa's main job is to un-squish them gently.

Vestibular System: The balance system in your inner ear. Eldoa might help this work better with your neck.

Video Analysis: Recording exercises to make sure they're done right. It's like watching game film in sports!