

Guided Protocols

The OnBaseU program represents the most comprehensive guided Eldoa protocol currently available, specifically designed for baseball and softball athletes dealing with throwing-related adaptations. This program provides 10 unique 30-minute sessions that progress systematically from basic spinal mobility to sport-specific applications. Each session includes detailed video instruction ensuring proper form, with verbal cues that reinforce the key positioning elements required for therapeutic benefit. The progressive difficulty levels allow athletes to advance based on competency rather than arbitrary timelines, recognizing individual variation in motor learning capacity.

The absence of similarly comprehensive guided protocols for other sports highlights a significant development need within the Eldoa community. While certified practitioners create sport-specific programs, the lack of standardization leads to considerable variation in quality and approach. This practitioner-dependent variation potentially compromises outcomes and makes research comparison difficult. The development of evidence-based protocols for major sports would require collaboration between experienced practitioners, sport scientists, and athletes to ensure both therapeutic validity and practical applicability. Quality control through the certification process helps maintain standards, but the absence of published protocols beyond OnBaseU means many athletes receive treatment based primarily on practitioner experience rather than validated approaches. The creation of guided protocols with clear progression criteria, objective benchmarks, and sport-specific modifications would advance Eldoa from an artisanal practice dependent on individual practitioner skill to a more systematized approach accessible to broader populations.

Guidelines (Clinical)

The current state of clinical guidelines for Eldoa reveals a concerning gap between widespread practice and established safety parameters. Unlike conventional physical therapy interventions with comprehensive contraindication lists and condition-specific protocols, Eldoa lacks published guidelines that would enable safe, standardized implementation across different practitioner types and settings. The absence of a comprehensive contraindication list forces practitioners to rely on general manual therapy precautions and clinical judgment, potentially missing Eldoa-specific risks. The lack of condition-specific protocols means treatment approaches vary significantly between practitioners, compromising reproducibility and making outcomes research difficult.

The development of clinical guidelines requires systematic effort from the Eldoa community in collaboration with medical professionals and researchers. Priority areas include standardized screening procedures that identify patients requiring medical clearance before beginning Eldoa, with specific attention to cardiovascular, neurological, and metabolic conditions. Condition-specific protocols based on current evidence would guide treatment selection and progression for common presentations like lumbar disc herniation, cervical radiculopathy, and sport-specific overuse syndromes. Safety parameters for special populations including pregnant