

PILLAR

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