

# PILLAR

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**Clinical Applications:** All the different problems Eldoa can help with, like a toolbox with different tools for different jobs.

**Compensation Patterns:** When one part of your body works extra hard because another part isn't working right. It's like limping when your foot hurts.

**Compliance:** Doing your exercises every day like you're supposed to. It's like brushing your teeth - you need to do it regularly for it to work!

**Compression:** When the bones in your back get squished together. Eldoa helps pull them apart gently, like making space between books on a shelf.

**Connective Tissue:** The stretchy stuff that holds your body together, like rubber bands connecting all your parts. Eldoa helps keep this tissue healthy and flexible.

**Core Stability:** Having strong muscles in your middle that protect your back. It's like wearing an invisible belt that keeps you safe!

**Cortical Mapping:** How your brain keeps track of where all your body parts are. Eldoa helps your brain make a better map!

**Cost-Effectiveness:** Eldoa doesn't cost much because you don't need special equipment. You can do it at home for free once you learn how!

**Craniovertebral Angle:** The angle of your head and neck. When you look at phones too much, this angle gets bad and gives you "text neck."

**Cycling:** Biking can make your back rounded from leaning over. Eldoa helps cyclists stand up straight again after rides.

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**Daily Practice:** Doing your Eldoa exercises every day, like brushing your teeth. The more you practice, the better you feel!

**Decompression:** Making space between your back bones so they're not squished. It's like putting spacers between beads on a necklace.

**Deep Breathing:** Taking big breaths that fill your whole belly, not just your chest. This helps your exercises work better!

**Degenerative Changes:** When parts of your body wear out as you get older, like how shoes get worn out. Eldoa helps slow this down.

**Device Use:** Using phones, tablets, and computers can hurt your neck and back. Eldoa fixes the problems from looking down too much.