

## PILLAR

---

**Research Priorities:** The most important things scientists need to study about Eldoa. We need more research to prove how well it works.

**Resistance Training:** Lifting weights to get stronger. Eldoa helps make sure you can move well while getting strong.

**Return to Sport:** Getting back to playing after an injury. Eldoa helps athletes return safely without getting hurt again.

**Rotation:** Twisting movements like throwing a ball. Eldoa helps you twist evenly on both sides.

**Ruffini Endings:** Special sensors that feel slow stretches. The one-minute holds in Eldoa wake up these sensors!

## S

**Sacroiliac Joint:** Where your spine connects to your pelvis. This joint often hurts but Eldoa can help it feel better.

**Safety Protocols:** Rules to keep people from getting hurt during exercises. Always stop if something hurts sharply!

**Scapular Dyskinesis:** When your shoulder blade doesn't move right. Fixing your upper back with Eldoa helps shoulders work better.

**Screening:** Checking if someone is healthy enough to do Eldoa safely. It's like checking if you're tall enough for a roller coaster.

**Segmental Specificity:** Working on one exact spot in your back instead of the whole thing. It's like fixing one broken link in a chain.

**Self-Management:** Taking care of your own back problems. Eldoa teaches you to be your own back doctor!

**Sensory Feedback:** What you feel during exercises - stretching, warmth, or tingling. These feelings tell you it's working.

**Scoliosis:** When your spine curves sideways like an S. Eldoa needs to be extra careful and gentle for people with scoliosis.

**Special Populations:** Groups of people who need different exercises, like pregnant women or people in wheelchairs. Eldoa can be changed for them.

**Specificity:** Doing exactly the right exercise for each problem. It's like using the right key for each lock.