

# PILLAR

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The relationship between pelvic floor function and spinal mechanics creates clear relevance for Eldoa application, though direct research remains limited. The pelvic floor muscles form the base of the core cylinder, working synergistically with the diaphragm, transversus abdominis, and deep spinal muscles to provide stability and support for pelvic organs. Dysfunction in any component of this system creates compensatory patterns throughout the complex, with research showing altered pelvic floor activation in individuals with low back pain and compromised spinal stability in those with pelvic floor dysfunction. Eldoa's approach to this integrated system recognizes that isolated pelvic floor training often fails when spinal and breathing dysfunctions remain unaddressed.

The clinical application of Eldoa for pelvic floor-related conditions focuses primarily on optimizing the mechanical environment in which these muscles function. L5-S1 and sacroiliac protocols address the skeletal framework that provides pelvic floor attachment points. The breathing emphasis ensures proper diaphragm-pelvic floor coordination, as these muscles should work reciprocally during respiration. The global postural corrections reduce excessive intra-abdominal pressure that can overwhelm pelvic floor capacity. For conditions like chronic pelvic pain syndrome, where 90% of prostate-related cases involve muscular dysfunction rather than infection, the combination of spinal decompression and breathing work may address contributing factors. However, the intimate nature of pelvic floor dysfunction and the specialized assessment required mean Eldoa should complement rather than replace specialized pelvic floor physical therapy. The absence of specific research examining Eldoa's effects on pelvic floor function through measures like EMG or ultrasound imaging represents a missed opportunity to validate theoretical benefits.

## Performance Enhancement

The widespread adoption of Eldoa across professional sports leagues including the NHL, MLB, NFL, NBA, and PGA Tour provides practical validation of performance enhancement benefits that research has yet to fully quantify. Athletes consistently report improvements that extend beyond injury prevention to include enhanced power output through optimized force transmission, greater movement efficiency requiring less metabolic expenditure, superior body control during complex sporting movements, maintained technical quality during fatigue states, and faster recovery between training sessions. These subjective reports align with limited objective data showing improvements in hamstring flexibility and agility measures, though comprehensive performance testing remains absent from the literature.

The mechanisms underlying performance enhancement through Eldoa operate at multiple integrated levels. Biomechanically, addressing restrictions at junction points where force transmission typically loses efficiency allows more complete transfer of ground reaction forces to sport-specific endpoints. Neurologically, enhanced proprioceptive accuracy and motor control create more precise movement execution with less wasted motion. Physiologically, improved tissue quality and fascial elasticity may enhance the storage and release of elastic energy crucial for explosive movements. Psychologically, the body awareness and self-efficacy developed through Eldoa practice may reduce anxiety and improve focus during competition.