disproportionate 60% rate of ACL ruptures occurring specifically during jumping and landing activities.

The relationship between landing mechanics and spinal stress highlights why basketball players require specific Eldoa protocols targeting L4-L5 and L5-S1 segments. Athletes with limited ankle dorsiflexion show compensatory patterns that increase stress throughout the kinetic chain, as the body must find alternative strategies to absorb landing forces when ankle mobility is restricted. Eldoa's integration of spinal decompression with proprioceptive training helps athletes develop better landing mechanics that distribute forces more efficiently, potentially reducing both acute injury risk and long-term degenerative changes from repetitive high-impact loading.

## Dr. Guy Voyer

The developer of Eldoa, Dr. Guy Voyer, brought a unique combination of expertise to create this therapeutic system over 35 years of clinical practice and research. His professional background encompasses biomechanics, systems theory, osteopathy, and myofascial therapy, providing the multidisciplinary perspective necessary to develop a technique that addresses the body as an integrated whole rather than isolated segments. Voyer's deep understanding of tensegrity principles—the architectural concept where isolated components under compression are held in place by a continuous tension network—provided the theoretical framework for understanding how targeted work at one spinal segment could create effects throughout the entire body.

Voyer's theoretical contributions extend beyond simple exercise prescription to encompass a comprehensive understanding of human movement and dysfunction. His concept of biotensegrity application to human movement recognizes that bones act as compression struts within a continuous fascial tension network, explaining how local interventions create global effects. The spinal segment-organ correlations he proposes, while awaiting scientific validation, emerge from careful clinical observation combined with anatomical understanding of fascial continuities and embryological development. His term "auto-normalization" captures the essence of Eldoa as a self-treatment approach, recognizing that sustainable therapeutic effects require active patient participation rather than passive receipt of treatment. The integration of specific breathing patterns with postural work reflects understanding of how respiratory mechanics influence everything from autonomic function to cerebrospinal fluid dynamics. His development of a comprehensive 6-level certification program ensures that practitioners develop not just technical skills but deep understanding of underlying principles.

## Dynamic Balance

The relationship between dynamic balance and athletic performance varies significantly by sport, with Eldoa enhancing these sport-specific correlations through targeted intervention. Ice hockey players show direct correlations between dynamic balance abilities and maximum skating speed, as the single-leg stance phases of skating require exceptional balance while generating propulsion. Rifle shooting demonstrates negative correlations between postural sway