

PILLAR

Osteopathy: A type of medicine that looks at the whole body. The person who invented Eldoa was this kind of doctor.

Overuse Injuries: Getting hurt from doing the same thing too much, like pitcher's elbow. Eldoa helps prevent these.

Outcome Measures: Ways to check if exercises are working, like measuring if pain is less or movement is better.

Overhead Athletes: Players who throw or hit things overhead, like volleyball players. They need special exercises for their shoulders and backs.

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Pain Management: Ways to make pain feel better. Eldoa helps by fixing what causes pain, not just covering it up.

Parasympathetic Activation: Helping your body relax and rest. It's like switching from running around to quiet time.

Pelvic Floor: Muscles at the bottom of your pelvis that hold everything up. They work with your back muscles as a team.

Performance Enhancement: Making athletes better at their sports. Professional teams use Eldoa to help players perform their best!

Periodization: Planning when to do hard exercises and when to rest. It's like having hard school days and easy days.

Peripheral Joints: Joints away from your spine, like shoulders and hips. Eldoa mostly helps the spine but can help these too.

Physical Therapy: Exercises and treatments to fix injuries. Eldoa can be part of physical therapy or done on its own.

Pilates: Another type of exercise using special movements and sometimes machines. Both Pilates and Eldoa help posture but work differently.

Piriformis Syndrome: When a muscle in your bottom pinches a nerve and causes pain. Some exercises work better than Eldoa for this.

Postural Assessment: Checking how straight you stand and sit. It's like having someone check if your backpack is on straight.

Practitioners: People trained to teach Eldoa. They go to school for a long time to learn all the exercises.