

# PILLAR

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**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.

## P

**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.