

PILLAR

Intensity: How hard the exercise feels. Eldoa should feel like work but not sharp pain - like carrying groceries, not moving furniture.

International Sports: Athletes from around the world use Eldoa. It works for all people, no matter where they're from!

Intervertebral Disc: The jelly donut cushions between your back bones. Eldoa helps keep them plump and healthy.

Intervention Timing: When to start exercises after an injury. It's like knowing when a cut is healed enough to play again.

Inversion Therapy: Hanging upside down to stretch your back. Eldoa is different because you control the stretch yourself.

Irritability: How easily something gets angry or sore. Some injuries are cranky and need very gentle exercises at first.

J

Joint Mechanics: How your joints move, like hinges on a door. Eldoa helps them move smoothly without squeaking or sticking.

Junction Points: Places where different parts of your spine meet, like where train tracks connect. These spots often need extra help.

K

Kinesthetic Awareness: Knowing where your body is without looking. It's like being able to touch your nose with your eyes closed!

Kinetic Chain: How movement travels through your body like a chain reaction. When one part moves wrong, it affects everything else.

Knee Injuries: Eldoa can help prevent knee problems by making sure your back and hips work properly. It's all connected!

Kyphosis: When your upper back gets too rounded, like a turtle shell. Eldoa helps straighten it out gently.

L

Lateral Flexion: Bending sideways like a windshield wiper. Eldoa helps you bend equally to both sides.