

PILLAR

tolerance, while the progression timeline typically extends significantly compared to younger populations. Future research should prioritize establishing safety parameters and modified protocols for older adults, as this population could benefit greatly from interventions that maintain mobility and independence.

OnBaseU

The OnBaseU program represents the most comprehensive structured Eldoa protocol currently available, specifically designed for baseball and softball athletes dealing with throwing-related dysfunction. This program provides 10 unique 30-minute guided sessions that progress systematically from general spinal mobility through sport-specific applications targeting the unique demands of throwing sports. Each session includes detailed video instruction with verbal cues reinforcing proper positioning, visual demonstrations from multiple angles, and modifications for different skill levels. The progressive structure allows athletes to advance based on competency rather than arbitrary timelines, respecting individual variation in motor learning capacity.

The significance of OnBaseU extends beyond its specific content to represent what structured Eldoa programming could achieve across different populations and conditions. The standardization addresses one of the major criticisms of Eldoa—the practitioner-dependent variation that makes research comparison difficult and quality control challenging. By providing consistent instruction and progression, OnBaseU enables athletes to achieve reliable results regardless of geographic location or practitioner availability. The sport-specific focus demonstrates understanding of how generic mobility work must be adapted for particular movement demands. However, the absence of similar comprehensive programs for other sports or conditions highlights a significant development need within the Eldoa community. The success of OnBaseU should inspire creation of validated protocols for other populations, moving Eldoa from an artisanal practice dependent on individual practitioner expertise toward a more systematized approach with predictable outcomes. Research examining outcomes from OnBaseU compared to generic Eldoa instruction could validate the benefits of structured programming.

Osteopathy

The relationship between Eldoa and osteopathy reflects both historical connections and philosophical alignments, with Dr. Guy Voyer's osteopathic training fundamentally influencing Eldoa's development. Osteopathic principles including the body's self-healing capacity, structure-function relationships, and holistic patient approach clearly inform Eldoa's methodology. The emphasis on patient empowerment through self-treatment aligns with osteopathic philosophy of supporting natural healing processes rather than imposing external corrections. The fascial continuity concept central to Eldoa directly parallels osteopathic understanding of connective tissue's role in health and dysfunction.