

## PILLAR

---

The timing of Eldoa implementation around competition requires careful consideration to optimize benefits while avoiding potential destabilization. Pre-competition use is generally avoided due to the potential for creating temporary instability as tissues adapt to new positioning, with most practitioners recommending cessation of new Eldoa exercises at least 48 hours before competition. Post-competition protocols involve 3-5 exercises performed at standard 60-second holds within the immediate recovery window to address acute compression and begin normalizing tissue stress. The 24-48 hour post-competition period allows for complete sport-specific protocols that comprehensively address all areas of dysfunction accumulated during play.

The distinction between contact and non-contact sports shapes protocol selection significantly. Contact sports require enhanced spinal stability focus to prepare for unpredictable impact forces, with specific attention to impact absorption preparation and post-contact tissue normalization. These athletes typically require more frequent decompression sessions to counter the cumulative effects of repetitive impacts. Non-contact sports allow for greater emphasis on precision movement enhancement and fascial chain optimization for power transfer. The respiratory function improvement possible through Eldoa proves particularly valuable for endurance-based non-contact sports where breathing efficiency directly impacts performance.

## Concussion Applications

The intersection of concussion management and cervical spine dysfunction presents a compelling theoretical application for Eldoa, given that 90% of post-concussion patients demonstrate cervical spine impairments. These cervicogenic components of post-concussion syndrome could theoretically benefit from Eldoa's targeted decompression and proprioceptive enhancement protocols. The cervical spine's role in symptoms traditionally attributed solely to brain injury has gained increasing recognition, with manual therapy to the cervical spine showing benefits for post-concussion recovery.

Despite this theoretical promise, no direct studies compare Eldoa to established concussion protocols like the Buffalo Concussion Protocol, which demonstrates 50% symptom reduction through sub-symptom threshold aerobic exercise. The absence of research specifically examining Eldoa's effects on concussion recovery represents a critical gap, particularly given the technique's potential to address both the cervical and vestibular components common in post-concussion syndrome. Until proper validation studies emerge, practitioners should prioritize evidence-based concussion protocols while potentially incorporating Eldoa as an adjunct therapy for cervical-related symptoms.

## Constraint-Induced Movement Therapy

This comparison neurological rehabilitation technique demonstrates consistent functional improvements with standardized outcome measures, providing a benchmark for what