

PILLAR

Asymmetries: When one side of your body is different from the other, like being right-handed. Some differences are normal, but big differences might need fixing.

Athletic Performance Enhancement: Eldoa helps athletes run faster, jump higher, and play better. Many professional sports teams use these exercises!

Autonomic Effects: How the exercises might help parts of your body that work without you thinking, like breathing and heartbeat. Scientists are still studying this.

Auto-normalization: Learning to fix your own back problems with special exercises. It's like learning to tie your own shoes instead of always asking for help!

B

Back Pain: When your back hurts from sitting too much, carrying heavy backpacks, or moving wrong. Eldoa teaches special stretches to help your back feel better.

Balance Training: Exercises that help you stand on one foot or not fall over. Eldoa makes you better at balancing by helping you know where your body is.

Baseball: A sport where players need to twist a lot, which can hurt their backs. Special Eldoa exercises help baseball players throw better and hurt less.

Biomechanics: The science of how your body moves, like how engineers study machines. Understanding this helps make exercises work better.

Biotensegrity: Your body works like a tent - bones are the poles and muscles are the ropes. Everything needs to work together to stay strong!

Body Awareness: Knowing where your arms and legs are without looking. It's like having an inner map of your body!

Bone Health: Keeping your bones strong and healthy. While Eldoa doesn't make bones stronger like jumping does, it helps them stay in the right positions.

Breathing Integration: Using special breathing while doing the exercises. It's like how you breathe differently when blowing up a balloon versus blowing out candles.

C

Cervical Spine: The neck part of your backbone that holds up your head. Eldoa helps when your neck gets sore from looking at screens too much.

Chronic Pain: Pain that doesn't go away after a long time. Eldoa can help by teaching your body better ways to move and sit.