

# PILLAR

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**Diagnosis:** Figuring out exactly what's wrong, like solving a mystery about why something hurts.

**Disc Health:** Keeping the cushions between your back bones healthy. These cushions are like jelly donuts that need to stay plump!

**Duration Parameters:** How long to hold each exercise position - usually one minute. It's like holding a plank, but for your back!

## E

**Education:** Learning about how your body works and why the exercises help. The more you understand, the better you can take care of yourself!

**Elderly Populations:** Older people like grandparents need gentler exercises. Eldoa can be changed to be safer for them.

**EMG Studies:** Special tests that show which muscles are working. Scientists want to use these to study Eldoa better.

**Empowerment:** Feeling strong because you can fix your own back problems. It's like learning to ride a bike - once you know how, you can do it yourself!

**End Range:** The farthest you can move in any direction. Eldoa helps you move farther without getting hurt.

**Evidence Base:** The science and research that proves something works. Eldoa needs more studies to show exactly how well it works.

**Execution Quality:** Doing the exercises exactly right. It's like following a recipe - you need to do each step correctly for it to work!

**Exercise Prescription:** Choosing which exercises each person needs. It's like picking the right medicine for each problem.

## F

**Fascial System:** A web of tissue that wraps around all your muscles and organs like plastic wrap. Eldoa helps keep this web stretchy and healthy.

**Fascial Tension:** Using the fascia web to create helpful stretching in your body. It's like pulling on a net to make it tight in certain places.

**Fatigue:** When your muscles get tired from holding positions. This tiredness actually helps your body learn and get stronger!