

# POCKETBOOK: “Eldoa for Kids: A Pocket Guide”

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**Achilles Tendinopathy:** When the strong rope (tendon) that connects your calf muscle to your heel gets sore from too much jumping or running. Eldoa helps by gently stretching your whole leg and back to take pressure off the sore spot.

**Active Fascial Tension:** Instead of someone else stretching you, you use your own muscles to create a special kind of stretch. It's like being your own stretching coach!

**Active Spinal Decompression:** You make space between the bones in your back by doing special positions. Think of it like gently pulling apart a stack of blocks without anyone else's help.

**Acute Phase Protocol:** When you first get hurt, you need to be extra gentle with exercises. It's like when you scrape your knee - you clean it carefully at first, then treat it normally when it's better.

**Alexander Technique:** Another way to improve posture that focuses on letting go of tension. It's different from Eldoa because Eldoa uses stretching, while Alexander Technique is more about relaxing.

**Alignment:** Making sure all the bones in your body line up properly, like stacking blocks perfectly straight. Good alignment helps you move better and hurt less.

**Alpine Sports:** Snow sports like skiing where people can hurt their backs from falls or bumps. Eldoa exercises help make skiers' backs stronger and safer.

**Anatomical Connections:** The idea that your spine bones might be connected to other parts inside your body. Scientists are still studying if this is true!

**Anterior Pelvic Tilt:** When your hips tip forward like you're pouring water out of a bowl. This can make your back hurt if it tips too much.

**Anticipatory Postural Adjustments:** Your body gets ready to move before you even start moving. It's like how you bend your knees before jumping!

**Assessment Protocols:** Special tests to figure out which exercises you need. It's like a coach checking what you're good at before planning your practice.