

Soma Training

Education

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What is the ELDOA™?

The ELDOA™ Method is a revolutionary exercise technique aimed to address postural dysfunctions, back pain, disc hernias, osteoarthritis and scoliosis. It works by self-induced myofascial tension where the subject engages in a very precise and active posture that solicits and works a specific fascial chain that is in link with the targeted joint segment making it the centre of separating forces. Each ELDOA™ posture is assigned to a joint segment and engages a different fascial plane. In fact, you can be very accurate with these exercises. By knowing the exact location of the source of pain or restriction of mobility, an experienced ELDOA™ practitioner can address the problem with a specific ELDOA™ exercise.

There are ELDOA™ exercises for the joints of the spine, the hip, the joints of the shoulder girdle, the joints of the ribcage for each rib and the joints of the pelvis.

The essence of ELDOA is to create a fixed point on one part of the joint while moving the other end of the same joint relative to the fixed point, resulting in increased joint space. This is achieved by creating self-induced myofascial tension in specific directions. The direction of tension engages various fascial lines while respecting the intrinsic shape and mechanism of the targeted joint.

Why learn the ELDOA™?

ELDOA™ is a very unique exercise technique where you reap several health benefits simultaneously.

Local effects of the ELDOA™

- Increased space for the intervertebral joints
- Stimulation of intervertebral disc hydration
- Improved joint range of motion
- Improved proprioception of the targeted segment
- Increase circulation
- Tonic muscular regulation of the deep paraspinal muscles by outer range eccentric contraction
- Improved kinaesthetic sensation of the solicited myofascial chain

General effects of the ELDOA™

- Improvement of postural discrepancies such as scoliosis
- Improved posture & postural awareness
- Reduction/elimination of pain
- More balanced myofascial tension throughout the body
- Increased sense of well-being

The technique and these exercises are detailed in the ELDOA™ Trainer Certification Program.

ELDOA TRAINER CERTIFICATION (Levels 1-4): In order to become a Certified ELDOA Trainer, students need to successfully complete and show competence of the content of Certification Levels 1, 2 and 3.

- [ELDOA Level 1](#) is the base of education and coaching for all levels of the ELDOA™ program. ELDOA 1 is a two-day course, giving the student-practitioner the foundation working principles of the ELDOA. The basis of

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education, "learn by doing", is fundamental within the program. Students will learn 4 foundational ELDOA postures.

- [ELDOA Level 2](#) is a three-day course specific to the ELDOA exercises of the spine. Expanding on the anatomy and biomechanics of the spine this course deals with all spinal segments from L5/S1 to C2/3.

The Level 1 and Level 2 courses are often combined in a four-day intensive format.

- [ELDOA Level 3](#) is a three-day course that focuses on the anatomy, biomechanics and ELDOA™ exercise for the hip joint, joints of the shoulder girdle and the joints of the ribcage.
- [ELDOA Level 4](#) is a 5 day course with a comprehensive approach to the pelvis, understanding its anatomy and tensegrity biomechanics. Students will be introduced to the osteopathic view of the pelvis and its global and analytical relationship with the body. This educational foundation will set the learning, practicing, testing, & application for the ELDOA exercises. Students will learn specific testing techniques for the axes of the pelvis and sacroiliac joint and targeted ELDOA exercises to manage micro-mobility. *Upon successful completion of the Level 4 course, students will take a written and practical test to earn the ELDOA™ Trainer Certification.*

What happens during the ELDOA™ Certification Course?

The goal of each course is for the student to leave with a more in-depth understanding of the anatomy and biomechanics of the ELDOA™ concept while getting plenty of practical experience with the ELDOA™ exercises. Each course follows the “*learn-by-doing*” approach where we emphasise better understanding the anatomy and some of theoretical concepts during the practical application.

After the anatomy review* and biomechanics lecture, participants will work in pairs and small groups progressing through the different ELDOA™ exercises. So everyone gets to learn how to do the exercise in its full form, how to regress and process each exercise and how to coach the ELDOA™ the most effective way.

An immersive weekend of learning where you fully embody the ELDOA™ by feeling it, hearing and seeing it. The course instructor will explain and demonstrate all techniques and facilitates the learning process.

* review as participants are assumed to have a base level of knowledge of the anatomy discussed which the review will expand on.