



Soma Training

Education

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What is ELDOA™?

The ELDOA™ 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 problem and its specific location, an experienced ELDOA™ practitioner should be able to isolate and address that body segment with a specific ELDOA™ exercise.

There are ELDOA™ exercises for the joints of the spine, the hip, the joints of the shoulder girdle (Sterno-clavicular, acromio-clavicular, glenohumeral), the joints of the ribcage (Costo-transverse, sterno-chondral) and the joints of the pelvis (sacroiliac, pubic symphysis).

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™?

- The ELDOA™ can be used both as an assessment and treatment tool, giving you a lot of information about the body of the patient/client you're working with.
- The ELDOA™ can nicely complement and used together with other treatment modalities.
- *With the proper coaching, it is an amazing tool that give control back in the patient's hand.*
- The ELDOA™ is a very unique exercise technique offering numerous benefits with multilayered effects. Some of these are:

Local effects of the ELDOA™

- Depression of zygapophyseal/facet joints of the targeted segment - as a result increased
- Stimulation of imbibition of the intervertebral disc
- Tonic muscular regulation of the deep paraspinal musculature by outer range eccentric contraction
- Proprioceptive facilitation of the targeted articulation
- Increased venous, epidural, longitudinal, transverse and emissary circulation
- Improved kinaesthetic sensation of the solicited segment and myofascial chain

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General effects of the ELDOA™

- Correction of postural discrepancies
- More balanced myofascial tension throughout the body
- Reduction of psychomotor barriers
- Increased sense of well-being
- Metabolism and neuro-hormonal facilitation
- Improved postural awareness

The ELDOA™ promises the benefits of creating space within a joint, offloading and nourishing the articular cartilage thereby improving its range of motion, while the mechanical tension stimulates the metabolism of the annulus fibrosis and therefore the water uptake of the intervertebral disc. To reap these benefits we'll need to be precise.

Once we better understand the intrinsic anatomy and physiology of the joint along with its relational fascial anatomy, how the technique works becomes clearer and it becomes a very logical approach.

The ELDOA™ method and 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 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 focuses on the anatomy, biomechanics of the peripheral joints with targeted ELDOA exercises. This course covers the coxo-femoral joint, the joints of the shoulder complex, and the costo-transverse & sterno-costal joints of the ribs.
- [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.*

Each ELDOA exercise is tailored to the individual taking into consideration their morphotype, range of motion limitations, soft tissue tension, injury history and so on.

By following the method of progression taught on the Certification course, you will effectively integrate and constantly upgrade *yours or your client's body and brain with better* postural awareness.



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Once you learned the exercise, each ELDOA™ posture will take approximately a minute to perform. The technique and these exercises are detailed in the ELDOA™ Trainer Certification Program.

WHO SHOULD ATTEND THE ELDOA™ Certification Course?

We truly recommend these courses to any committed health and fitness professional who seek to expand their toolbox to deliver unparalleled result to their patients and clients. Physiotherapists, Osteopaths, Chiropractors, Exercise and Movement Practitioners, Experienced Personal Trainers, Pilates instructors, Yoga teachers, Sport and Remedial Massage Therapists, Sport MDs are all excellent candidates to take ELDOA™ Certification Courses.

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.