

ELDOA™
(Etirements Longitudinaux avec Decoaptation Ostéo Articulaire)

I learned ELDOA about 12 years ago as part of the Osteopathic Diploma program under the pedagogical direction of Dr. Guy Voyer, a brilliant Osteopath from Marseilles, France. Without going into the particulars of that amazing program, will just say that ELDOA is an important module of it and is synergistic with other remedial exercises that we learned as part of the program: proprioception, myofascial stretching, abdominal reinforcement, circulatory techniques (supporting venous return) and diaphragmatic training (to strengthen and even activate if needed various portions of your respiratory diaphragm).

ELDOA is an osteopathic remedial exercise that focuses on the Spine.

By use of actively tensioning the myofascial chains we create strength, length and alignment in our spine.

There is a different ELDOA for every spinal segment, the pelvic joints and beyond.

They are essentially postures that we create within ourselves, to strategically access specific joints and unravel the kinks and harmonize the links along the way!

It sounds complex and it is!

Yet it is also easy to learn, fun to do and I love to teach them!

They are accessible to anyone.

They are especially good to address the negative effects of postural strain, degenerative and inflammatory changes, and mechanical issues (hypomobility/hypermobility).

They are appreciated by athletes who have a finely tuned sense of their body yet need precise support in a certain way. (ie, a dancer, or bodybuilder who has issue at T3/T4).

They are appreciated by people who have chronic pain (ie fibromyalgia, etc) in which many other exercises seems to exacerbate it.

People who sit a lot, do repetitive daily activities, aging people ... all may benefit from what ELDOA offers.

Since initially learning it in 2005, ELDOA has been restructured to a 6 module course that goes into more depth in an advanced way.

I have retaken Level I and II and III.

Am a Massage Therapist (since 2002) and have a busy full time practice supporting people in overcoming pain and discovering ease. Have spent years teaching Nia (dance/fitness) class, have taught yoga (RYT200hrs) 2014-2018 and have been teaching ELDOA classes since 2016.