

ELDOA 1 & 2 Certification

ELDOA of the Spine – Official Practitioner Certification

Course Overview

The **ELDOA 1 & 2 Certification Course** is a comprehensive, in-depth education focused on the **spine and its segments**, based on the osteopathic principles developed by **Guy VOYER, DO**.

This course teaches practitioners how to apply **specific, segment-by-segment spinal decompression postures (ELDOA)** to improve joint space, fascial tension, neurological input, posture, and overall movement performance.

Upon completion, participants become **Certified ELDOA Practitioners**.

What is ELDOA?

ELDOA (Étirements Longitudinaux avec Decoaptation Ostéo-Articulaire) are precise, active postures designed to:

- Create **specific joint decompression**
- Improve **fascial organization**
- Optimize **neurological input**
- Restore **postural alignment and movement efficiency**

Each ELDOA posture targets **one specific spinal segment** at a time — making this method highly precise, reproducible, and clinically applicable.

Why This Course Is Unique

- Focuses on **one spinal segment at a time**, not general stretching
- Based on **osteopathic biomechanics and fascia science**
- Bridges **rehabilitation, performance, and prevention**
- Immediately applicable to **clients, patients, and athletes**
- Can be used as:
 - A **standalone method**
 - Or integrated into existing training, therapy, or rehab systems

ELDOA is used worldwide in professional sports, rehabilitation clinics, and performance centers.

Course Objectives

By the end of ELDOA 1 & 2, participants will be able to:

- Understand spinal biomechanics and segmental function
- Apply ELDOA postures safely and effectively
- Select the correct ELDOA based on assessment and presentation
- Improve spinal health, posture, and movement efficiency
- Integrate ELDOA into:
 - Training programs
 - Rehabilitation protocols
 - Daily corrective or recovery routines

What You Will Learn

ELDOA Level 1 – Foundations of the Spine

- Principles of ELDOA and osteo-articular decoaptation
- Introduction to spinal anatomy and biomechanics
- Cervical spine ELDOAs
- Thoracic spine ELDOAs
- Lumbar spine ELDOAs
- Breathing, tension lines, and positioning
- Common errors and corrections
- How to coach and cue ELDOA effectively

ELDOA Level 2 – Advanced Application

- Deeper understanding of spinal mechanics and posture
- Advanced lumbar and thoraco-lumbar ELDOAs
- Pelvis–spine relationships
- Progressions and regressions
- Clinical reasoning: choosing the right ELDOA
- Application for:
 - Back pain
 - Postural dysfunction
 - Athletes and performance
 - Recovery and regeneration

Practical Application

After this course, participants can use ELDOA:

- In **one-on-one sessions**
- In **group classes**
- As part of **warm-ups, recovery, or corrective work**
- For:
 - Back and neck discomfort
 - Postural improvement
 - Athletic performance
 - Long-term spinal health

This is not theory-only — the course is **highly practical and experiential**.

Who This Course Is Designed For

This certification is ideal for:

- Personal trainers
- Strength & conditioning coaches
- Physical therapists
- Chiropractors
- Osteopaths
- Massage therapists
- Pilates and movement instructors
- Yoga instructors
- Sports medicine professionals

No prior ELDOA experience is required.

Certification

Participants who complete the course receive:

- **Official ELDOA Level 1 & 2 Certification**
- Recognition as a **Certified ELDOA Practitioner**
- Eligibility to continue into advanced ELDOA education

