



At-Home ELDOA Warm-Up 512.306.9800

***Take a quick inventory of how you feel – pain, tightness, imbalance, etc.**

1 min : Rolling feet – Alternating toes, balls of feet + toes, heels

3 min : 3 MINUTE ARMS =

1 min : Marching in place, arms FRONT to BACK (F→B) at shoulder height

1 min : Marching in place, arms F→B + SIDE

1 min : Marching in place, F→B→S + UP (right past ears)

1 min : Voyer posture w/ hemi translations (:30s left, :30s right)

1 min: Voyer posture w/ translations + side bends (:30s left, :30s right)

ELDOA Roll-Ups (2-3 good, slow ones)



***Time to get into your ELDOAS – 1 minute for each position – 1 minute each side for bilateral poses**

Cool Down: You made it!

1 min : Marching in place w/ arms coming overhead with breath

1-2 min : Heels, toe, side to side, alternating moves

***Finish with a quick inventory again – notice any changes, balance, relief, etc**

C5/6



Bilateral SI Joints



T2/3



T6/7



T8/9



L3/4



L5/S1

