

CARS- Controlled articular rotations. "Active, rotational movements at the outer limits of articular motion".

CAR's are large circular movements at your joints end range of motion.

What Is the ELDOA Method? *The ELDOA method is an innovative form of exercise developed by world-renowned osteopath Dr. Guy Voyer.*

ELDOA exercises consist of a series of specific postures aimed at relieving pressure and increasing blood flow around particular joints or spinal segments.