

# PILLAR

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1. "Curved spine: when spine curves sideways like S shape"
2. "Special care needed: extra gentle exercises for curvy spines"

## Special Populations

1. "Different needs: people needing different exercises like pregnant moms"
2. "Custom care: special exercises for special people"

## Specificity

1. "Right key for lock: exact right exercise for each problem"
2. "Perfect match: matching exercise to problem like puzzle pieces"

## Spinal Decompression

1. "Making space: creating room between back bones like spacing blocks"
2. "Unsquishing: helping squished spine bones spread apart"

## Sport-Specific Applications

1. "Sport specials: different exercises for different sports"
2. "Game-ready exercises: special moves for baseball vs swimming"

## Stability

1. "Steady and strong: being stable but still able to move freely"
2. "Not wobbly: strong like tree trunk but bendy like branches"

## Sustained Holds

1. "Freeze game: holding still for 60 seconds like playing statue"
2. "One minute challenge: seeing if can hold position whole minute"

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## Technique Refinement

1. "Getting better: always improving how to do exercises"
2. "Practice perfect: making exercises work even better over time"

## Temperature Effects

1. "Warm and cold: how being warm or cold changes stretching"
2. "Temperature matters: like warm taffy stretches easier than cold"

## Tennis Applications