

PILLAR

Core Stability

1. "Medical illustration: torso cross-section showing deep stabilizer muscles glowing during activation, anatomical education style"
2. "Clinical assessment photo: person performing stability test with overlay showing muscle activation patterns, sports medicine documentation"

Cortical Mapping

1. "Medical brain illustration: top view of brain with body parts mapped on motor cortex in different colors, neuroscience educational style"
2. "Before and after brain diagram: showing expanded and more defined body representation areas, neuroplasticity illustration"

Cost-Effectiveness

1. "Medical economics graph: bar chart comparing treatment costs with outcome effectiveness scores, healthcare data visualization"
2. "Healthcare utilization chart: declining graph showing reduced medical visits over time, clean clinical data style"

Craniovertebral Angle

1. "Clinical measurement photo: side view of person with angle measurement overlay showing 50 to 58 degree improvement, postural assessment style"
2. "Medical correlation graph: scatter plot showing relationship between neck angle and pain scores, clinical research visualization"

Cycling

1. "Sports medicine photo: cyclist in aerodynamic position with spine stress points highlighted in heat map colors, biomechanical analysis style"
2. "Clinical instruction photo: cyclist performing specific back extension stretch next to bike, with spine overlay, sports recovery style"

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Daily Practice

1. "Medical calendar illustration: monthly view with exercise icons on recommended days, different colors for acute versus maintenance phases"
2. "Time-lapse style medical photo series: 5-minute morning routine shown in sequential panels, home setting, instructional layout"

Decompression