

# PILLAR

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2. "Pain solutions: fixing what causes pain, not just covering up"

## **Parasympathetic Activation**

1. "Calm mode: helping body switch to rest and relax mode"
2. "Peace activation: like switching from playground energy to quiet time"

## **Pelvic Floor**

1. "Bottom muscles: important muscles at very bottom holding everything up"
2. "Foundation helpers: muscles working with back as a team"

## **Performance Enhancement**

1. "Sport supercharge: helping athletes jump higher and run faster"
2. "Level up: like getting power-ups in video games but for real sports"

## **Periodization**

1. "Season planning: when to work hard and when to rest through year"
2. "Training calendar: like school schedule but for exercises"

## **Peripheral Joints**

1. "Far away joints: shoulders, hips, knees away from spine"
2. "Spine friends: joints that spine exercises can help too"

## **Physical Therapy**

1. "Movement doctors: therapists who help bodies move better"
2. "Exercise helpers: professionals teaching healing movements"

## **Pilates**

1. "Different exercise: another movement type using special equipment"
2. "Exercise cousins: related but different from these exercises"

## **Piriformis Syndrome**

1. "Bottom muscle problem: when muscle in bottom pinches nerve"
2. "Sitting pain: problem that makes sitting uncomfortable"

## **Postural Assessment**

1. "Posture check-up: like dentist checking teeth but for standing straight"
2. "Body report: checking how straight and balanced standing"

## **Practitioners**