

# PILLAR

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1. "Special spot: specific place in lower back that often needs help"
2. "Important junction: like important train station in back"

## **L5-S1 Junction**

1. "Where back meets hips: very important connection point"
2. "Busy intersection: where lots of movement happens, needs care"

## **M**

### **Manual Therapy**

1. "Someone else helps: when therapist moves you versus moving yourself"
2. "DIY difference: learning to be own helper instead of needing others"

### **McKenzie Method**

1. "Different exercises: another way to help backs, sometimes better for some problems"
2. "Exercise choices: like choosing between different games to play"

### **Mechanoreceptors**

1. "Tiny feelers: super small sensors feeling stretches in body"
2. "Body antennae: like ant antennae feeling what's happening"

### **Mechanical Decompression**

1. "Machine stretch: big machine pulling versus doing it yourself"
2. "Self-power wins: being own stretching machine works better"

### **Motor Control**

1. "Movement boss: brain being better boss of movement workers"
2. "Smooth operator: learning to move smooth not jerky like robot"

### **Movement Quality**

1. "Graceful moving: moving like dancer not clumsy robot"
2. "Quality check: movements getting A+ instead of C-"

### **Muscle Activation Patterns**

1. "Muscle teamwork: muscles learning to work in right order"
2. "Following directions: muscles following recipe in correct order"

### **Musculoskeletal Disorders**