

# **PILLAR**

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1. "Comprehensive screening form: medical history and red flag checklist, risk assessment tool"
2. "Contraindication warning chart: conditions requiring caution or avoidance, safety guidelines"

## **Scapular Dyskinesis**

1. "Movement analysis photo: abnormal shoulder blade motion during arm raise, dysfunction pattern"
2. "Correction sequence: thoracic spine work improving scapular position, treatment approach"

## **Science Integration**

1. "Evidence hierarchy pyramid: showing current research quality levels, scientific foundation"
2. "Basic to clinical science pathway: theoretical mechanisms to practical application, translational medicine"

## **Screening**

1. "Multi-system assessment form: comprehensive intake evaluating all relevant factors, thorough evaluation"
2. "Risk stratification diagram: sorting patients by safety and success likelihood, clinical triage"

## **Segmental Specificity**

1. "Spine model demonstration: isolating single vertebral level for treatment, precision technique"
2. "Vector force diagram: targeted decompression at specific segment, biomechanical precision"

## **Self-Management**

1. "Patient education materials: illustrated home exercise guides and tracking tools, empowerment resources"
2. "Independence timeline: progression from supervised to autonomous care, self-efficacy development"

## **Sensory Feedback**

1. "Body sensation map: different feeling types during positions marked with colors, interpretation guide"
2. "Therapeutic sensation scale: distinguishing helpful stretch from harmful pain, safety education"