

# PILLAR

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1. "Statistical visualization: effect sizes and confidence intervals from multiple studies, research synthesis"
2. "Data dashboard: numerical outcomes across various measures, objective evidence"

## **Quadratus Lumborum**

1. "Deep muscle anatomy: QL highlighted in lateral view of spine, trigger point locations marked"
2. "Targeted positioning: specific stretch addressing this deep stabilizer, clinical technique"

## **Quebec Back Pain Disability Scale**

1. "Digital questionnaire interface: validated assessment tool on tablet, modern clinical measurement"
2. "Functional improvement graph: QBPDS scores improving over treatment course, meaningful change"

## **Qualitative Research**

1. "Interview setting photo: researcher conducting patient experience interview, narrative medicine"
2. "Thematic analysis diagram: patient quotes organized into meaningful themes, qualitative findings"

## **Quiet Eye Phenomenon**

1. "Athletic focus photo: golfer with steady gaze before putting, enhanced visual fixation"
2. "Postural stability correlation: better spine alignment improving visual performance, integrated function"

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## **Range of Motion**

1. "Goniometer measurement photo: precise angle assessment during flexibility testing, clinical documentation"
2. "Functional ROM demonstration: movement quality within available range, not just maximum flexibility"

## **Reaction Time**

1. "Sports performance lab: athlete responding to visual stimulus, 10% faster with good posture, measurable improvement"
2. "Neural pathway diagram: optimized signal transmission with proper alignment, performance mechanism"