

PILLAR

1. "Treatment comparison chart: McKenzie method outperforming for this condition, evidence-based selection"
2. "Patient selection flowchart: determining best approach based on pain characteristics, clinical algorithm"

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Occupational Health

1. "Office worker photo: performing desk-based micro-stretch with timer visible, workplace wellness intervention"
2. "Injury statistics graph: reduced workplace MSK disorders after program implementation, ROI visualization"

Older Adults

1. "Geriatric exercise photo: elderly person using chair support for modified position, safe adaptation"
2. "Fall risk assessment diagram: balance testing integrated with therapeutic approach, comprehensive care"

OnBaseU

1. "Digital interface screenshot: 10-session baseball program layout with progress tracking, specialized application"
2. "Baseball biomechanics overlay: program addressing sport-specific movement patterns, targeted intervention"

Osteopathy

1. "Philosophy comparison diagram: osteopathic whole-body principles reflected in exercise approach, theoretical foundation"
2. "Treatment evolution illustration: manual therapy transitioning to self-care, paradigm shift"

Overuse Injuries

1. "Cumulative stress graph: tissue tolerance exceeded leading to breakdown, injury mechanism"
2. "Prevention protocol timeline: regular intervention preventing overuse progression, proactive care"

Outcome Measures