

PILLAR

1. "Lateral posture photo: excessive lower back curve measured against normal range, clinical assessment"
2. "Corrective sequence illustration: progressive positions reducing excessive lordosis, therapeutic protocol"

Low Back Pain

1. "Pain pattern heat map: common low back pain distributions on body outline, clinical documentation"
2. "Treatment comparison graph: effectiveness data comparing different interventions, evidence-based results"

Lower Crossed Syndrome

1. "Muscle imbalance illustration: X-pattern showing tight hip flexors/back extensors, weak glutes/abs, postural syndrome diagram"
2. "Comprehensive correction sequence: numbered exercise positions addressing each component, treatment protocol"

Lumbar Spine

1. "Detailed anatomical model: L1-L5 vertebrae with L4-L5 highlighted during decompression, medical education tool"
2. "Segmental movement visualization: each lumbar level showing individual motion capacity, biomechanical assessment"

Lymphatic Drainage

1. "Anatomical illustration: lymphatic vessels with enhanced flow patterns after treatment, green arrows showing drainage"
2. "Tissue microscopy style: fascial layers with open lymphatic channels versus compressed, physiological comparison"

L4-L5 Segment

1. "MRI style image: L4-L5 disc showing decompression during specific position, sagittal view with measurements"
2. "Force analysis diagram: peak stress concentration at L4-L5 during various activities, biomechanical data"

L5-S1 Junction

1. "Anatomical illustration: lumbosacral angle measurement showing correction, lateral view with angle overlay"
2. "High-risk sport montage: athletes in positions stressing L5-S1 (gymnastics, weightlifting, football), injury mechanism education"