

PILLAR

1. "Muscle and bone problems: when muscles, bones, or joints feel bad"
2. "Body troubles: main things these exercises help fix"

Myofascial Chains

1. "Muscle trains: connected muscles like train cars going through body"
2. "Connection chains: pulling one link affects whole chain"

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Neck Pain

1. "Neck ouchies: when neck hurts from looking down at tablets too much"
2. "Happy neck: exercises to make neck stop hurting and feel good"

Neural Tension

1. "Nerve strings: when nerves get too tight like guitar strings"
2. "Slippery nerves: helping nerves slide smoothly again"

Neurological Applications

1. "Brain and nerve help: scientists studying if helps brain problems"
2. "Future possibilities: maybe helping more than just muscles and bones"

Neuroplasticity

1. "Brain learning: brain getting better at controlling body"
2. "Brain upgrade: like getting software update for movement"

Normalization

1. "Making normal: not perfect, just good enough for you"
2. "Fixing wobbly: like fixing wobbly table leg to work right"

Neutral Spine

1. "Just right position: back not too curvy, not too straight"
2. "Goldilocks spine: finding spine position that's just right"

Neuromuscular Re-education

1. "Teaching muscles: muscles going back to school to learn better"
2. "Better habits: like learning better handwriting for muscles"

Night Pain