

PILLAR

1. "Medical animation frame: spine vertebrae gently separating with space increasing between them, X-ray style visualization with arrows"
2. "Medical comparison illustration: mechanical traction machine on left, person in active stretch position on right, clinical equipment comparison"

Deep Breathing

1. "Medical ultrasound style image: diaphragm shown moving up and down during breathing cycle, with measurement markers"
2. "Clinical graph: lung volume measurements showing different breathing patterns as wave forms, respiratory assessment style"

Degenerative Changes

1. "Medical spine model photo: showing progression of disc degeneration in stages, with intervention points marked, educational display style"
2. "MRI-style medical illustration: spinal disc showing rehydration process over time, sequential imaging style"

Device Use

1. "Postural analysis photo: person using smartphone with angle measurements showing neck stress, ergonomic assessment overlay"
2. "Modern workspace photo: desk setup with small exercise area for micro-breaks, healthy workplace design"

Diagnosis

1. "Medical flowchart: comprehensive diagnostic decision tree with yes/no branches leading to specific conditions, clinical algorithm style"
2. "Medical checklist photo: clipboard with red flag warning signs highlighted, emergency screening tool style"

Disc Health

1. "Medical cross-section illustration: spinal disc showing fluid movement during compression and decompression, anatomical diagram with arrows"
2. "24-hour timeline graph: disc height variation throughout day with intervention points marked, clinical data visualization"

Duration Parameters

1. "Digital timer display: showing 60-second countdown with physiological milestone markers at 20, 40, 60 seconds, clinical timing tool"
2. "Medical comparison graph: outcome differences between 30, 60, and 90-second holds shown as ascending bars, research data style"