

PILLAR

2. "Neural pathway diagram: strengthened connections from practice, brain change visualization"

Normalization

1. "Individual variation illustration: different 'normal' postures for different body types, personalized approach"
2. "Realistic goals diagram: achievable functional improvement versus impossible perfection, clinical wisdom"

Numeric Pain Rating Scale

1. "Pain tracking chart: NPRS scores plotted over treatment course showing 40-60% reduction, clinical data"
2. "Minimal difference threshold: graph showing clinically meaningful change levels, outcome interpretation"

Nutrition

1. "Tissue comparison microscopy: well-nourished versus poorly-nourished fascia, cellular differences"
2. "Nutritional support infographic: foods supporting connective tissue health, dietary guidance"

Neutral Spine

1. "Individual spine variations: three different healthy neutral positions, not one-size-fits-all illustration"
2. "Dynamic neutral demonstration: maintaining optimal position during various activities, functional application"

Neuromuscular Re-education

1. "Progressive skill stages: awkward conscious movement becoming smooth automatic pattern, motor learning sequence"
2. "EMG improvement: chaotic muscle patterns organizing into efficient coordination, objective progress"

Night Pain

1. "Bedroom scene: person awake with back pain at night, clock showing 2 AM, sleep disruption illustration"
2. "Evening routine diagram: therapeutic positions before bed preventing night symptoms, prevention protocol"

Non-specific Low Back Pain