

# PILLAR

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### Technique Refinement

1. "Evolution diagram: technique development from original to current practice, continuous improvement"
2. "Quality assurance photo: instructor correcting subtle positioning errors, precision teaching"

### Temperature Effects

1. "Tissue thermography: showing temperature changes during stretching, thermal imaging"
2. "Environmental conditions: comparing outcomes in different temperatures, climate considerations"

### Temporal Factors

1. "Circadian rhythm chart: optimal practice times throughout 24-hour cycle, chronobiology"
2. "Long-term adaptation timeline: changes occurring over weeks to months, progression visualization"

### Tennis Applications

1. "Tennis serve analysis: spine rotation and extension stress points highlighted, biomechanical demands"
2. "Court-side recovery: player performing specific positions between sets, sport integration"

### Tension Patterns

1. "3D body scan: showing spiral and linear tension patterns throughout body, comprehensive assessment"
2. "Pattern recognition guide: common dysfunction configurations, clinical identification"

### Text Neck

1. "Smartphone posture photo: 45-degree forward head angle with measurement overlay, modern epidemic"
2. "Correction progression: series showing gradual improvement in head position, successful intervention"

### Therapeutic Alliance

1. "Practitioner-patient interaction: collaborative goal-setting session, partnership approach"