

# PILLAR

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1. "Movement comparison illustration: flowing sequence of positions for Feldenkrais versus single held position for other method, technique comparison"
2. "Brain pathway diagram: different neural routes highlighted for movement versus static methods, neuroscience illustration"

## Flexibility

1. "Before and after clinical photo: flexibility test showing increased range of motion with measurement angles, assessment documentation"
2. "Sports-specific photo: athlete demonstrating functional flexibility in sport position, applied biomechanics style"

## Fluid Dynamics

1. "Medical illustration: spinal disc cross-section with arrows showing fluid movement during compression cycles, anatomical physics diagram"
2. "Lymphatic system diagram: enhanced flow patterns after treatment shown with flowing arrows, physiological illustration"

## Force Transmission

1. "Biomechanics illustration: athlete with force vectors traveling from ground through body to hands, sports science visualization"
2. "Kinetic chain diagram: connected segments showing efficient versus inefficient force transfer patterns, movement analysis style"

## Forward Head Posture

1. "Clinical posture photo: side view with grid overlay showing head position relative to shoulders, postural assessment style"
2. "Spine loading diagram: increasing pressure on neck at various forward head angles, biomechanical stress illustration"

## Frequency

1. "Treatment calendar: color-coded schedule showing daily practice for acute phase, 3-4x/week for maintenance, clinical planning tool"
2. "Outcome comparison graph: results achieved with different practice frequencies shown as ascending lines, research data style"

## Functional Integration

1. "Sports movement analysis: exercise position transitioning to athletic movement with highlighted similarities, transfer illustration"
2. "Daily activity checklist: icons showing improved reaching, bending, lifting after treatment, functional outcome visualization"