

# PILLAR

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1. "Athletic testing data: improved power, speed, agility metrics after intervention, sports science results"
2. "Professional training facility: elite athletes using technique alongside traditional training, integration photo"

## Periodization

1. "Annual training calendar: color-coded phases showing when to emphasize different interventions, systematic planning"
2. "Load management graph: balancing therapeutic work with training stress throughout season, optimization"

## Peripheral Joints

1. "Hip decoaptation demonstration: creating space in hip joint through specific positioning, technique photo"
2. "Kinetic chain diagram: showing how spinal work affects peripheral joints, connected system"

## Physical Therapy

1. "Clinic integration photo: PT using technique within comprehensive treatment, collaborative care"
2. "Care model diagram: showing complementary roles of different approaches, integrated treatment"

## Pilates

1. "Equipment comparison: Pilates reformer versus equipment-free positioning, methodology contrast"
2. "Movement philosophy chart: flowing versus static, strengthening versus decompression, approach differences"

## Piriformis Syndrome

1. "Anatomical illustration: piriformis muscle compressing sciatic nerve, condition visualization"
2. "Treatment effectiveness graph: comparison showing other techniques more effective, evidence-based selection"

## Postural Assessment

1. "Comprehensive evaluation photo: practitioner analyzing posture with grid and plumb line, systematic assessment"
2. "Digital posture analysis: software overlay showing deviations and corrections needed, technology integration"