

WIKI: “Visual library of Eldoa”

****AI/DALL-E Image Prompts Here****

A

Achilles Tendinopathy

1. "Medical illustration style: side view of lower leg showing calf muscle connected to heel bone by a thick cord-like tendon, highlighted in soft red glow, clean white background, anatomical drawing style"
2. "Professional photo: person performing a standing calf stretch against wall, arrows overlaid showing upward stretch direction, bright clinical setting, educational poster style"

Active Fascial Tension

1. "Medical illustration: human figure in stretching position with glowing blue web-like patterns throughout body showing internal tension lines, semi-transparent body, white background"
2. "Split screen comparison: left side shows therapist stretching patient's arm, right side shows person stretching alone with glowing orange muscle patterns, clean medical illustration style"

Active Spinal Decompression

1. "Friendly medical cartoon: smiling spine vertebrae gently separating like an accordion expanding, soft blue background, educational illustration style"
2. "Medical illustration: person lying on back with spine visible, gentle green arrows pointing upward between each vertebra, cross-section view, clean clinical style"

Acute Phase Protocol

1. "Medical infographic: timeline showing days 1-3 with ice pack icon, days 4-7 with gentle movement figure, calendar style layout, soft blue and green colors"
2. "Traffic light medical diagram: red light labeled with resting figure, yellow with gentle stretching figure, green with active exercise figure, clean graphic design"

Alexander Technique

1. "Medical comparison illustration: two side-view silhouettes - left showing hunched tense posture in red, right showing relaxed upright posture in green, grid background"