

# PILLAR

---

## Long-Term Outcomes

1. "Research timeline graph: showing need for 12+ month follow-up studies, missing data visualization"
2. "Patient trajectory chart: various outcome patterns over 2 years, longitudinal data needs"

## M

### Manual Therapy

1. "Treatment comparison photo: therapist performing hands-on technique versus patient self-treating, active vs passive approach"
2. "Dependency timeline: graph showing passive treatment creating recurring need versus self-management maintaining improvement"

### McKenzie Method

1. "Exercise comparison photo: McKenzie prone extension versus specific positional stretch, technique differentiation"
2. "Outcome data visualization: bar graph showing McKenzie superiority for non-specific back pain, research results"

### Mechanoreceptors

1. "Microscopic medical illustration: Ruffini endings in fascial tissue responding to sustained stretch, cellular anatomy"
2. "Receptor activation graph: response curve over 60-second sustained stretch period, neurophysiology data"

### Mechanical Decompression

1. "Clinical comparison photo: patient on decompression table versus performing active stretch, equipment vs self-treatment"
2. "Outcome comparison chart: superior results for active approach, clinical trial data visualization"

### Meditation

1. "Brain scan comparison: meditation versus therapeutic stretching effects on cortex, neuroscience visualization"
2. "Physiological marker graph: heart rate variability during both practices, autonomic response comparison"

### Mesentery