

# PILLAR

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1. "Slow motion: exercises done still, not fast moving"
2. "Statue style: holding still instead of moving around"

## Ventilation

1. "Better breathing: good posture helps lungs work better"
2. "Air power: standing straight helps breathe deeper"

## Vertebral Compression

1. "Spine squish: when back bones get pressed together"
2. "Unsquishing mission: main job is gently separating bones"

## Vestibular System

1. "Balance center: inner ear balance system working with neck"
2. "Dizzy connection: how neck problems can cause dizziness"

## Video Analysis

1. "Exercise movies: recording to make sure doing right"
2. "Form check: like game film for exercise positions"

## Visual Performance

1. "Eye power: good posture helps eyes work better in sports"
2. "See better play better: straight spine helps track balls"

## Volume Parameters

1. "How much: once a day when fixing, 3-4 times week to maintain"
2. "Exercise amount: like medicine dose but for movement"

## Voyer, Guy

1. "Exercise inventor: nice French doctor who created these stretches"
2. "Helper hero: wanted everyone to fix own backs"

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## Walking Patterns

1. "Smoother walking: making walking feel easier and nicer"
2. "Happy feet: exercises making walking more fun"

## Warm-Up Protocols