

# PILLAR

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1. "Assessment battery illustration: multiple domains measured for comprehensive evaluation, research tools"
2. "Multi-dimensional tracking dashboard: pain, function, quality of life scores displayed, holistic outcomes"

## Overhead Athletes

1. "Shoulder biomechanics photo: volleyball player spiking with spine and shoulder stress highlighted, sport-specific demands"
2. "Targeted exercise sequence: positions addressing overhead athlete adaptations, specialized protocol"

# P

## Pain Management

1. "Pain pathway illustration: brain and spinal cord with intervention points blocking pain signals, neurological mechanism"
2. "Active versus passive strategy comparison: self-management empowerment versus dependency cycle, treatment philosophy"

## Parasympathetic Activation

1. "Heart rate variability monitor: theoretical calming response during practice, autonomic visualization"
2. "Relaxation response diagram: body systems shifting to rest-and-digest mode, physiological effects"

## Parkinson's Disease

1. "Research void illustration: empty evidence box for PD applications, missing studies visualization"
2. "Safety consideration checklist: special precautions needed for neurological populations, risk management"

## Pelvic Floor

1. "Anatomical cross-section: core cylinder showing pelvic floor integration with diaphragm and deep muscles, functional unit"
2. "Breathing coordination diagram: pelvic floor movement synchronized with respiration, proper mechanics"

## Performance Enhancement