

PILLAR

2. "Spinal mobility affecting gait: animation showing movement relationship, biomechanical connection"

Warm-Up Protocols

1. "Progressive preparation: gentle movements before main positions, readiness sequence"
2. "Direct versus prepared: comparing outcomes with and without warm-up, methodology study"

Weight-Bearing Considerations

1. "Position comparison: supine decompression versus standing variation, loading differences"
2. "Progression diagram: unloaded to loaded positions over time, functional advancement"

Wellness Programs

1. "Corporate wellness room: employees participating in group session, workplace health"
2. "ROI visualization: cost savings from reduced injuries and sick days, economic benefit"

Whiplash

1. "Injury mechanism diagram: rapid head movement creating tissue damage, pathophysiology"
2. "Gentle progression timeline: careful return to movement after whiplash, safety protocol"

Women's Health

1. "Research void illustration: women's silhouette with question marks, missing evidence"
2. "Theoretical adaptations: potential pregnancy and hormonal considerations, needs investigation"

Work-Related Disorders

1. "Office posture analysis: common problematic positions creating pain, occupational hazards"
2. "Intervention success graph: reduced symptoms with workplace program, prevention data"

Workplace Integration

1. "Office micro-break station: designated stretch area with instruction poster, practical setup"
2. "Conference room session: employees doing group exercises during meeting break, culture change"