

# PILLAR

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## Trigger Points

1. "Muscle diagram: trigger points marked with referral patterns, myofascial pain mapping"
2. "Indirect treatment effect: spinal work affecting distant trigger points, holistic approach"

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### Ultrasound Imaging

1. "Real-time ultrasound screen: fascial layers visible during movement, diagnostic technology"
2. "Research setup photo: ultrasound probe positioned during exercise testing, validation study"

### Unilateral Adaptations

1. "Asymmetry assessment photo: athlete showing sport-specific differences between sides, functional adaptation"
2. "Balanced correction diagram: addressing harmful asymmetry while preserving performance adaptations"

### Universal Precautions

1. "Safety protocol poster: clear guidelines for all practitioners, standardized approach"
2. "Risk assessment flowchart: systematic safety screening process, clinical standards"

### University Students

1. "Campus health center: students learning posture exercises for study habits, prevention program"
2. "Laptop posture study: research showing 73% with text neck, epidemiological data"

### Upper Back Pain

1. "Thoracic pain heat map: common pain patterns between shoulder blades, clinical presentation"
2. "Targeted relief sequence: specific positions for upper back problems, therapeutic protocol"

### Upper Crossed Syndrome

1. "Postural pattern illustration: forward head, rounded shoulders, muscle imbalances marked, syndrome visualization"
2. "Comprehensive correction program: exercise sequence addressing all components, systematic approach"