

PILLAR

1. "Tissue illustration timeline: acute inflammation (red, swollen) transitioning to resolution (pink to normal), healing progression"
2. "Treatment protocol diagram: calendar showing when to avoid (red days) versus begin gentle exercise (green days), clinical timing guide"

Injury Prevention

1. "Sports team data visualization: bar graph comparing injury rates between teams using prevention protocol versus control, research results"
2. "Risk assessment checklist: body diagram with common injury sites marked and prevention exercises indicated, screening tool"

Integration

1. "Neurological illustration: brain coordinating multiple body systems during complex position, lit neural pathways, mind-body connection"
2. "Movement pattern diagram: whole body coordination shown through connected arrows and muscle activation sequence, biomechanical integration"

Intensity

1. "Clinical pain scale: visual analog scale specific to therapeutic stretch sensations, faces from comfortable to challenging, assessment tool"
2. "Therapeutic window graph: optimal intensity zone highlighted between too gentle and harmful, evidence-based parameters"

International Sports

1. "World map infographic: professional sports team logos placed on countries using the technique, global adoption visualization"
2. "Olympic training center photo: athletes from various nations practicing together in high-performance facility, international collaboration"

Intervertebral Disc

1. "MRI sequence style: sagittal spine view showing disc height changes during decompression, before/during/after images"
2. "Anatomical illustration: disc nutrition process with arrows showing fluid exchange during loading cycles, physiological diagram"

Intervention Timing

1. "Acute injury timeline: horizontal timeline showing optimal intervention windows for different injury stages, clinical protocol"
2. "Circadian rhythm graph: 24-hour cycle with best practice times highlighted based on body rhythms, chronobiology application"