

PILLAR

1. "Twisting moves: turning body like opening jar lid"
2. "Equal twisting: making sure can twist same both ways"

Ruffini Endings

1. "Special sensors: tiny feelers that like slow stretches best"
2. "Stretch detectors: body's stretch-feeling specialists"

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Sacroiliac Joint

1. "Hip-spine connection: where backbone meets hip bones"
2. "Important meeting place: special joint that often needs help"

Safety Protocols

1. "Safety rules: important rules keeping everyone from getting hurt"
2. "Exercise safety: like playground rules but for exercises"

Scapular Dyskinesis

1. "Shoulder blade problems: when shoulder blade doesn't move right"
2. "Wing troubles: fixing back to help shoulder 'wings' work better"

Screening

1. "Health check: making sure safe to do exercises, like height check for rides"
2. "Safety first: checking ready for exercises before starting"

Segmental Specificity

1. "Exact spot work: fixing one exact place like fixing one broken toy"
2. "Precision help: targeting exactly where problem is"

Self-Management

1. "Be own doctor: learning to fix own back problems"
2. "Independence power: taking care of self like big kid"

Sensory Feedback

1. "Body feelings: different sensations telling if doing right"
2. "Feeling messages: body talking through different feelings"

Scoliosis