

# PILLAR

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2. "Educational illustration: person with gentle upward strings attached to head like marionette, demonstrating floating sensation, soft pastel colors, medical textbook style"

## Alignment

1. "Medical posture photo: person standing against measurement grid, vertical plumb line showing ideal alignment from head through spine to feet, clinical setting"
2. "Medical illustration: spine shown as stack of coins, left side crooked and unstable, right side perfectly aligned and stable, educational diagram style"

## Alpine Sports

1. "Medical sports illustration: skier mid-fall with spine highlighted in orange showing stress points, anatomical overlay on action photo, educational style"
2. "Clinical illustration: person in ski gear performing specific stretching exercise in lodge setting, spine highlighted, instructional poster style"

## Anatomical Connections

1. "Medical diagram: friendly cartoon-style spine with colorful dotted lines connecting to various organs, simplified anatomical chart style, educational design"
2. "Medical illustration: human torso showing spine as tree trunk with branches extending to different organs, cross-section view, soft colors"

## Anterior Pelvic Tilt

1. "Medical side-view illustration: pelvis shown as bowl shape, normal position versus tilted forward spilling water, anatomical diagram with arrows"
2. "Before and after medical silhouettes: side view showing corrected hip position, measurement angles displayed, clinical assessment style"

## Anticipatory Postural Adjustments

1. "Sequential medical illustration: three frames showing person preparing to catch ball, knees bending before ball arrives, time stamps shown, sports medicine style"
2. "Nature-inspired medical illustration: cat in pre-pounce position with muscle groups highlighted, showing preparatory tension, educational poster"

## Assessment Protocols

1. "Medical examination photo: healthcare provider with clipboard examining patient's posture from multiple angles, clinical setting, professional lighting"
2. "Medical checklist illustration: clipboard with body outline diagrams and checkboxes, simple iconographic style, clean medical design"

## Asymmetries