

# PILLAR

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1. "Turtle shell back: when upper back too round like turtle shell"
2. "Straightening up: helping rounded back become prouder"

## L

### Lateral Flexion

1. "Windshield wiper moves: bending side to side like car wipers"
2. "Equal bending: making sure can bend same to both sides"

### Landing Mechanics

1. "Cat landing: learning to land soft like cat, not hard like rock"
2. "Bounce control: controlling landing like superhero, not crash landing"

### Ligamentous Laxity

1. "Too stretchy: when rubber bands holding joints are too loose"
2. "Careful moving: being extra careful when naturally very bendy"

### Load Management

1. "Not too much homework: balancing exercise like balancing homework"
2. "Rest and work: knowing when to work hard and when to rest"

### Lordosis

1. "Swayback: when lower back curves too much like banana"
2. "Just right curve: making back curve just right, not too much"

### Low Back Pain

1. "Lower back owies: when bottom of back hurts from sitting or lifting"
2. "Back happiness: special positions to make lower back smile again"

### Lower Crossed Syndrome

1. "X marks the spot: when muscles make X pattern of tight and weak"
2. "Balance game: making all muscles equally strong and stretchy"

### Lumbar Spine

1. "Lower back train: the strong cars at bottom of spine train"
2. "Foundation blocks: lower spine blocks holding everything up"

### L4-L5 Segment