

PILLAR

World Health Organization

1. "Global MSK burden map: 1.71 billion affected worldwide, epidemic visualization"
2. "WHO priority alignment: technique characteristics matching global health needs, strategic fit"

X

X-ray Imaging

1. "Lateral spine X-ray: showing alignment assessment with measurement lines, radiographic analysis"
2. "Limitation illustration: X-ray showing bones only, missing soft tissues technique targets"

X-axis Movement

1. "Frontal plane assessment: person bending sideways with angle measurements, lateral flexion testing"
2. "Coupled motion diagram: showing rotation occurring with side bending by spinal region"

Y

Yoga Comparison

1. "Split screen: flowing yoga sequence versus single held position, methodology contrast"
2. "Evidence comparison chart: extensive yoga research versus limited technique studies, research gaps"

Younger Populations

1. "Teen posture epidemic: group of students all looking down at phones, modern health crisis"
2. "Age-appropriate adaptations: child-friendly positions with shorter holds, pediatric considerations"

Y-axis Movement

1. "Vertical decompression diagram: spine lengthening along longitudinal axis, primary mechanism"
2. "Segmental separation: individual vertebrae moving apart vertically, therapeutic goal"

Year-round Training

1. "Annual periodization calendar: color-coded for different training phases and techniques, systematic planning"