

# PILLAR

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## Scoliosis

1. "Spinal curve X-ray: showing lateral deviation requiring special considerations, structural variation"
2. "Modified positions: adapted exercises respecting curve patterns, individualized approach"

## Special Populations

1. "Diverse patient montage: elderly, pregnant, disabled individuals with specific needs, inclusive care"
2. "Adaptation examples: various modifications for different populations, flexible application"

## Specificity

1. "Targeted treatment illustration: precise intervention for exact problem, not general approach"
2. "Exercise prescription algorithm: matching specific positions to individual dysfunction, precision medicine"

## Spinal Decompression

1. "MRI visualization: vertebrae separating during active position, therapeutic mechanism"
2. "Active versus passive comparison: self-controlled versus machine decompression, methodology contrast"

## Sport-Specific Applications

1. "Athletic analysis montage: different sports with unique spinal demands highlighted, specialized needs"
2. "Customized protocols: sport-specific exercise sequences on training room wall, targeted programs"

## Stability

1. "Mobility-stability spectrum: finding optimal balance for function, not maximum flexibility"
2. "Dynamic control demonstration: maintaining stability during challenging positions, functional strength"

## Sustained Holds

1. "60-second timer display: showing physiological phases during hold, temporal progression"
2. "Tissue response timeline: changes occurring throughout sustained position, adaptation curve"