

# **PILLAR**

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## **Intervention Timing**

1. "When to start: like knowing when Band-Aid ready to come off"
2. "Healing calendar: right time for exercises in healing journey"

## **Inversion Therapy**

1. "Upside down difference: hanging like bat versus controlling own stretch"
2. "Self-power: being own helper instead of needing machines"

## **Irritability**

1. "Cranky body parts: some injuries grumpy and need super gentle care"
2. "Sensitivity scale: like volume control for exercise intensity"

# **J**

## **Joint Mechanics**

1. "Body hinges: joints working like door hinges, smooth not squeaky"
2. "Movement doors: keeping body doors opening and closing nicely"

## **Junction Points**

1. "Train connections: where spine parts connect like train tracks meeting"
2. "Bridge points: special spots needing extra care where spine sections meet"

# **K**

## **Kinesthetic Awareness**

1. "Body GPS: knowing where arms and legs are without peeking"
2. "Eyes closed superpower: touching nose perfectly with eyes shut"

## **Kinetic Chain**

1. "Domino line: how movement travels through body like dominoes falling"
2. "Connection game: foot bone connected to leg bone song in action"

## **Knee Injuries**

1. "Knee protection: keeping knees happy by fixing back and hips"
2. "Connected helpers: back exercises helping knees feel better"

## **Kyphosis**