

PILLAR

1. "Clinical comparison photo: split screen showing correct form with green checkmark versus incorrect with red X, instructional style"
2. "Medical instruction photo: practitioner providing hands-on guidance for proper positioning, clinical teaching moment"

Exercise Prescription

1. "Medical prescription pad: customized exercise plan written out with specific positions and frequencies, clinical documentation"
2. "Algorithm flowchart: assessment findings leading to specific exercise selections, clinical decision-making tool"

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Fascial System

1. "3D anatomical illustration: transparent human body showing continuous white fascial planes wrapping muscles and organs, medical visualization"
2. "Microscopic style medical image: detailed view of fascial tissue layers with collagen fiber organization visible, histology illustration"

Fascial Tension

1. "Medical vector diagram: human figure with multiple colored arrows showing multi-directional tension forces during stretching, physics meets anatomy"
2. "Biotensegrity model: geometric structure demonstrating how tension distributes through connected elements, architectural anatomy style"

Fatigue

1. "EMG readout illustration: muscle activity declining over 60-second period showing fatigue pattern, clinical data visualization"
2. "Medical exertion scale: visual chart from 1-10 with facial expressions specific to stretch positions, clinical assessment tool"

Feedback Mechanisms

1. "Microscopic medical illustration: various sensory receptor types embedded in fascial tissue, detailed anatomy drawing"
2. "Clinical body diagram: human outline with different sensation patterns marked in various colors and patterns, assessment documentation"

Feldenkrais Method