

PILLAR

1. "Tennis helpers: special exercises for kids who play tennis"
2. "Racquet ready: keeping back healthy for all that reaching"

Text Neck

1. "Phone neck: neck pain from looking down at devices too much"
2. "Screen slump: fixing posture from too much tablet time"

Therapeutic Alliance

1. "Team effort: working together with teacher to get better"
2. "Helper friendship: good relationship with exercise teacher"

Thoracic Spine

1. "Middle back: part where ribs attach, gets stiff from sitting"
2. "Rib cage region: middle spine section needing special care"

Time Efficiency

1. "Quick help: only takes 5-10 minutes to feel better"
2. "Fast relief: quicker than long gym visits or classes"

Tissue Adaptation

1. "Body changing: how body slowly gets better with practice"
2. "Growing stronger: like plants growing with daily water"

Training Effects

1. "Getting better: permanent improvements from regular practice"
2. "Lasting changes: body learning new better ways forever"

Treatment Duration

1. "How long: weeks of daily work then less often to maintain"
2. "Healing timeline: like growing plant, takes time to see results"

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Ultrasound Imaging

1. "Body camera: special camera seeing inside with sound waves"
2. "Inside peek: machine letting doctors see muscles moving"

Unilateral Adaptations