

PILLAR

Knee Injuries

1. "Lower extremity alignment photo: showing how ankle and hip affect knee stress, with measurement lines and angles, biomechanical assessment"
2. "Ascending dysfunction diagram: foot problem leading to knee pain through connected biomechanical chain, clinical education"

Kyphosis

1. "Lateral spine X-ray style image: measuring thoracic curve angle with normal range comparison, postural assessment"
2. "Exercise progression photos: sequence of positions gradually improving thoracic extension, therapeutic progression"

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Lateral Flexion

1. "Spine movement diagram: frontal plane bending with coupled rotation patterns shown by region, biomechanical illustration"
2. "EMG visualization: muscle activation patterns during side bending, showing asymmetry correction, clinical data"

Landing Mechanics

1. "High-speed camera capture: athlete landing with force vectors and spine response highlighted, biomechanics lab setting"
2. "Before/after comparison: stiff landing pattern versus improved shock absorption after training, movement quality analysis"

Ligamentous Laxity

1. "Joint stability testing photo: clinical examination showing excessive joint movement, hypermobility assessment"
2. "Modified exercise positions: standard stretch adapted with props and supports for hypermobile patient, safety adaptations"

Load Management

1. "Training load graph: acute vs chronic workload ratio with intervention points marked, sports science visualization"
2. "Tissue capacity diagram: load demand versus tissue tolerance curves over time, injury risk visualization"

Lordosis