

PILLAR

1. "Exercise teachers: specially trained people teaching these movements"
2. "Helper experts: going to school long time to learn to teach right"

Proprioception

1. "Body GPS: inner sense knowing where all parts are"
2. "Position power: superpower of knowing body position without looking"

Protocols

1. "Exercise directions: step-by-step plan like Lego instructions"
2. "Movement recipe: following directions to get better"

Q

Quality Control

1. "Making sure right: checking all teachers do exercises correctly"
2. "Same everywhere: like making sure all pizzas taste good at every store"

Quality of Life

1. "Happy living: feeling good doing everyday fun things"
2. "Life improvement: making everything easier and more enjoyable"

Quantitative Analysis

1. "Number proof: using numbers to show exercises really work"
2. "Math evidence: measuring improvements with numbers"

Quadratus Lumborum

1. "Deep back helper: important muscle deep in back for bending"
2. "Hidden muscle: secret muscle that needs special exercises"

R

Range of Motion

1. "How far bending: measuring how far can move each direction"
2. "Movement distance: like measuring how far can reach"

Reaction Time

1. "Quick response: good posture helps react 10% faster to things"