

PILLAR

1. "Sports medicine illustration: baseball pitcher mid-throw with spine rotation highlighted in orange, biomechanical overlay, educational poster"
2. "Clinical sports photo: baseball player performing specific twisting stretch in dugout, spine anatomy overlay, instructional style"

Biomechanics

1. "Medical engineering diagram: human body shown with mechanical levers and pulleys at joint locations, da Vinci style anatomical drawing, educational"
2. "Medical comparison illustration: side view of correct lifting technique with green arrows versus incorrect with red X marks, safety poster style"

Biotensegrity

1. "Medical comparison illustration: camping tent structure next to human body outline showing similar tension support systems, engineering meets anatomy style"
2. "Medical diagram: suspension bridge cables compared to muscle and fascia lines in human body, architectural anatomy illustration"

Body Awareness

1. "Medical demonstration photo: person with eyes closed successfully touching nose with finger, clinical testing environment, neurological assessment style"
2. "Medical illustration: human body outline with radar-like waves emanating from within, showing internal sensory awareness, futuristic medical style"

Bone Health

1. "Medical cross-section illustration: healthy bone structure showing dense trabecular pattern, microscopic view style, educational anatomy diagram"
2. "Medical comparison: strong dense bone structure versus weakened porous bone, side-by-side microscopic illustration, osteoporosis education style"

Breathing Integration

1. "Medical illustration: side view of torso showing diaphragm movement during breathing, with arrows indicating expansion, anatomical education style"
2. "Clinical photo sequence: person demonstrating proper breathing technique during stretching position, numbered phases, instructional medical style"

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Cervical Spine