

# **PILLAR**

---

2. "Seasonal adaptation chart: varying intervention intensity throughout competitive year"

## **Yield Point**

1. "Tissue stress-strain curve: safe therapeutic zone before damage point, biomechanical safety"
2. "Warning signs checklist: recognizing approach to tissue limits, injury prevention"

# **Z**

## **Zero Equipment**

1. "Minimalist exercise space: person on simple mat in small apartment, accessibility demonstration"
2. "Cost comparison: expensive gym equipment crossed out, free bodyweight exercise, economic advantage"

## **Zenith Position**

1. "Optimal alignment finder: person adjusting to find their best position, individualized approach"
2. "Progressive refinement: series showing improved positioning over weeks, skill development"

## **Zonal Approach**

1. "Spine region map: cervical, thoracic, lumbar zones color-coded for systematic treatment"
2. "Treatment progression: arrows showing movement through spine zones, comprehensive protocol"

## **Zone of Comfort**

1. "Sensation scale: comfortable to therapeutic discomfort to harmful pain, safety education"
2. "Patient education poster: faces showing different sensation interpretations, communication tool"

## **Zygapophyseal Joints**

1. "Facet joint anatomy: detailed view of these small spinal joints, structural education"
2. "Decompression effect: facet joints gapping during position, therapeutic mechanism"