

“Eldoa for Kids” Pocketbook: AI/DALL-E Image Prompts

A

Achilles Tendinopathy

1. "Cartoon illustration: friendly leg character with a red glowing rope (tendon) connecting calf muscle to heel, with a sad face that turns happy after stretching, bright colors, children's book style"
2. "Kid-friendly diagram: child doing a gentle wall stretch with sparkles showing the sore spot getting better, rainbow colors, educational poster for kids"

Active Fascial Tension

1. "Cartoon style: smiling child being their own stretching superhero with cape, creating colorful energy lines throughout their body, empowering kids' illustration"
2. "Split panel comic: left shows adult helping child stretch, right shows child doing it alone with confidence stars, bright encouraging colors"

Active Spinal Decompression

1. "Friendly cartoon: happy stack of colorful building blocks (spine) gently spreading apart like an accordion with smiling faces, playful educational style"
2. "Children's illustration: kid lying down making space between back bones like pulling apart toy train cars, fun and simple"

Acute Phase Protocol

1. "Traffic light learning poster: red light with resting teddy bear, yellow with gentle moving bunny, green with active playing child, clear and colorful"
2. "Calendar illustration for kids: first days showing ice pack and rest icons, later days showing happy movement, healing timeline for children"

Alexander Technique

1. "Two cartoon kids: one tense and hunched like carrying heavy backpack, other relaxed and tall like floating balloon, comparison for children"
2. "Puppet string illustration: child with gentle magical strings helping them stand tall, fairy tale style educational image"

Alignment