

PILLAR

Resistance Training

1. "Training integration timeline: when to combine with strength work, optimal programming"
2. "Mobility-strength balance: complementary effects of both approaches, integrated fitness"

Return to Sport

1. "Athletic progression chart: phases from injury to competition with specific milestones, systematic approach"
2. "Performance testing battery: objective criteria for safe return, evidence-based clearance"

Rotation

1. "Spinal rotation analysis: regional differences in rotational capacity, biomechanical assessment"
2. "Sport-specific rotation: athlete showing balanced versus restricted patterns, functional evaluation"

Ruffini Endings

1. "Microscopic nerve ending: specialized receptor responding to sustained stretch, cellular anatomy"
2. "60-second activation curve: receptor response building over hold duration, neurophysiology graph"

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Sacroiliac Joint

1. "Anatomical model photo: SI joint complex with movement indicators, clinical education tool"
2. "Specific positioning demonstration: creating SI joint decompression, therapeutic technique"

Saccadic Eye Movements

1. "Eye tracking visualization: smooth versus jerky eye movements related to neck function, oculomotor assessment"
2. "Cervical-visual integration: neck position affecting eye control pathways, neurological connection"

Safety Protocols