

PILLAR

1. "Anatomical illustration: continuous mesentery organ from L2 to right SI joint, with organ connections, medical discovery"
2. "Theoretical pathway diagram: spinal segments connected to abdominal organs via mesentery, anatomical hypothesis"

Meta-analysis

1. "Research pyramid: showing absence of systematic reviews, evidence gap visualization"
2. "Forest plot template: empty framework awaiting future study data, research need illustration"

Methodological Limitations

1. "Study quality checklist: multiple limitations highlighted in red, research critique visualization"
2. "Sample size comparison: small studies versus needed larger trials, statistical power issue"

Micro-breaks

1. "Office workspace photo: person performing 2-minute stretch at standing desk, workplace wellness"
2. "Productivity graph: maintained output with regular micro-breaks versus decline without, workplace data"

Mobile Devices

1. "Postural analysis photo: person hunched over smartphone with 45-degree neck flexion, angle measurements shown"
2. "Screen time infographic: 6+ hours daily usage creating cumulative spinal stress, public health data"

Motor Control

1. "Movement quality video frames: jerky uncoordinated motion becoming smooth and controlled, improvement sequence"
2. "Motor cortex illustration: brain reorganization after training, enhanced movement representation, neuroplasticity"

Movement Quality

1. "Clinical movement analysis: smooth flowing motion versus rigid compensated pattern, quality comparison"
2. "Assessment scoring rubric: qualitative movement characteristics rated, clinical tool"

Muscle Activation Patterns