

PILLAR

Upper Extremity Applications

1. "Shoulder-spine connection: showing integrated treatment approach, kinetic chain principle"
2. "Arm position modifications: adapting spinal exercises to include upper extremity, expanded application"

Usage Patterns

1. "Adherence tracking graph: showing typical compliance patterns over time, behavioral data"
2. "Success factors diagram: elements promoting consistent practice, optimization strategies"

V

Validity

1. "Research validity types: diagram showing construct, content, criterion validity assessment, scientific rigor"
2. "Evidence quality gauge: current validation level with areas needing study, research status"

Vascular Effects

1. "Blood flow visualization: theoretical circulation improvements, physiological hypothesis"
2. "Doppler imaging concept: potential vascular research methodology, future studies"

Velocity of Movement

1. "Static hold photograph: person maintaining position without movement, zero velocity principle"
2. "Tissue response comparison: static versus dynamic stretching effects, methodology differences"

Ventilation

1. "Spirometry test photo: measuring breathing capacity in different positions, respiratory assessment"
2. "Ribcage expansion diagram: improved chest movement after thoracic work, breathing mechanics"

Vertebral Compression

1. "Daily compression graph: spine height loss throughout day, mechanical loading"