

# PILLAR

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1. "Sleep interruption: when back pain wakes you up at night"
2. "Bedtime helpers: exercises before bed for better sleep"

## O

### Occupational Health

1. "Work wellness: keeping office workers' backs happy"
2. "Desk exercises: special stretches for kids whose parents work at computers"

### Older Adults

1. "Grandparent gentle: extra careful exercises for grandma and grandpa"
2. "Silver stretches: safe movements for older family members"

### OnBaseU

1. "Baseball special: 10 lesson program just for baseball players"
2. "Sport specific: like video game levels but for baseball backs"

### Osteopathy

1. "Whole body doctor: type of doctor who looks at everything connected"
2. "Big picture: seeing body as one big team, not separate parts"

### Overuse Injuries

1. "Too much same thing: like writing too much making hand tired"
2. "Repetition problems: doing same movement too many times hurting body"

### Outcome Measures

1. "Report card: ways to check if exercises are working"
2. "Progress tracking: measuring if getting better like growth chart"

### Overhead Athletes

1. "Arms up sports: volleyball, tennis players who reach high a lot"
2. "Sky reachers: special exercises for sports with arms above head"

## P

### Pain Management

1. "Making pain smaller: shrinking pain like deflating balloon"