PILLAR

1. "Pain clouds: gray clouds that won't go away becoming smaller with exercises, weather clearing"
2. "Grumpy pain monster: getting smaller and friendlier with each exercise, conquering fears"

Clinical Applications

1. "Tool box: different exercise tools for different body problems, like toys for different games"
2. "Body puzzle: fitting the right exercise piece to solve each body puzzle, problem-solving"

Compensation Patterns

1. "Domino effect: one wobbly domino making others wobble, showing how one problem spreads"
2. "Team work: body parts working extra hard to help hurt friend, like classroom helpers"

Compliance

1. "Exercise calendar: gold stars for each day of exercises, like brushing teeth chart"
2. "Growing strong tree: daily watering (exercises) making health tree grow bigger"

Compression

1. "Sandwich squeeze: spine bones getting squished like sandwich, then spreading with peanut butter space"
2. "Book stack: heavy books pressing down versus books with bookmarks creating space"

Connective Tissue

1. "Body's rubber bands: stretchy bands connecting everything, like elastic in clothes"
2. "Spider web inside: friendly web holding body together, needs to stay stretchy"

Core Stability

1. "Castle center: strong castle keep in middle protecting whole kingdom, core as protector"
2. "Tree trunk: strong trunk holding up all the branches, nature's core example"

Cortical Mapping

1. "Brain's body map: treasure map in brain showing where all body parts are, adventure theme"
2. "Control center: brain as friendly mission control knowing where everything is"

Cost-Effectiveness