

PILLAR

1. "Sports medicine analysis: hockey player in skating crouch with spine stress zones highlighted in red, biomechanical overlay on ice rink"
2. "Locker room therapy photo: player performing specific back extension stretch while wearing partial gear, sport-specific recovery"

Hold Duration

1. "Digital stopwatch display: large 60-second countdown with phase markers at 0-20 (red), 20-40 (yellow), 40-60 (green), clinical timer"
2. "Physiological response graph: tissue changes plotted over 60-second timeline with key adaptation points marked, scientific visualization"

Home Exercise

1. "Minimal home setup photo: corner of living room with yoga mat and simple instruction chart on wall, accessible therapy space"
2. "Video consultation screenshot: split screen showing practitioner guiding patient through home exercise, telehealth session"

Hydration

1. "Microscopic tissue comparison: well-hydrated fascial tissue (plump, organized) versus dehydrated (shriveled, disorganized), medical illustration"
2. "Clinical reminder system: water bottle with hourly markers next to exercise schedule, hydration tracking setup"

Hypermobility

1. "Clinical assessment photo: Beighton score testing showing joint hyperextension measurements, diagnostic examination"
2. "Modified position comparison: standard stretch position versus adapted version for hypermobile patient with support props, safety modifications"

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Individual Variation

1. "Medical illustration: three different body types (ectomorph, mesomorph, endomorph) performing same exercise with unique adaptations, anatomical diversity"
2. "Clinical outcome graph: scatter plot showing wide response variation across 50 patients, individual differences visualization"

Inflammation