

PILLAR

Inversion Therapy

1. "Equipment comparison photo: inversion table (passive) on left, person in active stretch position on right, methodology contrast"
2. "Spine response diagram: passive traction effects versus active muscular decompression, physiological differences illustrated"

Irritability

1. "Tissue sensitivity scale: thermometer-style indicator from low to high irritability with corresponding exercise modifications, clinical guide"
2. "Symptom tracking chart: daily irritability levels guiding exercise intensity decisions, patient monitoring tool"

J

Joint Mechanics

1. "3D medical animation frame: facet joints gliding smoothly during spinal movement, detailed anatomical visualization"
2. "Clinical assessment diagram: joint movement patterns evaluated for exercise selection, biomechanical analysis tool"

Junction Points

1. "Spinal model photograph: transition zones highlighted with colored markers (C7-T1, T12-L1, L5-S1), anatomical education"
2. "Stress concentration heat map: spine showing highest stress at junction points in red/orange, biomechanical analysis"

K

Kinesthetic Awareness

1. "Clinical test photo: person with eyes closed accurately touching nose and other body landmarks, proprioception assessment"
2. "Brain activation illustration: sensory cortex lighting up during body position awareness tasks, neuroscience visualization"

Kinetic Chain

1. "Full body anatomical illustration: sequential force transmission from foot to hand shown as flowing energy pathway, biomechanics diagram"
2. "Movement dysfunction cascade: primary problem creating compensations throughout chain, connected by arrows, clinical analysis"