PILLAR

Recovery

1. "Post-training protocol photo: athlete performing decompression after intense workout, recovery integration"
2. "Tissue recovery timeline: graph showing faster return to baseline with active recovery, physiological benefit"

Recurrence Prevention

1. "Long-term outcome chart: maintained improvement without episode return, sustained success"
2. "Self-management toolkit: patient resources preventing future problems, empowerment tools"

Red Flags

1. "Warning signs checklist: serious symptoms requiring immediate medical referral, safety screening"
2. "Clinical triage flowchart: identifying when not to proceed with exercise, risk management"

Rehabilitation

1. "Rehab phase integration: exercises incorporated throughout recovery stages, comprehensive approach"
2. "Return to function progression: milestone markers from injury to full activity, systematic recovery"

Reliability

1. "Inter-rater testing setup: multiple practitioners assessing same patient, consistency evaluation"
2. "Standardized positioning: ensuring uniform technique delivery, quality assurance"

Remote Work

1. "Home office health photo: laptop user with ergonomic setup and exercise space, workplace wellness"
2. "Posture statistics infographic: remote work creating epidemic of spinal problems, public health data"

Research Priorities

1. "Research gap matrix: urgent studies needed highlighted in red, scientific roadmap"
2. "Future study design: optimal research methodology for advancing evidence, scientific planning"