

# **PILLAR**

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## **Forward Head Posture**

1. "Turtle peeking: head poking forward like curious turtle from shell"
2. "Chicken walk: fixing chicken head position back to normal"

## **Frequency**

1. "Exercise schedule: calendar showing exercise days like activity schedule"
2. "Practice pattern: like music practice, regular makes perfect"

## **Functional Integration**

1. "Practice to play: exercises helping real life like practice helps games"
2. "Training wheels: exercises as training wheels for life movements"

## **Functional Movement**

1. "Daily life moves: reaching cookies, tying shoes, all getting easier"
2. "Movement report card: getting better grades in movement subjects"

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## **Gait**

1. "Walking smoother: like oiling squeaky bike to roll better"
2. "Happy walk: feet making happy patterns instead of tired ones"

## **Global Effects**

1. "Whole body party: exercising one part makes whole body celebrate"
2. "Ripple effect: like throwing stone in pond, one exercise spreads goodness"

## **Global Fascial Integration**

1. "Full body connection: like dot-to-dot connecting whole body picture"
2. "Team stretch: whole body working as stretching team"

## **Golf**

1. "Golf twist: friendly golfer showing safe ways to twist for swings"
2. "After golf stretches: golf balls and stretching making perfect game"

## **Ground Reaction Forces**

1. "Bounce back: ground pushing back when we jump, like trampoline"
2. "Landing soft: learning to land like cat not elephant"