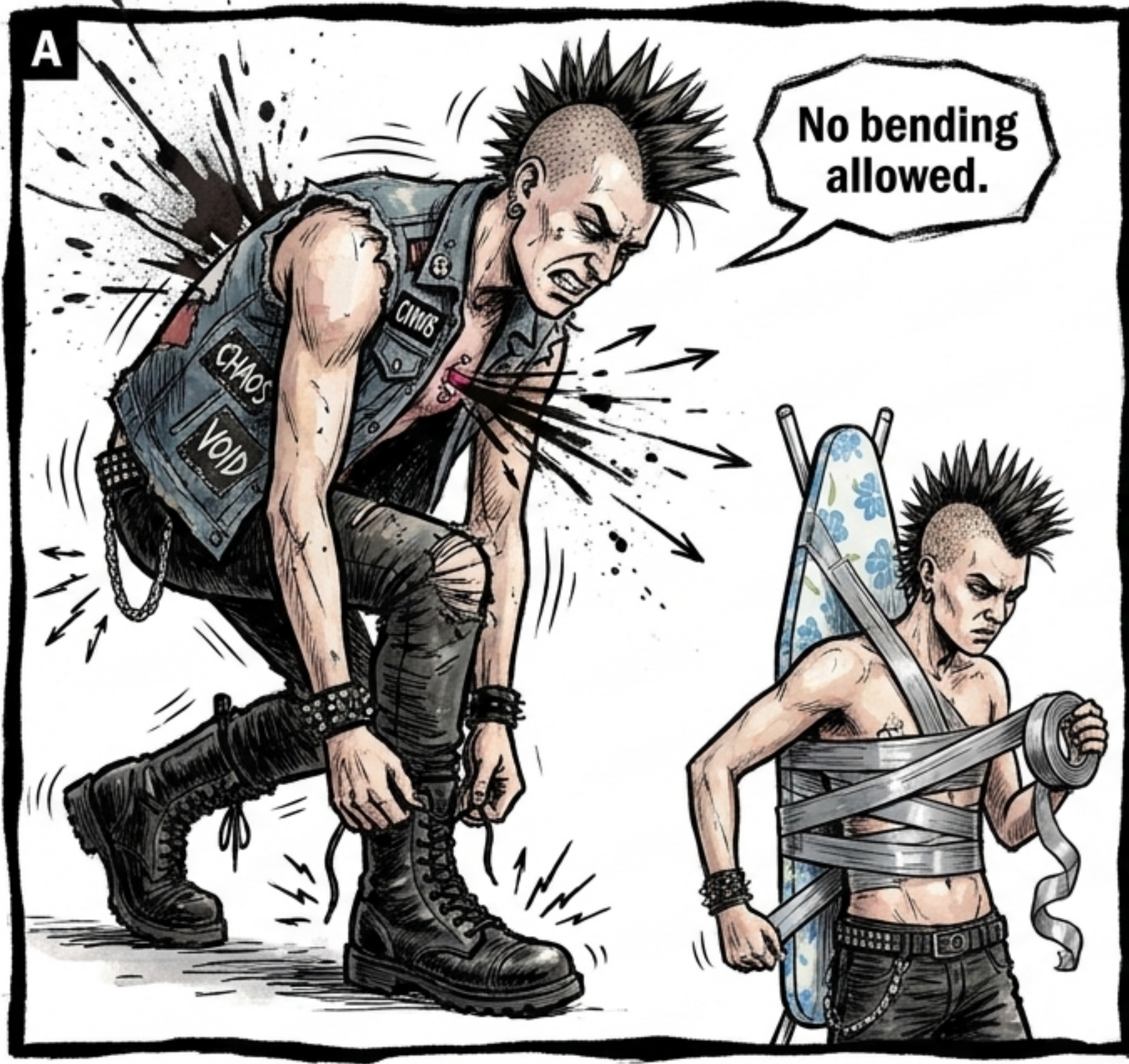




Even minor bending and twisting of the body generates enough mechanical stress to trigger cellular scar signaling. The ultimate solution to torso twisting was strapping a pristine ironing board to his back.