

$$\begin{array}{ccccc}
\pi_{i+3}(S^{2m+1}) & \xrightarrow{E^2} & \pi_{i+5}(S^{2m+3}) & \xrightarrow{=} & \pi_{i+5}(S^{2m+3}) \\
\downarrow H & & \downarrow H^{(4)} & & \downarrow H \\
\pi_i(Q_2^{2m-1}) & \xrightarrow{i_*} & \pi_i(Q_4^{2m-1}) & \xrightarrow{j_*} & \pi_{i+2}(Q_2^{2m+1}) \\
\downarrow P & & \downarrow P^{(4)} & & \downarrow P \\
\pi_i(S^{2m-1}) & \xrightarrow{=} & \pi_i(S^{2m-1}) & \xrightarrow{E^2} & \pi_{i+2}(S^{2m+1})
\end{array}$$