

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