

$$\begin{array}{ccccccc}
\pi_i(S^{2m+1}) & \xrightarrow{E^4} & \pi_{i+4}(S^{2pm+1}) & \xrightarrow{H^{(4)}} & \pi_{i-1}(Q_4^{2pm-3}) & \xrightarrow{P^{(4)}} & \pi_{i-1}(S^{2pm-3}) \\
\downarrow \times p & & \downarrow \Delta & & \downarrow \overline{\Delta} & & \downarrow \times p \\
\pi_i(S^{2pm-3}) & \xrightarrow{E^2} & \pi_{i+2}(S^{2pm-1}) & \xrightarrow{H} & \pi_{i-1}(Q_2^{2pm-3}) & \xrightarrow{P} & \pi_{i-1}(S^{2pm-3})
\end{array}$$