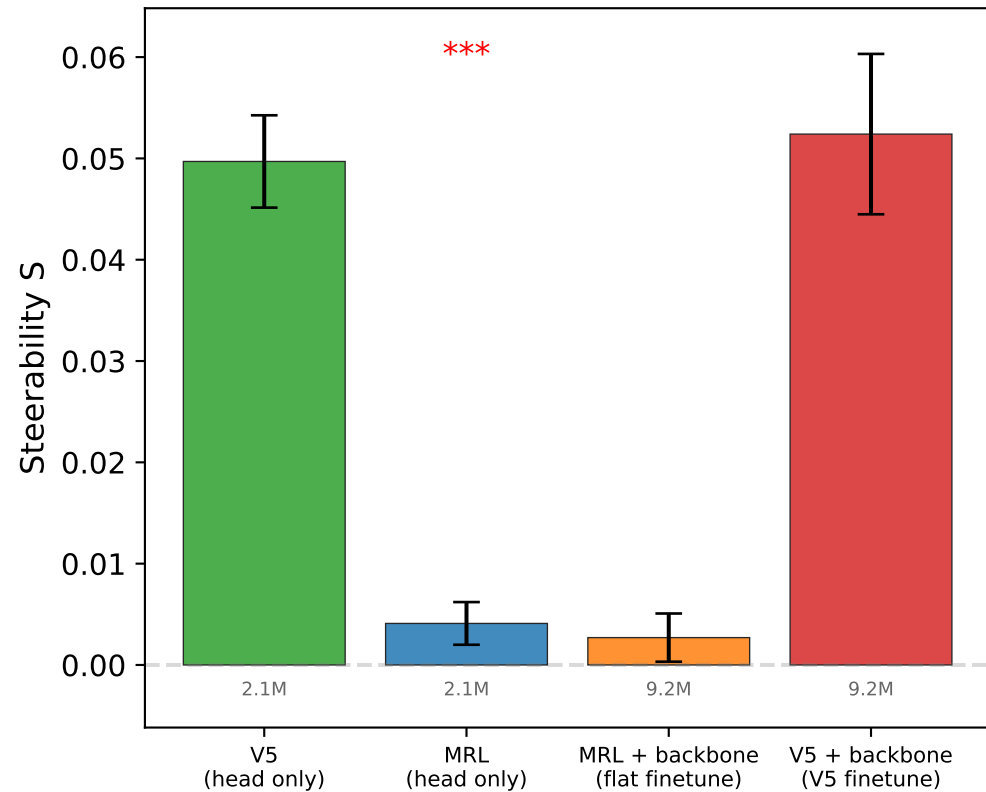Backbone Fine-Tuning Control: Alignment vs. Capacity