Extension Phase (Flexed to Extended Position)
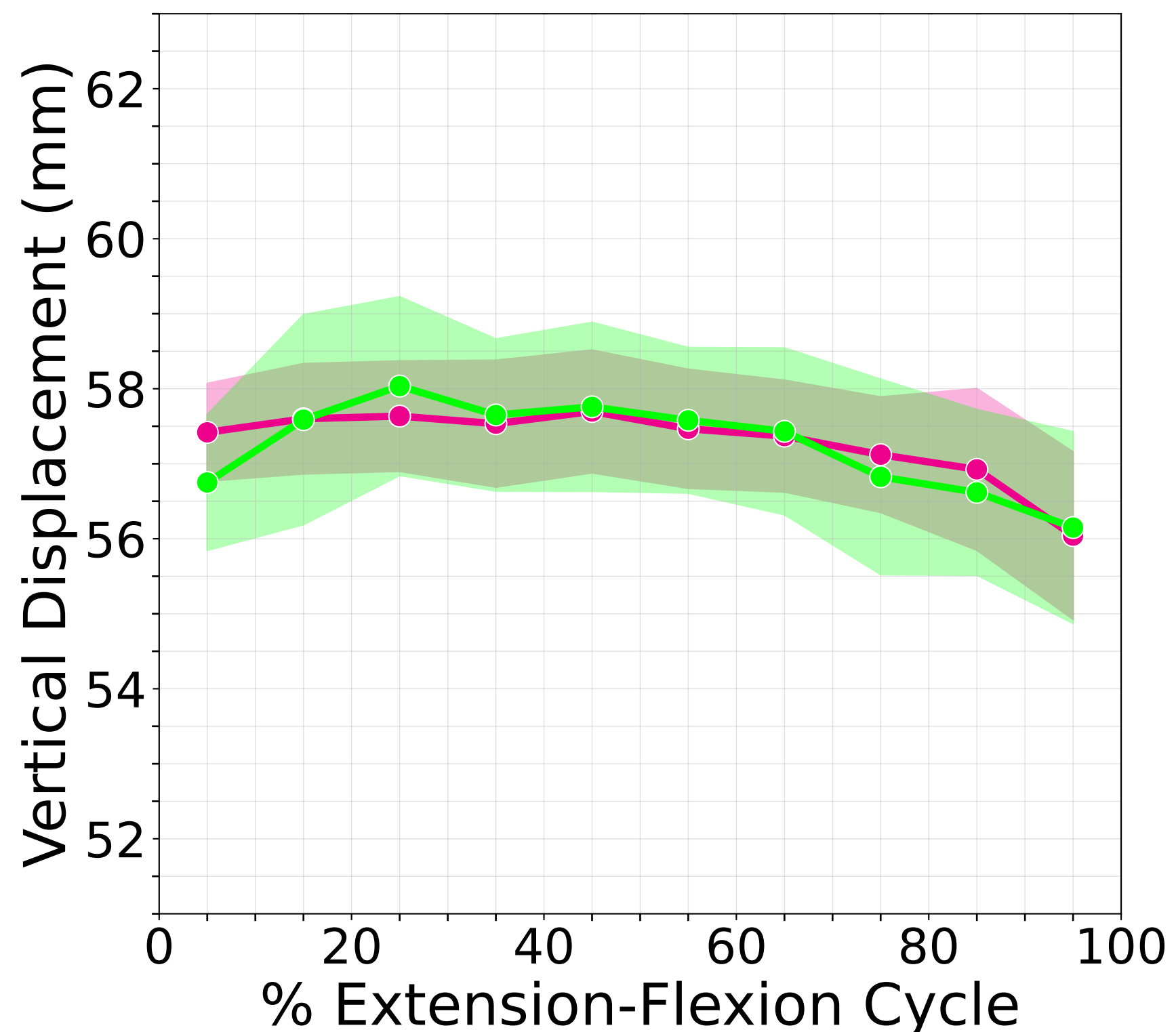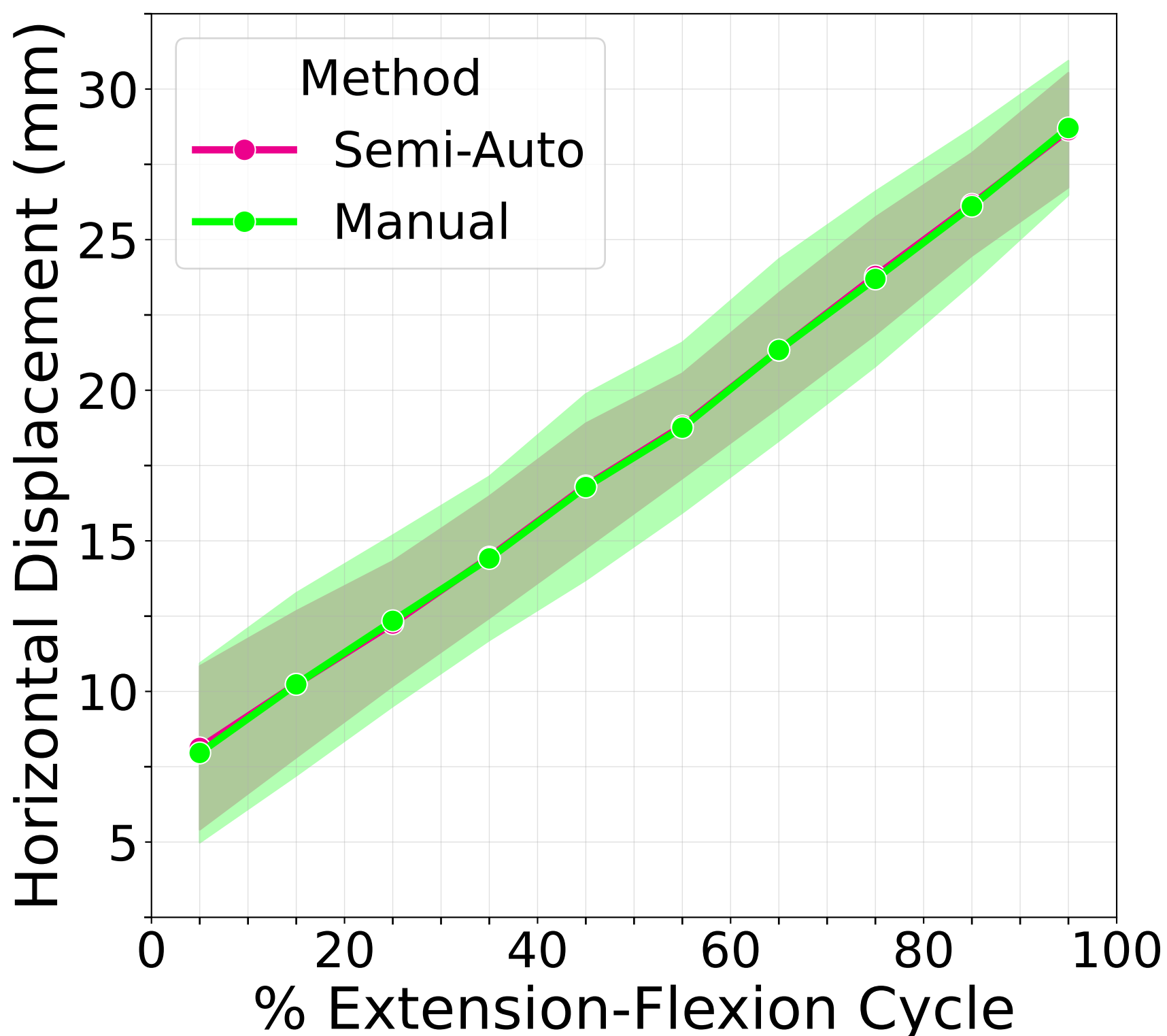
Flexion Phase (Extended to Flexed Position)