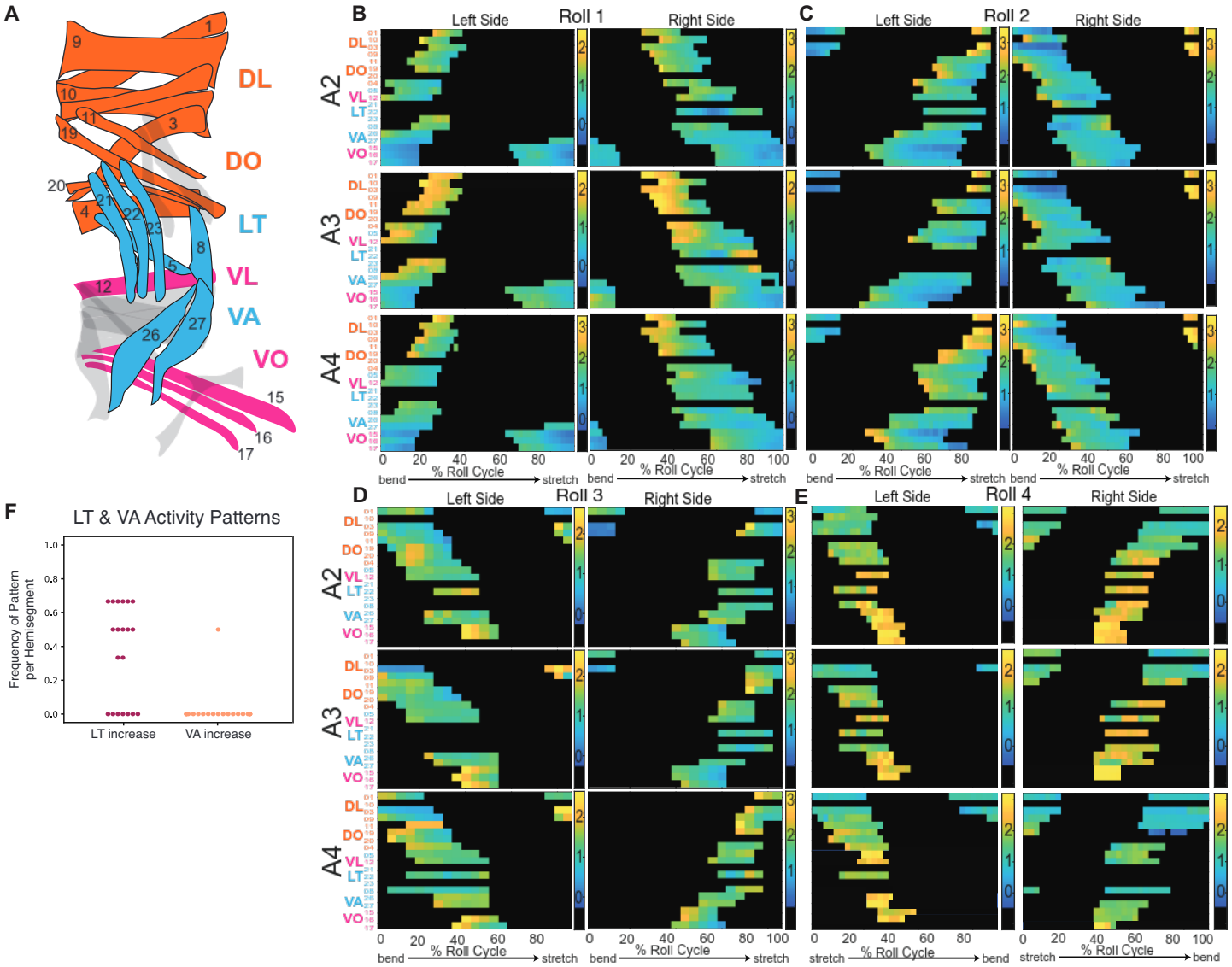
A
DL
DO
LT
VL
VA
VO
B
Roll 1
Left Side
Right Side
C
Roll 2
D
Roll 3
E
Roll 4
A2
A3
A4
% Roll Cycle
bend
stretch
F
LT & VA Activity Patterns
Frequency of Pattern per Hemisegment
LT increase
VA increase