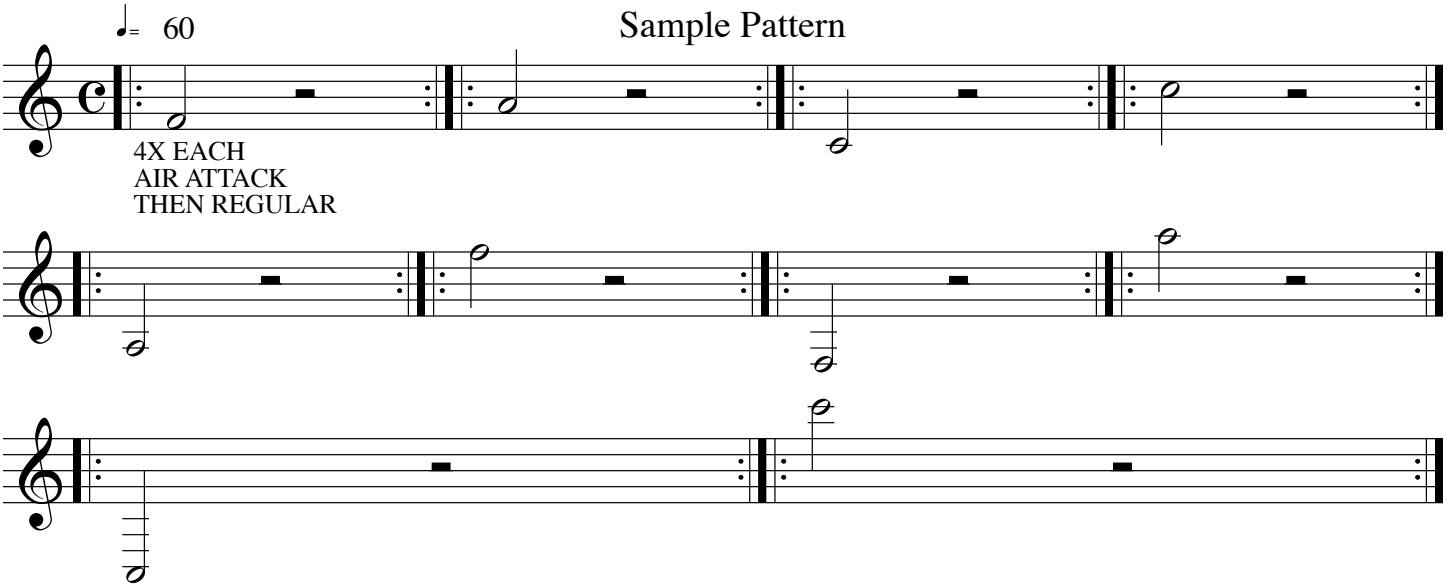Articulation Exercise
Sample Pattern