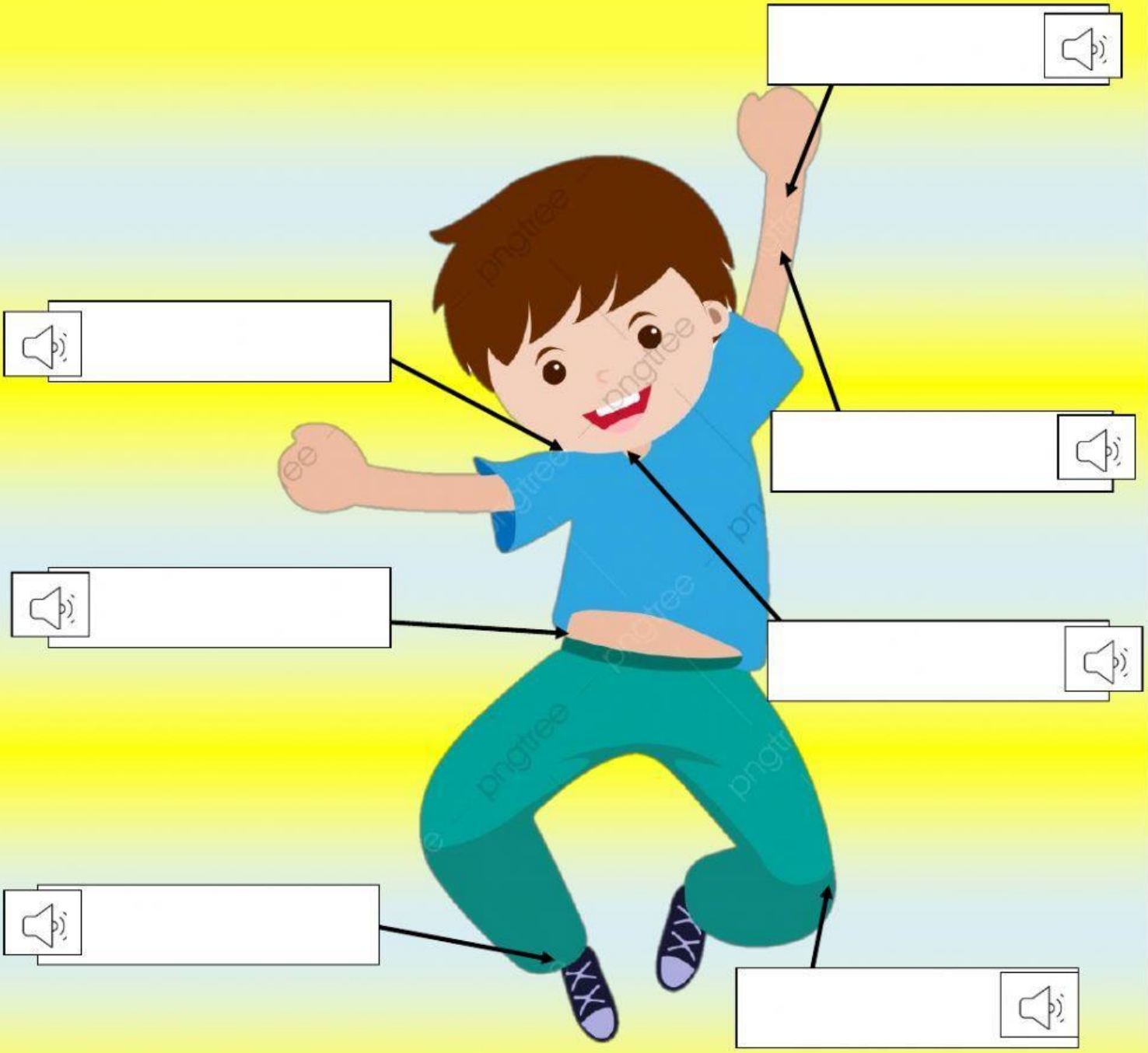
JOINTS

ANKLE	NECK	HIP
SHOULDER	KNEE	WRIST
	ELBOW