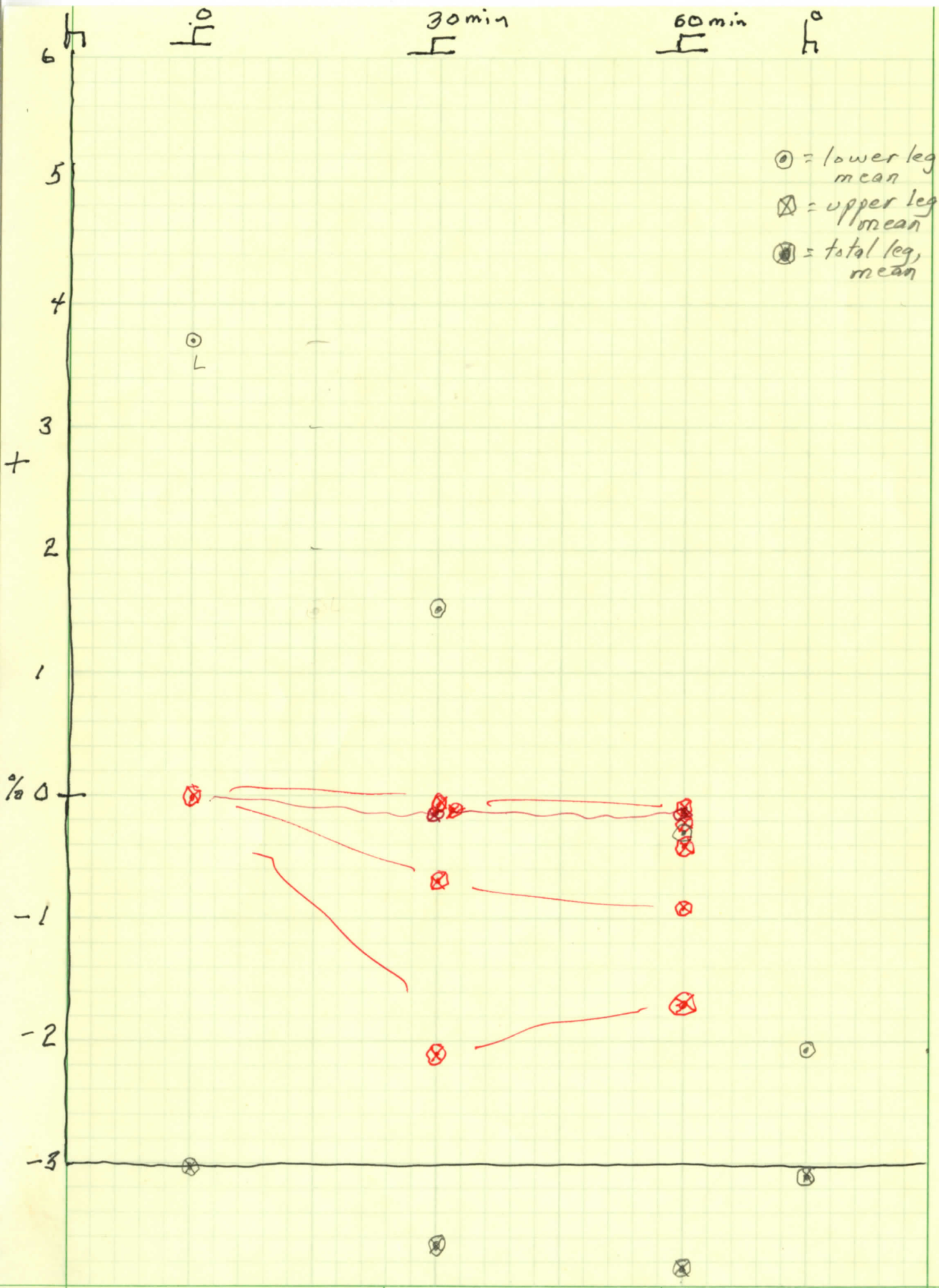
0
30 min
60 min
0
6
5
4
3
2
1
% 0
-1
-2
-3
+
L
⊙ = lower leg mean
⊗ = upper leg mean
⊗ = total leg, mean