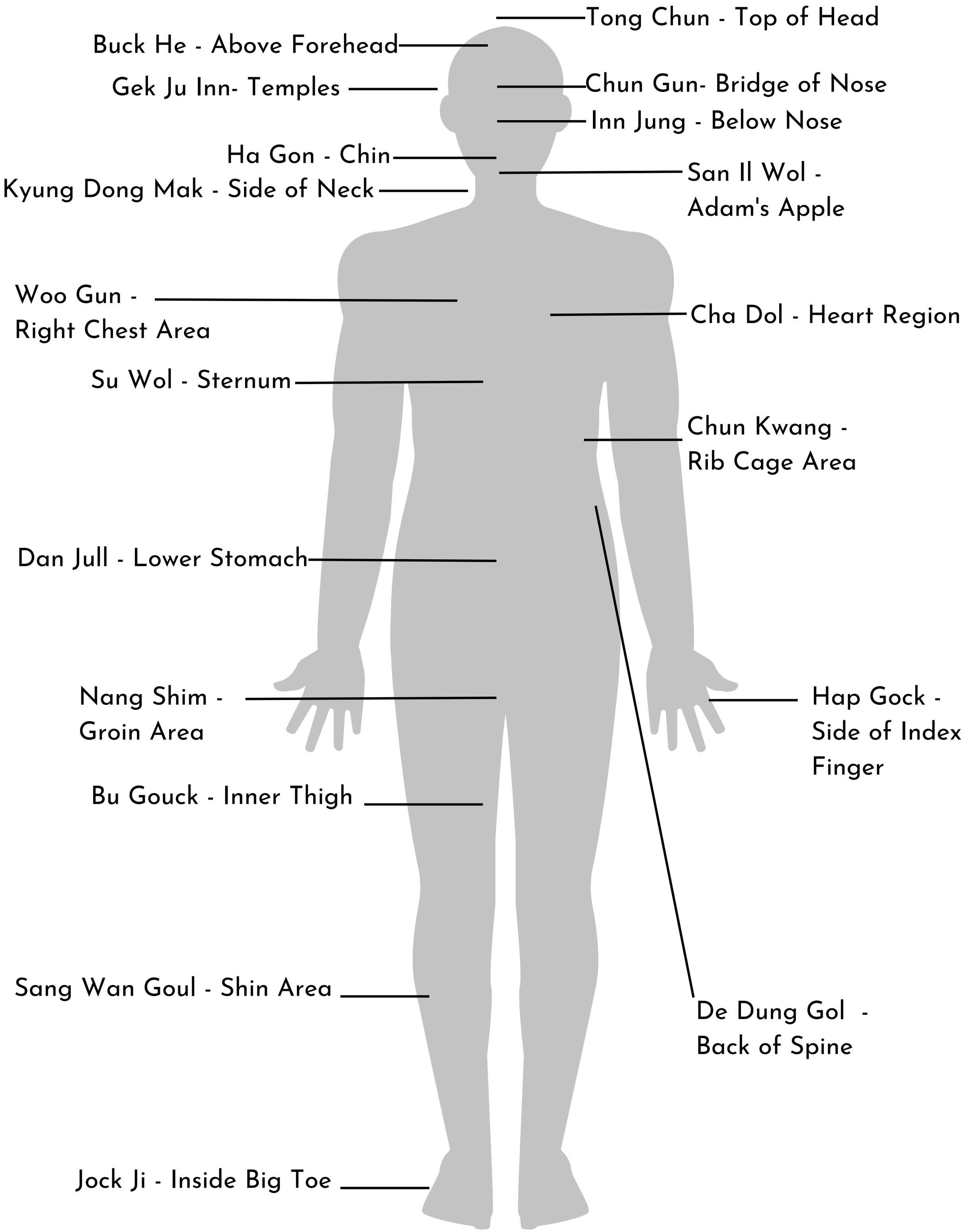PRESSURE POINTS