Compression starts here.

When the shock compresses, oil is forced up through the upper portion of the inner Twin Tube chamber.

One-Way Valve Compression Flow: Oil then travels through the high and low speed compression valves.

Oil then returns through the rebound side check valve.

Finally, oil travels through the outer Twin Tube chamber, ending the compression phase.

Rebound starts here.

When the shock extends, oil is forced through the outer Twin Tube.

One-Way Valve Rebound Flow: Oil then travels through the high and low speed rebound valves.

Oil then returns through the compression side check valve.

Finally, oil travels through the upper portion of the inner Twin Tube chamber, ending the rebound phase.