Deflection Track Assembly
Double Deflection Track

**ADVANTAGES:**
1. Provides lateral connection of the studs together without relying on cladding for lateral support parallel to the wall.
2. Allows both vertical and horizontal movement of the structure above which supports the deflection track.

**DISADVANTAGES:**
1. Difficult to build - usually requires temporary support of nested track to deflection track - Temporary support must be removed prior to installation of cladding.