

iseg_extend^{4,23}

$\forall T:\text{Type}, l_1:T \text{ List}, v:T, l_2:T \text{ List}.$

$l_1 \leq l_2 \Rightarrow \|l_1\| < \|l_2\| \ \& \ l_2[\|l_1\|] = v \Rightarrow l_1 @ [v] \leq l_2$