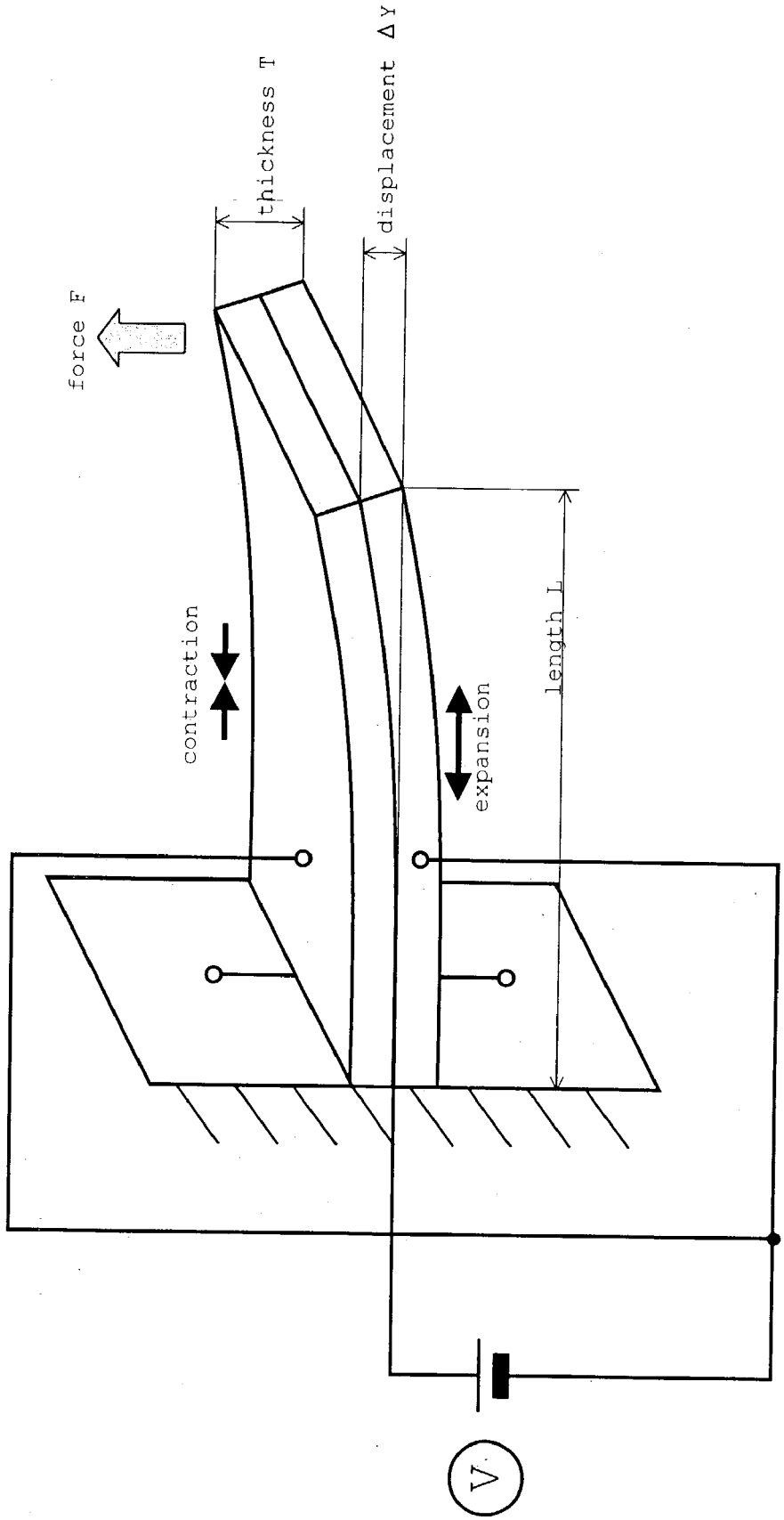
force F
thickness T
displacement ΔY
contraction
expansion
length L
V

Fig. 4