

$$\text{Torque}_{\text{ext}} = F_{\text{ext}} \times d_{\text{ext}}$$

$$\text{Torque}_{\text{flex}} = F_{\text{flex}} \times d_{\text{flex}}$$

F_{ext}

F_{flex}

$$\text{Torque}_{\text{load}} = F_{\text{load}} \times d_{\text{seg}}$$

F_{load}

d_{ext}

d_{flex}

d_{seg}

$$\text{Torque}_{\text{net}} = \text{Torque}_{\text{flex}} - \text{Torque}_{\text{ext}}$$

