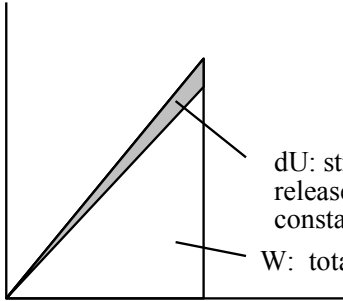


P



$dU$ : strain energy  
released under  
constant load

$W$ : total work done on system

$\Delta l$