	(E,v)	*(K,G)*
$G =$	$\frac{E}{2(1+v)}$	
$M =$	$\frac{(1-v)E}{(1+v)(1-2v)}$	$K+\frac{4}{3}G$
$\lambda =$	$\frac{vE}{(1+v)(1-2v)}$	
$K =$	$\frac{E}{3(1-2v)}$	

Shear modulus
(also noted as μ, S-wave)

Constrained modulus
(uniaxial compaction, P-wave)

Lamé first parameter
(volumetric strain component)

Bulk modulus
(relates volumetric strain and isotropic stress)