$$\begin{split} & \frac{\pi a_{ny} v_b}{2L} \cos \left(\frac{\pi y a_{ny}}{L} \right) + \left(\left[\left(u_x \sin \left(\frac{\pi x a_{nx}}{L} \right) + u_y \cos \left(\frac{\pi y a_{ny}}{L} \right) + u_o \right]^2 + 3 \left[v_x \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi y a_{ny}}{L} \right) + v_z \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_o \right]^2 + \left[v_x \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi y a_{ny}}{L} \right) + v_z \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_o \right]^2 + \left[v_x \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi y a_{ny}}{L} \right) + v_z \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_o \right]^2 + \left[v_x \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi y a_{ny}}{L} \right) + v_z \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_o \right] + \left[v_x \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi y a_{ny}}{L} \right) + v_z \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_o \right] \right] + \left[v_x \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi y a_{ny}}{L} \right) + v_z \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_z \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_o \right] \right] + \left[v_x \cos \left(\frac{\pi x a_{nx}}{L} \right) + v_y \sin \left(\frac{\pi x a_{nx}}{L} \right) + v_z \sin \left(\frac{\pi x a_{nx}}{L$$