

Mechanics

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Spring force:

$$F_s = kx \tag{1}$$

Damper force:

$$F_d = b\dot{x} \tag{2}$$

For springs between 2 masses, always assume right minus left displacement delta (i.e., $x_2 - x_1$). This assumes the the spring has been **stretched from equilibrium** which implies an **inward force**.

Dampers are trickier.