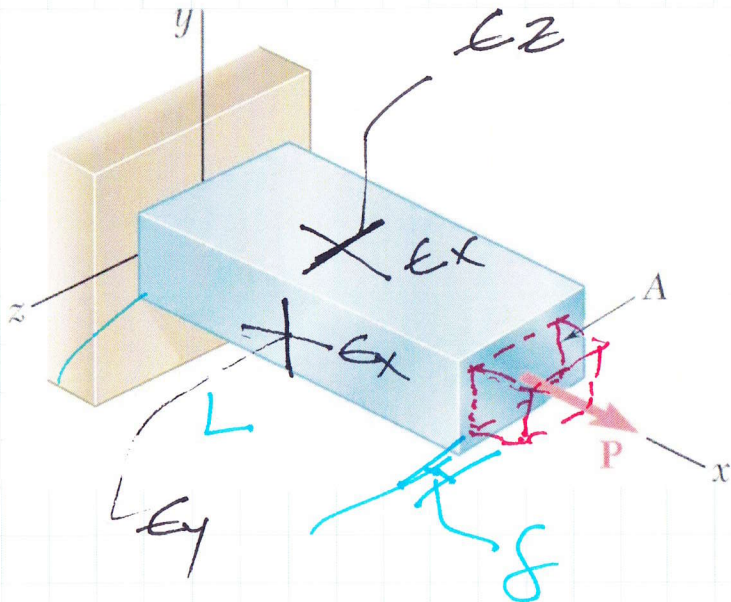# Poisson's Ratio

$$\epsilon_x = \frac{\delta}{L}$$

$$\mu = \nu = - \frac{lateral\ strain}{axial\ strain}$$

$$\epsilon_z = - \nu \epsilon_x$$

$$\epsilon_y = - \nu \epsilon_x$$

$$0 \leq \nu \leq .50$$

Cork	Glass	Metals	Rubber
close to 0	.21	.3	.50