

Working out stress tensor components in radial polar

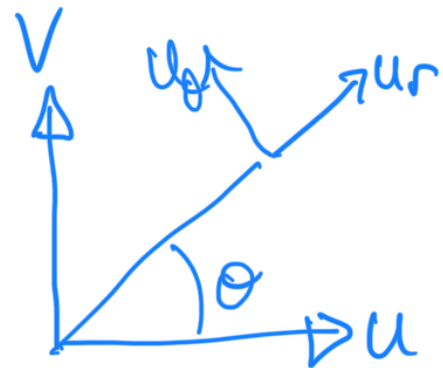
Method (1) : Start with Cartesian version & Change variables.

In Cartesian coordinates,

$$\sigma_{11} = -p + 2\mu \frac{\partial u}{\partial x}$$

$$\sigma_{12} = \mu \left(\frac{\partial u}{\partial y} + \frac{\partial v}{\partial x} \right)$$

$$\sigma_{22} = -p + 2\mu \frac{\partial v}{\partial y}$$



need to change $(x, y) \rightarrow (r, \theta)$ and $(u, v) \rightarrow (u_r, u_\theta)$

then work out $\sigma_{rr}, \sigma_{r\theta}, \sigma_{\theta\theta}$.

(i) for $(x, y) \rightarrow (r, \theta)$, using $r = \sqrt{x^2 + y^2}$, $\theta = \text{Arctan} \frac{y}{x}$,

we calculate

$$r_x = \cos \theta, \quad r_y = \sin \theta, \quad \theta_y = \frac{\cos \theta}{r}, \quad \theta_x = -\frac{\sin \theta}{r}$$

so that

$$\frac{\partial u}{\partial x} = \cos \theta \frac{\partial u}{\partial r} - \frac{\sin \theta}{r} \frac{\partial u}{\partial \theta}, \quad \frac{\partial u}{\partial y} = \sin \theta \frac{\partial u}{\partial r} + \frac{\cos \theta}{r} \frac{\partial u}{\partial \theta}$$

$$\frac{\partial v}{\partial x} = \cos \theta \frac{\partial v}{\partial r} - \frac{\sin \theta}{r} \frac{\partial v}{\partial \theta}, \quad \frac{\partial v}{\partial y} = \sin \theta \frac{\partial v}{\partial r} + \frac{\cos \theta}{r} \frac{\partial v}{\partial \theta}$$

(ii) Resolving the vectors, we also have

$$u = u_r \cos \theta - u_\theta \sin \theta$$

$$v = u_r \sin \theta + u_\theta \cos \theta$$

(iii) Calculate σ_{11} in terms of u_r, u_θ, r, θ .

$$\sigma_{11} = -p + 2\mu \frac{\partial u}{\partial x} = -p + 2\mu \left(\cos \theta \frac{\partial u}{\partial r} - \frac{\sin \theta}{r} \frac{\partial u}{\partial \theta} \right)$$

$$= -P + 2\mu \left(\cos\theta \frac{\partial}{\partial r} (u_r \cos\theta - u_\theta \sin\theta) - \sin\theta \frac{\partial}{\partial \theta} (u_r \cos\theta - u_\theta \sin\theta) \right)$$

$$\Rightarrow \sigma_{11} = -P + 2\mu \left(\cos^2\theta \frac{\partial u_r}{\partial r} + \sin\theta \cos\theta \left(\frac{u_\theta}{r} - \frac{\partial u_\theta}{\partial r} - \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) + \sin^2\theta \left(\frac{u_r}{r} + \frac{\partial u_\theta}{\partial \theta} \right) \right)$$

(iv) Calculate σ_{12} in terms of u_r, u_θ, r, θ

$$\begin{aligned} \sigma_{12} &= \mu \left(\frac{\partial u}{\partial y} + \frac{\partial v}{\partial x} \right) = \mu \left(\sin\theta \frac{\partial u}{\partial r} + \frac{\cos\theta}{r} \frac{\partial u}{\partial \theta} + \cos\theta \frac{\partial v}{\partial r} - \frac{\sin\theta}{r} \frac{\partial v}{\partial \theta} \right) \\ &= \mu \left(\sin\theta \frac{\partial}{\partial r} (u_r \cos\theta - u_\theta \sin\theta) + \frac{\cos\theta}{r} \frac{\partial}{\partial \theta} (u_r \cos\theta - u_\theta \sin\theta) \right. \\ &\quad \left. + \cos\theta \frac{\partial}{\partial r} (u_r \sin\theta + u_\theta \cos\theta) - \frac{\sin\theta}{r} \frac{\partial}{\partial \theta} (u_r \sin\theta + u_\theta \cos\theta) \right) \end{aligned}$$

$$\sigma_{12} = \mu \left(2\sin\theta \cos\theta \left(\frac{\partial u_r}{\partial r} - \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} - \frac{u_r}{r} \right) + (\cos^2\theta - \sin^2\theta) \left(\frac{\partial u_\theta}{\partial r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} - \frac{u_\theta}{r} \right) \right)$$

$$\begin{aligned} (v) \sigma_{22} &= -P + 2\mu \frac{\partial v}{\partial y} = -P + 2\mu \left(\sin\theta \frac{\partial v}{\partial r} + \frac{\cos\theta}{r} \frac{\partial v}{\partial \theta} \right) \\ &= -P + 2\mu \left(\sin\theta \frac{\partial}{\partial r} (u_r \sin\theta + u_\theta \cos\theta) + \frac{\cos\theta}{r} \frac{\partial}{\partial \theta} (u_r \sin\theta + u_\theta \cos\theta) \right) \end{aligned}$$

$$\sigma_{22} = -P + 2\mu \left(\sin^2\theta \frac{\partial u_r}{\partial r} + \cos\theta \sin\theta \left(\frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) + \cos^2\theta \left(\frac{\partial u_\theta}{\partial r} + \frac{u_r}{r} \right) \right)$$

(vi) Calculate

$$\underline{t}(\underline{e}_r) = \begin{pmatrix} \sigma_{11} n_1 + \sigma_{12} n_2 \\ \sigma_{21} n_1 + \sigma_{22} n_2 \end{pmatrix} \quad \underline{e}_r = \underline{n} = \begin{pmatrix} \cos \theta \\ \sin \theta \end{pmatrix}$$

$$= \begin{pmatrix} \cos \theta \sigma_{11} + \sin \theta \sigma_{12} \\ \cos \theta \sigma_{21} + \sin \theta \sigma_{22} \end{pmatrix}$$

(vii) $\sigma_r = \underline{e}_r \cdot \underline{t}(\underline{e}_r)$

$$= \cos^2 \theta \sigma_{11} + 2 \sin \theta \cos \theta \sigma_{12} + \sin^2 \theta \sigma_{22}$$

$$= -P \cos^2 \theta + 2\mu \left(\cos^4 \theta \frac{\partial u_r}{\partial r} + \sin \theta \cos^3 \theta \left(\frac{u_\theta}{r} - \frac{\partial u_\theta}{\partial r} - \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) \right. \\ \left. + \sin^2 \theta \cos^2 \theta \frac{u_r}{r} + \frac{\cos^3 \theta \sin^2 \theta}{r} \frac{\partial u_\theta}{\partial \theta} \right) \\ + 2\mu \left(2 \sin^2 \theta \cos^2 \theta \left(\frac{\partial u_r}{\partial r} - \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} - \frac{u_r}{r} \right) \right. \\ \left. + \sin \theta \cos \theta (\cos^2 \theta - \sin^2 \theta) \left(\frac{\partial u_\theta}{\partial r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} - \frac{u_\theta}{r} \right) \right)$$

$$- P \sin^2 \theta + 2\mu \left(\sin^4 \theta \frac{\partial u_r}{\partial r} + \cos \theta \sin^3 \theta \left(\frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) \right. \\ \left. + \cos^2 \theta \sin^2 \theta \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right) \right)$$

$$= -P + 2\mu \left[\frac{\partial u_r}{\partial r} \underbrace{(\cos^4 \theta + 2 \sin^2 \theta \cos^2 \theta + \sin^4 \theta)}_{=(\cos^2 \theta + \sin^2 \theta)^2 = 1} \right. \\ \left. + \frac{\partial u_\theta}{\partial r} \left(-\cancel{\sin \theta \cos^3 \theta} + \cancel{\cos \theta \sin^3 \theta} \right. \right. \\ \left. \left. + \sin \theta \cos \theta (\cancel{\cos^2 \theta} - \cancel{\sin^2 \theta}) \right) \right. \\ \left. + \frac{1}{r} \frac{\partial u_r}{\partial \theta} \left(-\cancel{\sin \theta \cos^3 \theta} + \cancel{\cos \theta \sin^3 \theta} \right. \right. \\ \left. \left. + \sin \theta \cos \theta (\cancel{\cos^2 \theta} - \cancel{\sin^2 \theta}) \right) \right]$$

$$+ \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} \left(-2 \sin^2 \theta \cos^2 \theta + \cos^2 \theta \sin^2 \theta + \cos^2 \theta \sin^2 \theta \right)$$

$$+ \frac{1}{r} u_r \left(\sin^2 \theta \cos^2 \theta - 2 \sin^2 \theta \cos^2 \theta + \cos^2 \theta \sin^2 \theta \right)$$

$$+ \frac{1}{r} u_\theta \left(\sin \theta \cos^3 \theta - \sin^3 \theta \cos \theta - \sin \theta \cos \theta (\cos^2 \theta - \sin^2 \theta) \right)$$

$$\therefore \sigma_{rr} = -P + 2\mu \frac{\partial u_r}{\partial r}$$

$$(iii) \sigma_{r\theta} (= \sigma_{\theta r}) = \underline{C}_\theta \cdot \underline{t}(\underline{e}_r)$$

$$= \begin{pmatrix} -\sin \theta \\ \cos \theta \end{pmatrix} \cdot \begin{pmatrix} \cos \theta \sigma_{11} + \sin \theta \sigma_{12} \\ \cos \theta \sigma_{21} + \sin \theta \sigma_{22} \end{pmatrix}$$

$$= -\sin \theta \cos \theta \sigma_{11} + (\cos^2 \theta - \sin^2 \theta) \sigma_{12} + \sin \theta \cos \theta \sigma_{22}$$

$$= -\sin \theta \cos \theta \left(-P + 2\mu \left(\cos^2 \theta \frac{\partial u_r}{\partial r} + \sin \theta \cos \theta \left(\frac{u_\theta}{r} - \frac{\partial u_\theta}{\partial r} - \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) + \sin^2 \theta \left(\frac{u_r}{r} + \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} \right) \right) \right)$$

$$+ \mu (\cos^2 \theta - \sin^2 \theta) \left(2 \sin \theta \cos \theta \left(\frac{\partial u_r}{\partial r} - \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} - \frac{u_r}{r} \right) \right)$$

$$+ (\cos^2 \theta - \sin^2 \theta) \left(\frac{\partial u_\theta}{\partial r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} - \frac{u_\theta}{r} \right)$$

$$+ \sin \theta \cos \theta \left(-P + 2\mu \left(\sin^2 \theta \frac{\partial u_r}{\partial r} + \cos^2 \theta \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right) + \cos \theta \sin \theta \left(\frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) \right) \right)$$

$$= \mu \left((-2 \sin \theta \cos^3 \theta + (\cos^2 \theta - \sin^2 \theta) \sin \theta \cos \theta + 2 \sin^3 \theta \cos \theta) \frac{\partial u_r}{\partial r} \right.$$

$$\left. + (4 \sin^2 \theta \cos^2 \theta + (\cos^2 \theta - \sin^2 \theta)^2) \frac{\partial u_\theta}{\partial r} \right)$$

$$\begin{aligned}
 &= (\cos^2\theta + \sin^2\theta) = 1 \\
 &+ \left(4\sin^2\theta \cos^2\theta + (\cos^2\theta - \sin^2\theta)^2 \right) \frac{1}{r} \frac{\partial u_r}{\partial \theta} \\
 &+ \left(\begin{aligned} &-2\sin^3\theta \cos\theta + 2\sin\theta \cos^3\theta \\ &-2\sin\theta \cos\theta (\cos^2\theta - \sin^2\theta) \end{aligned} \right) \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} \\
 &+ \left(\begin{aligned} &-2\sin^3\theta \cos\theta + 2\sin\theta \cos^3\theta \\ &-2\sin\theta \cos\theta (\cos^2\theta - \sin^2\theta) \end{aligned} \right) \frac{u_r}{r} \\
 &+ \left(\begin{aligned} &-4\sin^2\theta \cos^2\theta \\ &-(\cos^2\theta - \sin^2\theta)^2 \end{aligned} \right) \frac{u_\theta}{r} \\
 &= -1
 \end{aligned}$$

$$\therefore \sigma_{r\theta} = \mu \left(\frac{\partial u_\theta}{\partial r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} - \frac{u_\theta}{r} \right)$$

(xi)

$$\begin{aligned}
 \sigma_{\theta\theta} &= \underline{e}_\theta \cdot \underline{t}(\underline{e}_\theta) \\
 &= \begin{pmatrix} -\sin\theta \\ \cos\theta \end{pmatrix} \cdot \begin{pmatrix} \sigma_{11}\sin\theta + \sigma_{12}\cos\theta \\ -\sigma_{21}\sin\theta + \sigma_{22}\cos\theta \end{pmatrix} \\
 &= \sigma_{11}\sin^2\theta - 2\sigma_{12}\cos\theta\sin\theta + \sigma_{22}\cos^2\theta \\
 &= -p\sin^2\theta + 2\mu\sin^2\theta \left(\cos^2\theta \frac{\partial u_r}{\partial r} + \sin^2\theta \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right) \right. \\
 &\quad \left. + \sin\theta\cos\theta \left(\frac{u_\theta}{r} - \frac{\partial u_\theta}{\partial r} - \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) \right) \\
 &\quad - 2\mu\cos\theta\sin\theta \left(2\sin\theta\cos\theta \left(\frac{\partial u_r}{\partial r} - \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} - \frac{u_r}{r} \right) \right. \\
 &\quad \left. + (\cos^2\theta - \sin^2\theta) \left(\frac{\partial u_\theta}{\partial r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} - \frac{u_\theta}{r} \right) \right) \\
 &\quad - p\cos^2\theta + 2\mu\cos^2\theta \left(\sin^2\theta \frac{\partial u_r}{\partial r} + \cos^2\theta \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right) \right. \\
 &\quad \left. + \cos\theta\sin\theta \left(\frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} + \frac{1}{r} \frac{\partial u_r}{\partial \theta} \right) \right)
 \end{aligned}$$

$$\begin{aligned}
&= -P + \mu \left\{ \left(\cancel{2\sin^2\theta\cos^2\theta} - \cancel{4\sin^2\theta\cos^2\theta} + \cancel{2\sin^2\theta\cos^2\theta} \right) \frac{\partial u_r}{\partial r} \right. \\
&\quad + \left(\cancel{-2\sin^3\theta\cos\theta} + \cancel{2\cos^3\theta\sin\theta} - 2\cos\theta\sin\theta(\cancel{\cos^2\theta} - \cancel{\sin^2\theta}) \right) \frac{\partial u_\theta}{\partial r} \\
&\quad + \left(\cancel{-2\sin^3\theta\cos\theta} + \cancel{2\cos^3\theta\sin\theta} - 2\cos\theta\sin\theta(\cancel{\cos^2\theta} - \cancel{\sin^2\theta}) \right) \frac{1}{r} \frac{\partial u_r}{\partial \theta} \\
&\quad + \left(\underbrace{2\sin^4\theta + 4\cos^2\theta\sin^2\theta + 2\cos^4\theta}_{=1(\cos^2\theta + \sin^2\theta)^2 = 2} \right) \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} \\
&\quad + \left(\underbrace{2\sin^4\theta + 4\cos^2\theta\sin^2\theta + 2\cos^4\theta}_{=2} \right) \frac{u_r}{r} \\
&\quad + \left(\cancel{2\sin^3\theta\cos\theta} - \cancel{2\cos^3\theta\sin\theta} + 2\cos\theta\sin\theta(\cancel{\cos^2\theta} - \cancel{\sin^2\theta}) \right) \frac{u_\theta}{r} \Big\}
\end{aligned}$$

$$\therefore \sigma_{\theta\theta} = -P + 2\mu \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right)$$

Method 2: use dyadic product $\otimes$

$$\underline{a} \otimes \underline{b} = \underline{a} \underline{b}^T = \begin{pmatrix} a_1 \\ a_2 \end{pmatrix} \begin{pmatrix} b_1 & b_2 \end{pmatrix} = \begin{pmatrix} a_1 b_1 & a_1 b_2 \\ a_2 b_1 & a_2 b_2 \end{pmatrix}$$

$$\underline{\nabla} f := \nabla_i (f \underline{e}_j) \otimes \underline{e}_i$$

$$= \nabla_i (f_j) \underline{e}_j \otimes \underline{e}_i + f_j \nabla(\underline{e}_j) \otimes \underline{e}_i$$

[NB ∇_i is the component of ∇ in the relevant coordinate system]

[example - in Cartesian coordinates, where the $\underline{e}_j$ are constants,

$$\underline{\nabla} u = \nabla_i (u_j) \underline{e}_j \otimes \underline{e}_i$$

$$\begin{aligned}
 &= \frac{\partial u_j}{\partial x_1} \underline{e}_j \otimes \underline{e}_1 + \frac{\partial u_j}{\partial x_2} \underline{e}_j \otimes \underline{e}_2 \\
 &= \begin{pmatrix} \frac{\partial u_1}{\partial x_1} \\ \frac{\partial u_2}{\partial x_1} \end{pmatrix} (1, 0) + \begin{pmatrix} \frac{\partial u_1}{\partial x_2} \\ \frac{\partial u_2}{\partial x_2} \end{pmatrix} (0, 1) \\
 &= \begin{pmatrix} \frac{\partial u_1}{\partial x_1} & \frac{\partial u_1}{\partial x_2} \\ \frac{\partial u_2}{\partial x_1} & \frac{\partial u_2}{\partial x_2} \end{pmatrix}
 \end{aligned}$$

$$\therefore \nabla \underline{u} + \nabla \underline{u}^T = \begin{pmatrix} 2 \frac{\partial u_1}{\partial x_1} & \frac{\partial u_1}{\partial x_2} + \frac{\partial u_2}{\partial x_1} \\ \frac{\partial u_1}{\partial x_2} + \frac{\partial u_2}{\partial x_1} & 2 \frac{\partial u_2}{\partial x_2} \end{pmatrix}$$

$$\therefore \underline{\underline{\sigma}} = -p + \mu (\nabla \underline{u} + \nabla \underline{u}^T) \Rightarrow \begin{cases} \sigma_{11} = -p + 2\mu \frac{\partial u_1}{\partial x_1} \\ \sigma_{12} = \mu \left(\frac{\partial u_1}{\partial x_2} + \frac{\partial u_2}{\partial x_1} \right) \\ \sigma_{22} = -p + 2\mu \frac{\partial u_2}{\partial x_2} \end{cases}$$

In radial coords, $\underline{u} = u_r \underline{e}_r + u_\theta \underline{e}_\theta$

$$\text{and } \nabla = \underline{e}_r \frac{\partial}{\partial r} + \frac{\underline{e}_\theta}{r} \frac{\partial}{\partial \theta}$$

$$\begin{aligned}
 \text{Then } \nabla \underline{u} &= \frac{\partial}{\partial r} (u_j \underline{e}_j) \otimes \underline{e}_r + \frac{1}{r} \frac{\partial}{\partial \theta} (u_j \underline{e}_j) \otimes \underline{e}_\theta \\
 &= \frac{\partial u_j}{\partial r} \underline{e}_j \otimes \underline{e}_r + \frac{1}{r} \frac{\partial u_j}{\partial \theta} \underline{e}_j \otimes \underline{e}_\theta
 \end{aligned}$$

$$+ u_j \frac{\partial \underline{e}_j}{\partial r} \otimes \underline{e}_r + \frac{1}{r} u_j \frac{\partial \underline{e}_j}{\partial \theta} \otimes \underline{e}_\theta$$

$$\text{Now } \underline{e}_r = \begin{pmatrix} \cos \theta \\ \sin \theta \end{pmatrix}, \underline{e}_\theta = \begin{pmatrix} -\sin \theta \\ \cos \theta \end{pmatrix}$$

[extra bits due to moving basis vectors]

$$\text{So } \frac{\partial \underline{e}_r}{\partial r} = \underline{0}, \quad \frac{\partial \underline{e}_\theta}{\partial r} = \underline{0}, \quad \frac{\partial \underline{e}_r}{\partial \theta} = \begin{pmatrix} -\sin \theta \\ \cos \theta \end{pmatrix} = \underline{e}_\theta$$

$$\frac{\partial \underline{e}_\theta}{\partial \theta} = -\begin{pmatrix} \cos \theta \\ \sin \theta \end{pmatrix} = -\underline{e}_r$$

$$\begin{aligned} \therefore \nabla \underline{u} &= \begin{pmatrix} \frac{\partial u_r}{\partial r} \\ \frac{\partial u_\theta}{\partial r} \\ \frac{\partial u_r}{\partial \theta} \\ \frac{\partial u_\theta}{\partial \theta} \end{pmatrix} \begin{pmatrix} 1, 0 \end{pmatrix} + \begin{pmatrix} \frac{1}{r} \frac{\partial u_r}{\partial \theta} \\ \frac{\partial u_\theta}{\partial r} \\ \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} \end{pmatrix} \begin{pmatrix} 0, 1 \end{pmatrix} \\ &+ \frac{1}{r} u_r \underline{e}_\theta \otimes \underline{e}_\theta - \frac{1}{r} u_\theta \underline{e}_r \otimes \underline{e}_\theta \\ &= \begin{pmatrix} \frac{\partial u_r}{\partial r} & \frac{1}{r} \frac{\partial u_r}{\partial \theta} & -\frac{u_\theta}{r} \\ \frac{\partial u_\theta}{\partial r} & \frac{1}{r} \frac{\partial u_\theta}{\partial \theta} & +\frac{u_r}{r} \end{pmatrix} \end{aligned}$$

$$\text{So } \nabla \underline{u} + \nabla \underline{u}^T = \begin{pmatrix} 2 \frac{\partial u_r}{\partial r} & \frac{1}{r} \frac{\partial u_r}{\partial \theta} + \frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} \\ \frac{1}{r} \frac{\partial u_r}{\partial \theta} + \frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} & + 2 \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right) \end{pmatrix}$$

$$\underline{\underline{\sigma}} = -p \underline{\underline{I}} + \mu (\nabla \underline{u} + \nabla \underline{u}^T)$$

$$\therefore \sigma_{rr} = -p + 2\mu \frac{\partial u_r}{\partial r}$$

$$\sigma_{r\theta} = \mu \left(\frac{1}{r} \frac{\partial u_r}{\partial \theta} + \frac{\partial u_\theta}{\partial r} - \frac{u_\theta}{r} \right)$$

$$\sigma_{\theta\theta} = -p + 2\mu \left(\frac{1}{r} \frac{\partial u_\theta}{\partial \theta} + \frac{u_r}{r} \right)$$

(as in the
method 1
answer).

Summary:

Method 1: Conceptually easier but harder algebra

Method 2: Conceptually harder but easier algebra