$$\dot{\varepsilon}_{ms} = m\sigma|\dot{u}|$$

Where E_{ms} is retardation coefficient of mechano-sorptive creep.

$$m = \begin{bmatrix} m_L & -\mu_{RL}m_R & -\mu_{TL}m_T & 0 & 0 & 0 \\ -\mu_{LR}m_L & m_R & -\mu_{TR}m_T & 0 & 0 & 0 \\ -\mu_{LT}m_L & -\mu_{RT}m_R & m_T & 0 & 0 & 0 \\ 0 & 0 & 0 & m_{RT} & 0 & 0 \\ 0 & 0 & 0 & 0 & m_{LT} & 0 \\ 0 & 0 & 0 & 0 & 0 & m_{LR} \end{bmatrix}$$