ELEMENT TECHNOLOGY - Linear Materials Only

Element	Stress State	Poisson's ratio <= 0.49	Poisson's ratio > 0.49 (or anisotropic materials)
PLANE182	Plane stress	KEYOPT(1) = 2 (Enhanced strain formulation)	KEYOPT(1) = 2 (Enhanced strain formulation)
PLANE182	Not plane stress	KEYOPT(1) = 3 (Simplified enhanced strain formulation)	KEYOPT(1) = 2 (Enhanced strain formulation)
PLANE183	Plane stress	No change	No change
PLANE183	Not plane stress	No change	No change
SOLID185		KEYOPT(2) = 3 (Simplified enhanced strain formulation)	KEYOPT(2) = 2 (Enhanced strain formulation)
SOLID186		KEYOPT(2) = 0 (Uniform reduced integration)	KEYOPT(2) = 0 (Uniform reduced integration)
SHELL281		No change	No change