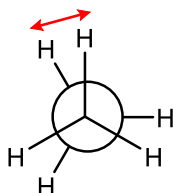
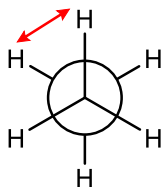


### What are torsional strain vs steric strain?

Torsional strain is a measure of the strain on a molecule due to the rotation of one group of atoms relative to another about a single bond. It is a type of strain that arises when the rotation of one group of atoms about a bond is hindered by the presence of other groups bonded to the atoms.



Steric strain, also known as van der Waals strain, is a type of strain that arises when the size or shape of a molecule is such that the atoms or groups of atoms are forced into an unnatural arrangement. This can result in a strain on the molecule, which can be relieved by the molecule adopting a more stable conformation.



Both torsional strain and steric strain can have a significant impact on the stability and reactivity of a molecule, and they are often considered in the design of chemical compounds.