

Explicit constants for Riemannian inequalities

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Abstract

We prove versions of various standard inequalities in which the dependence of the constant on the metric is explicit.

1 Technical results

Definition. Let (M, g) be a smooth Riemannian n -manifold and let $x \in M$. Given $Q > 1$, $k \in \mathbb{N}$, and $p > n$, the (Q, k, p) -harmonic radius at x , $r_H(Q, k, p)(x)$, is the supremum of reals r such that, on the geodesic ball $B_x(r)$ of center x and radius r , there is a harmonic co-ordinate chart such that if g_{ij} are the components of g in these co-ordinates, then

1. $Q^{-1}\delta_{ij} \leq g_{ij} \leq Q\delta_{ij}$ as bilinear forms;
2. $\sum_{1 \leq |\beta| \leq k} r^{|\beta| - n/p} \|\partial_\beta g_{ij}\|_{L^p} \leq Q - 1$.

The (Q, k, p) -harmonic radius of M is

$$r_H(Q, k, p)(M) := \inf_{x \in M} r_H(Q, k, p)(x).$$

Theorem 1.1 ([HH97], Theorem 11). *Let $n \in \mathbb{N}$, $Q > 1$, $p > n$, $i > 0$. Suppose (M, g) is a Riemannian n -manifold with $\text{injrad}(M, g) \geq i$.*

1. *Let $\lambda \in \mathbb{R}$. There exists $C = C(n, Q, p, i, \lambda)$, such that if*

$$\text{Ric} \geq \lambda g,$$

then the harmonic radius $r_H(Q, 1, p)(M)$ is $\geq C$.

2. *Let $k \geq 2$, and let $(C(j))_{0 \leq j \leq k-2}$ be positive constants. There exists $C = C(n, Q, p, i, (C(j))_{0 \leq j \leq k-2})$, such that if for each $0 \leq j \leq k-2$ we have*

$$|\nabla^j \text{Ric}| \leq C(j),$$

then the harmonic radius $r_H(Q, k, p)(M)$ is $\geq C$.

Lemma 1.2 ([Heb96], Lemma 1.6). *Let $n \in \mathbb{N}$, let $\lambda \in \mathbb{R}$, and let $r \geq \rho > 0$. Let (M, g) be a complete Riemannian n -manifold with $\text{Ric} \geq \lambda g$. Then there exist $N = N(n, \lambda, \rho, r)$, and an (at most) countable set (x_i) of points in M , such that*

1. *the family $(B(x_i, \rho))$ covers M ;*
2. *each point in M is contained in at most $N(n, \lambda, \rho, r)$ balls of the family $(B(x_i, r))$.*

Let $U \subseteq \mathbb{R}^n$ be an open set, g a Riemannian metric on U , ∇ its Levi-Civita connection, and Γ the Christoffel symbols of g on the co-ordinate patch U . We write D for the (Euclidean) derivative on U .

In the following we denote by S a multilinear map

$$S : T_{b_1}^{a_1}(\mathbb{R}^n) \times T_{b_2}^{a_2}(\mathbb{R}^n) \times \dots \times T_{b_r}^{a_r}(\mathbb{R}^n) \rightarrow T_b^a(\mathbb{R}^n),$$

composed of sums of traces (so $a - b = \sum a_i - \sum b_i$). It is to be understood that the particular map S , and the a_i 's, b_i 's, a and b determining its domain and range, may vary from use to use and from line to line, but are independent of the choice of g , and of the choice of A (in (1)) or of u (in (2)).

Lemma 1.3. 1. *Let $k \in \mathbb{N}$. For all covariant tensors $A : U \rightarrow T^k(\mathbb{R}^n)$,*

$$\nabla A = DA + S(\Gamma, A).$$

2. *Let $m \in \mathbb{N}$. For all functions $u : U \rightarrow \mathbb{R}$,*

$$(\nabla)^m u = D^m u + \sum_{k=1}^{m-1} \sum_{r=1}^{m-k} \sum_{\substack{a_1 \geq \dots \geq a_r \geq 0, \\ a_1 + \dots + a_r = m-k-r}} S(D^{a_1} \Gamma, \dots, D^{a_r} \Gamma, D^k u).$$

Proof. 1. For any covariant tensor A ,

$$(\nabla A)(\partial_j, \partial_{i_1}, \dots, \partial_{i_k}) = \partial_j (A(\partial_{i_1}, \dots, \partial_{i_k})) - \sum_r \Gamma_{j i_r}^a A(\partial_{i_1}, \dots, \partial_a, \dots, \partial_{i_k})$$

2. For $m = 0, 1$ these are the identities

$$u = u, \quad \nabla u = du.$$

Thenceforth we proceed by induction. Suppose this is known for some m . Then

$$(\nabla)^{m+1}u = \nabla(D^m u) + \sum_{k=1}^{m-1} \sum_{r=1}^{m-k} \sum_{\substack{a_1 \geq \dots \geq a_r \geq 0, \\ a_1 + \dots + a_r = m-k-r}} \nabla \left(S(D^{a_1} \Gamma, \dots, D^{a_r} \Gamma, D^k u) \right),$$

and we may calculate

$$\begin{aligned} \nabla(D^m u) &= D^{m+1}u + S(\Gamma, D^m u), \\ \nabla \left(S(D^{a_1} \Gamma, \dots, D^{a_r} \Gamma, D^k u) \right) &= \sum_{i=1}^r S(D^{a_1} \Gamma, \dots, D^{a_i+1}, \dots, D^{a_r} \Gamma, D^k u) \\ &\quad + S(D^{a_1} \Gamma, \dots, D^{a_r} \Gamma, D^{k+1} u) \\ &\quad + S(D^{a_1} \Gamma, \dots, D^{a_r} \Gamma, \Gamma, D^k u). \end{aligned}$$

The result follows. □

2 Sobolev estimates

Theorem 2.1 (Sobolev estimate, Gilbarg-Trudinger [GT01] 7.10 & 7.25). *For each n , $p \neq n$, and bounded domain V with C^1 boundary, there exists $C = C(n, p, V)$, such that for all functions $u \in \mathcal{W}^{1,p}(V)$, we have*

1. if $p < n$,

$$\|u\|_{\frac{np}{n-p}, V} \leq C \|u\|_{\mathcal{W}^{1,p}, V}.$$

2. if $p > n$,

$$\sup_V |u| \leq C \|u\|_{\mathcal{W}^{1,p}, V}$$

Lemma 2.2 (Local Sobolev estimate). *Let n, m, i, λ be given.*

1. *Let $q < p < n$ be given. Then there exists $r = r(n, p, q, m, i, \lambda) < i$ and $C = C(n, p, q, m, i, \lambda)$,*
2. *Let $p > n$ be given. Then there exists $r = r(n, p, m, i, \lambda) < i$ and $C = C(n, p, m, i, \lambda)$,*

such that for each

- *complete Riemannian n -manifold (M, g) with injectivity radius at least i and $\text{Ric} \geq \lambda g$*

- point $x \in M$
- smooth covariant m -tensor A on $B(x, r)$,

we have

1. (if $p < n$)

$$\|A\|_{\frac{nq}{n-q}, g, B(x, r)}^p \leq C \left[\|\nabla A\|_{p, g, B(x, r)}^p + \|A\|_{p, g, B(x, r)}^p \right].$$

2. (if $p > n$)

$$\left(\sup_{B(x, r)} |A|_g \right)^p \leq C \left[\|\nabla A\|_{p, g, B(x, r)}^p + \|A\|_{p, g, B(x, r)}^p \right].$$

Proof. If $p > n$, let $q := \frac{1}{2}(n + p)$. Then, either way, let

$$s = \frac{pq}{p - q},$$

and choose r to be less than i and less than the $C(n, Q := 1, s, i, \lambda)$ of Theorem 1.1 (1), so that the harmonic radius $r_H(Q := 1, 1, s)$ is greater than r . We therefore have uniform bounds in terms of n, i, λ, p , and (if $p < n$) q on the co-ordinate norms $\|g\|_{s, B(x, r)}, \|g^{-1}\|_{s, B(x, r)}, \|\Gamma\|_{s, B(x, r)}$.

Write B for $B(x, r)$ throughout. Let u be a function on B , with $u \in \mathcal{W}_{loc}^{m+1, p}(B) \cap L^p(B)$.

By our bounds on the components of the tensor g , the metrics g and g_{eucl} are comparable, so the norms $\|\cdot\|_{p, g, B}$ and $\|\cdot\|_{p, B}$ are comparable, the norms $\|\cdot\|_{\frac{nq}{n-q}, p, g, B}$ and $\|\cdot\|_{\frac{nq}{n-q}, B}$ are comparable, and the pointwise tensor norms $|\cdot|_g$ and $|\cdot|$ are comparable. It therefore suffices to prove the inequalities with the latter norms.

Applying the Sobolev inequality Theorem 2.1 co-ordinatewise and combining, we have $C = C(n, m, q)$, such that

1. (if $p < n$)

$$\|A\|_{\frac{nq}{n-q}, B}^q \leq C \left[\|DA\|_{q, B}^q + \|A\|_{q, B}^q \right].$$

2. (if $p > n$)

$$\left(\sup_B |A| \right)^q \leq C \left[\|DA\|_{q, B}^q + \|A\|_{q, B}^q \right].$$

By Lemma 1.3 (1) and the power means inequalities,

$$\begin{aligned}
\left[\|DA\|_{q,B}^q + \|A\|_{q,B}^q \right]^{\frac{p}{q}} &\leq 2^{\frac{p}{q}-1} \left[\|DA\|_{q,B}^p + \|A\|_{q,B}^p \right] \\
&\leq 2^{\frac{p}{q}-1} \left[(\|\nabla A\|_{q,B} + \|S(\Gamma, A)\|_{q,B})^p + \|A\|_{q,B}^p \right] \\
&\leq 2^{\frac{p}{q}-1} \left[2^{p-1} \left(\|\nabla A\|_{q,B}^p + \|S(\Gamma, A)\|_{q,B}^p \right) + \|A\|_{q,B}^p \right].
\end{aligned}$$

By Hölder's inequality, for $C = C(n, m)$,

$$\begin{aligned}
\|\nabla A\|_{q,B} &\leq C \|1\|_{s,B} \|\nabla A\|_{p,B} \\
\|S(\Gamma, A)\|_{q,B} &\leq C \|\Gamma\|_{s,B} \|A\|_{p,B} \\
\|A\|_{q,B} &\leq C \|1\|_{s,B} \|A\|_{p,B}
\end{aligned}$$

The terms other than $A, \nabla A$ in these right-hand sides are controlled by construction. The result follows. \square

Proposition 2.3 (Sobolev inequalities). *Let n, m, i, λ be given.*

1. *Let $q < p < n$ be given. Then there exists $C = C(n, p, q, m, i, \lambda)$,*
2. *Let $p > n$ be given. Then there exists $C = C(n, p, m, i, \lambda)$,*

such that for each

- *complete Riemannian n -manifold (M, g) with injectivity radius at least i and $\text{Ric} \geq \lambda g$*
- *smooth function u on M ,*

we have

1. *(if $p < n$)*

$$\|u\|_{\mathcal{W}^{m, \frac{nq}{n-q}, g}} \leq C \|u\|_{\mathcal{W}^{m+1, p, g}}.$$

2. *(if $p > n$)*

$$\|u\|_{C^m, g} \leq C \|u\|_{\mathcal{W}^{m+1, p, g}}.$$

Proof. Choose r and C from the local Sobolev estimate Lemma 2.2.

By Lemma 1.2, there exist $N = N(n, A, r, r)$ and an (at most) countable set (x_α) of points in M , such that each point in M is contained in at least one and at most N balls of the family $(B(x_\alpha, r))$. Let χ_α be the characteristic function of $B(x_\alpha, r)$.

By Minkowski's inequality (that is, the triangle inequality), we have,

$$\begin{aligned}
\|A\|_{\frac{nq}{n-q}}^p &\leq \left\| \sum_{\alpha} \chi_{\alpha} |A|^p \right\|_{\frac{nq}{p(n-q)}} \\
&\leq \sum_{\alpha} \|\chi_{\alpha} |A|^p\|_{\frac{nq}{p(n-q)}} \\
&= \sum_{\alpha} \|A\|_{\frac{nq}{n-q}, B_{\alpha}}^p
\end{aligned}$$

By the local Sobolev inequality Lemma 2.2,

$$\|A\|_{\frac{nq}{n-q}, B_{\alpha}}^p \leq C \left[\int_{B_{\alpha}} |\nabla A|^p + \int_{B_{\alpha}} |A|^p \right]$$

So, since each point is in at most N of the B_{α} 's,

$$\begin{aligned}
\|A\|_{\frac{nq}{n-q}}^p &\leq C \sum_{\alpha} \left[\int_{B_{\alpha}} |\nabla A|^p + \int_{B_{\alpha}} |A|^p \right] \\
&\leq NC \left[\int_M |\nabla A|^p + \int_M |A|^p \right].
\end{aligned}$$

Similarly, if $p > n$, by the local Sobolev inequality Lemma 2.2,

$$\begin{aligned}
\left(\sup_M |A|_g \right)^p &= \max_{\alpha} \left(\sup_{B_{\alpha}} |A|_g \right)^p \\
&\leq C \max_{\alpha} \left[\int_{B_{\alpha}} |\nabla A|^p + \int_{B_{\alpha}} |A|^p \right] \\
&\leq C \left[\int_M |\nabla A|^p + \int_M |A|^p \right].
\end{aligned}$$

Now, applying these inequalities simultaneously to the covariant tensors $A = \nabla^i u$, for each $0 \leq i \leq m$, and summing, we obtain, as required,

1. (if $p < n$)

$$\begin{aligned}
\sum_{i=0}^m \|\nabla^i u\|_{\frac{nq}{n-q}, g}^p &\leq C \left(\sum_{i=0}^m \|\nabla^i u\|_{\frac{nq}{n-q}, g}^p \right)^{\frac{nq}{p(n-q)}} \\
&\leq C \left(\sum_{i=0}^{m+1} \|\nabla^i u\|_{p, g}^p \right)^{\frac{nq}{p(n-q)}}.
\end{aligned}$$

2. (if $p > n$)

$$\begin{aligned} \sum_{i=0}^m \sup_M |\nabla^i u|_g &\leq C \left(\sum_{i=0}^m \left(\sup_M |\nabla^i u|_g \right)^p \right)^{\frac{1}{p}} \\ &\leq C \left(\sum_{i=0}^{m+1} \|\nabla^i u\|_{p,g}^p \right)^{1/p}. \end{aligned}$$

□

3 Elliptic estimates

Theorem 3.1 (L^p estimates, Gilbarg-Trudinger [GT01] 9.11, modified).
For each $n, p, m, U, V \subset\subset U, \lambda, \Lambda, \mu : \mathbb{R}^+ \rightarrow \mathbb{R}^+$ increasing, there exists $C = C(n, p, U, V, \lambda, \Lambda, \mu)$, such that if

$$Lu := a^{ij} \partial_i \partial_j u + b^i \partial_i u$$

satisfies

- For all $x \in U$ and $\xi \in \mathbb{R}^n$, $a^{ij}(x) \xi_i \xi_j \geq \lambda |\xi|^2$;
- $\|a^{ij}\|_{m,\infty}, \|b^i\|_{m,\infty} \leq \Lambda$;
- For all $x, y \in U$, $a^{ij}(x) - a^{ij}(y) \leq \mu(|x - y|)$

then for all functions $u \in \mathcal{W}_{loc}^{m+2,p}(U) \cap L^p(U)$,

$$\|u\|_{m+2,p;V} \leq C(\|Lu\|_{m,p;U} + \|u\|_{p;U}).$$

Lemma 3.2 (Local elliptic estimate). Let n, p, m, i, A be given. Then there exists $r = r(n, p, m, i, A) < i$ and $C = C(n, p, m, i, A)$, such that for each

- complete Riemannian n -manifold (M, g) with injectivity radius at least i and $\|Ric\|_{C^m,g} \leq A$,
- point $x \in M$,
- smooth function u on $B(x, r)$,

we have

$$\sum_{i=0}^{m+2} \|(\nabla)^i u\|_{p;g,B(x,r/2)}^p \leq C \left[\left(\sum_{i=0}^m \|(\nabla)^i \Delta_g u\|_{p;g,B(x,r)}^p \right) + \|u\|_{p;g,B(x,r)}^p \right]$$

Proof. Let $q > n$ be arbitrary. Choose r to be $< i$ and less than or equal to the $C(n, Q := 1, q, i, (A)_{0 \leq i \leq m})$ of Theorem 1.1 (2), so that the harmonic radius $r_H(Q := 1, m + 2, q)$ is at least r . By the Sobolev estimate Theorem 2.1 (2), we therefore have uniform bounds in terms of n, m, i, A on $\|g\|_{\infty, B(x,r)}, \|g^{-1}\|_{\infty, B(x,r)}, \|D(g^{-1})\|_{\infty, B(x,r)}, \|\Gamma\|_{m, \infty, B(x,r)}$.

For shorthand we write B_1 for $B(x, r/2)$ and B_2 for $B(x, r)$. Let u be a function on B_2 , with $u \in \mathcal{W}_{loc}^{m+2,p}(B_2) \cap L^p(B_2)$.

Since (by our bounds on the components of the tensor g) the metrics g and g_{eucl} are comparable, the norms $\|\cdot\|_{p,g,B_1}$ and $\|\cdot\|_{p,B_1}$ are comparable and the norms $\|\cdot\|_{p,g,B_2}$ and $\|\cdot\|_{p,B_2}$ are comparable. It therefore suffices to prove the inequality with the latter norms.

By Lemma 1.3 (2),

$$\begin{aligned} \sum_{i=0}^{m+2} \|(\nabla)^i u\|_{p;B_1}^p &\leq C \left(\sum_{i=0}^m \|D^i \Gamma\|_{\infty;B_1} \right) \sum_{i=0}^{m+2} \|D^i u\|_{p;B_1}^p \\ \sum_{i=0}^m \|D^i \Delta_g u\|_{p;B_2}^p &\leq C \left(\sum_{i=0}^{m-2} \|D^i \Gamma\|_{\infty;B_2} \right) \sum_{i=0}^m \|(\nabla)^i \Delta_g u\|_{p;B_2}^p \end{aligned}$$

(where if $m - 2 < 0$ the second inequality is simply an identity).

Also, applying the L^p estimate of Theorem 3.1 with the operator

$$Lu = \Delta_g u = g^{ij} \partial_i \partial_j u + g^{ij} \Gamma_{ij}^k \partial_k u$$

shows: there exists $C = C(n, p, m, r, \|g\|_{m, \infty, B_2}, \|g^{-1}\|_{m, \infty, B_2}, \|\Gamma\|_{m, \infty, B_2})$ such that

$$\begin{aligned} \sum_{i=0}^{m+2} \|D^i u\|_{p;B_1}^p &\leq C \left[\left(\sum_{i=0}^m \|D^i \Delta_g u\|_{p;B_2}^p \right)^{\frac{1}{p}} + \|u\|_{p;B_2} \right]^p \\ &\leq 2^{p-1} C \left(\sum_{i=0}^m \|D^i \Delta_g u\|_{p;B_2}^p + \|u\|_{p;B_2}^p \right). \end{aligned}$$

Combining these three inequalities gives the result. \square

Proposition 3.3 (L^p estimate). *Let n, p, m, i, A be given. Then there exists $C = C(n, p, m, i, A)$, such that if (M, g) is a complete Riemannian n -manifold with injectivity radius at least i , $\|\text{Ric}\|_{C^m, g} \leq A$, and u a smooth function on M , then*

$$\|u\|_{\mathcal{W}^{m+2, p, g}} \leq C[\|\Delta_g u\|_{\mathcal{W}^{m, p, g}} + \|u\|_{p, g}].$$

Proof. Choose r and C (dependent on n, p, m, i, A) as in the local elliptic estimate Lemma 3.2.

By Lemma 1.2 (setting $\rho = \frac{1}{2}r$), there exists $N = N(n, A, \frac{1}{2}r, r)$ and an (at most) countable set (x_α) of points in M , such that

1. the family $(B(x_\alpha, \frac{1}{2}r))$ covers M ;
2. each point in M is contained in at most N balls of the family $(B(x_i, r))$.

So, by the local elliptic estimate Lemma 3.2,

$$\begin{aligned} \|u\|_{\mathcal{W}^{m+2, p, g}}^p &\leq \sum_{i=0}^{m+2} \sum_{\alpha} \|(\nabla)^i u\|_{p; g, B(x_\alpha, r/2)}^p \\ &\leq C \sum_{\alpha} \left[\left(\sum_{i=0}^m \|(\nabla)^i \Delta_g u\|_{p; g, B(x_\alpha, r)}^p \right) + \|u\|_{p; g, B(x_\alpha, r)}^p \right] \\ &\leq NC[\|\Delta_g u\|_{\mathcal{W}^{m, p, g}}^p + \|u\|_{p, g}^p] \\ &\leq 2NC[\|\Delta_g u\|_{\mathcal{W}^{m, p, g}} + \|u\|_{p, g}]^p. \end{aligned}$$

□

4 Moser's Harnack inequality

Theorem 4.1 (Harnack inequality, Gilbarg-Trudinger [GT01] 8.21). *For each n, r, λ, Λ , there exists $C = C(n, r, \lambda, \Lambda)$, such that if the operator L on $\mathcal{W}^{1,2}(B_{4r})$,*

$$Lu := \partial_i(a^{ij}\partial_j u) + cu,$$

satisfies

- For all $x \in U$ and $\xi \in \mathbb{R}^n$, $a^{ij}(x)\xi_i\xi_j \geq \lambda|\xi|^2$;
- $\|a^{ij}\|_\infty, \|c\|_\infty \leq \Lambda$;

then for all functions $u \in \mathcal{W}^{1,2}(B_{4r})$ with $u \geq 0$ and $Lu = 0$,

$$\sup_{B_r} u \leq C \inf_{B_r} u.$$

Proposition 4.2 (Harnack inequality). *Let n, i, λ, B, D be given. Then there exists $C = C(n, i, \lambda, B, D)$, such that for each*

- *compact Riemannian n -manifold (M, g) with injectivity radius at least i , Ricci curvature $\text{Ric} \geq \lambda g$, and diameter at most D ,*
- *smooth function u on M with $u \geq 0$ and $|\Delta_g u| \leq B|u|$*

we have

$$\sup_M u \leq C \inf_M u.$$

Proof. Let $p > n$ be arbitrary; choose $4r$ to be $< i$ and less than or equal to the $C(n, Q := 1, p, i, \lambda)$ of Theorem 1.1 (1), so that the harmonic radius $r_H(Q := 1, 1, p)$ is at least $4r$. By the Sobolev estimate Theorem 2.1 (2), we therefore have uniform bounds in terms of n, i, λ on, for each $x \in M$, the co-ordinate norms $\|g\|_{\infty, B(x, 4r)}, \|g^{-1}\|_{\infty, B(x, 4r)}$.

Define a measurable function c on M by,

$$c(x) = \begin{cases} 0, & \text{if } u(x) = 0 \\ -\frac{\sqrt{|g|}(\Delta_g u)(x)}{u(x)}, & \text{if } u(x) \neq 0. \end{cases}$$

This function satisfies the bound $\|c\|_{\infty} \leq \sqrt{n!} \|g\|_{\infty, B(x, 4r)}^{n/2} B < \infty$. By construction $\sqrt{|g|}\Delta_g u + cu = 0$. Applying the Harnack estimate of Theorem 4.1 with the operator

$$Lu = (\sqrt{|g|}\Delta_g + c)u = \partial_i(\sqrt{|g|}g^{ij}\partial_j u) + cu,$$

we deduce that for $C = C(n, i, \lambda, B)$, for each $x \in M$,

$$\sup_{B(x, r)} u \leq C \inf_{B(x, r)} u.$$

Applying Lemma 1.2 with $(\rho, r) = (r, D)$, we obtain an integer $N = N(n, \lambda, r, D)$ such that M may be covered by a set of at most N radius- r balls. Let $(B_{\alpha})_{\alpha \in \mathfrak{A}}$ be such a covering.

For any two balls B_α, B_β in the set, there exists a sequence $\alpha_0 := \alpha, \alpha_1, \dots, \alpha_l := \beta$, with $l \leq |\mathfrak{A}| - 1$, such that each pair $B_{\alpha_i}, B_{\alpha_{i+1}}$ of adjacent balls in the sequence intersects. Thus, for each $0 \leq i \leq l - 1$,

$$\inf_{B_{\alpha_i}} u \leq \inf_{B_{\alpha_i} \cap B_{\alpha_{i+1}}} u \leq \sup_{B_{\alpha_{i+1}}} u.$$

Therefore, by induction,

$$\sup_{B_\alpha} u \leq C^N \inf_{B_\beta} u.$$

Since this holds for all $\alpha, \beta \in \mathfrak{A}$, and $(B_\alpha)_{\alpha \in \mathfrak{A}}$ cover M , we conclude

$$\sup_M u \leq C^N \inf_M u.$$

□

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