# RIGIDITY OF PAIRS OF QUASIREGULAR MAPPINGS WHOSE SYMMETRIC PART OF GRADIENT ARE CLOSE 

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Abstract. For $A \in M^{2 \times 2}$ let $S(A)=\sqrt{A^{T} A}$, i.e. the symmetric part of the polar decomposition of $A$. We consider the relation between two quasiregular mappings whose symmetric part of gradient are close. Our main result is the following. Suppose $v, u \in W^{1,2}\left(B_{1}(0): \mathbb{R}^{2}\right)$ are $Q$-quasiregular mappings with $\int_{B_{1}(0)} \operatorname{det}(D u)^{-p} d z \leq C_{p}$ for some $p \in(0,1)$ and $\int_{B_{1}(0)}|D u|^{2} d z \leq 1$. There exists constant $M>1$ such that if $\int_{B_{1}(0)}|S(D u)-S(D v)|^{2} d z=\epsilon$ then

$$
\int_{B_{\frac{1}{2}}(0)}|D v-R D u| d z \leq c \mathcal{C}_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{M Q^{5} \log \left(10 C_{p} Q\right)}} \text { for some } R \in S O(2)
$$

Taking $u=I d$ we obtain a special case of the quantitative rigidity result of Friesecke, James and Müller [Fr-Ja-Mu 02]. Our main result can be considered as a first step in a new line of generalization of Theorem 1 of [Fr-Ja-Mu 02] in which $I d$ is replaced by a mapping of non-trivial degree.
Rigidity and stability of differential inclusions is a classical subject. Reshetnyak's monograph [Re 82] is devoted to proving a quantitative stability result generalizing Liouville's classic theorem [Lio 50] that solutions of the differential inclusion $D u \in C O_{+}(n):=\{\lambda R: \lambda>0, R \in S O(n)\}$, $n \geq 3$ are affine or Mobius. Korn's inequality is an optimal quantitative stability result for the fact that the differential inclusion $D u \in \operatorname{Skew}(n \times n):=\left\{M \in M^{n \times n}: M^{T}=-M\right\}$ is satisfied only by an affine map.

This subject has received considerable impetus from the work of Friesecke, James and Müller [Fr-Ja-Mu 02] who proved an optimal quantitative stability result for the corollary to Liouville's theorem that states solutions to the differential inclusion $D u \in S O(n)$ are affine.

Theorem 1 (Friesecke, James and Müller, 2002). For every bounded open connected Lipschitz domain $U \subset \mathbb{R}^{n}, n \geq 2$, and every $q>1$, there exists a constant $C=C(U, q, n)$ such that writing $K:=S O(n)$,

$$
\inf _{R \in K}\|D v-R\|_{L^{q}(U)} \leq C\|d(D v, K)\|_{L^{q}(U)} \quad \text { for every } v \in W^{1, q}\left(U ; \mathbb{R}^{n}\right)
$$

Previously strong partial results controlling the function (rather than the gradient) have been established by John [Jo 61], Kohn [Ko 82].

The simplicity of the statement of Theorem 1 can lead to the strength of the advance that is represented by this theorem being overlooked. It is rare in contemporary research in analysis to prove a new and deep result about elementary mathematical objects; Theorem 1 is exactly such a result. It has had wide application in applied analysis and is one of the main tools used to make a rigorous and complete analysis of the multiple thin shell theories in classical elasticity [Fr-Ja-Mu 02], [Fr-Ja-Mu 03], [Fr-Ja-Mu 06]. Beyond this it has the merit of being a statement whose significance would be clear to mathematicians of two hundred years ago.

A number of works have extended Theorem 1 to cover various larger classes of matrices than $S O(n)$. Faraco and Zhong proved the corresponding result with $K=\Pi S O(n)$ where $\Pi \subset \mathbb{R}_{+} \backslash\{0\}$ is a compact set, [Fa-Zh 05]. Chaudhuri and Müller [Cha-Mu 03] and later Delellis

[^0]and Szekelyhidi [De-Se 06] considered a set of the form $K=S O(n) A \cup S O(n) B$ where $A$ and $B$ are strongly incompatible in the sense of Matos [Ma 92].

In this paper, following an approach started by Ciarlet and Mardare [Ci-Ma 04] and also suggested by Müller, we start a different line of generalization of Theorem 1. The initial observation is that Theorem 1 is a special case of the following question. Recall we defined $S(M)=\sqrt{M^{T} M}$ to be the symmetric part of a matrix.

Question 1. If $\Omega \subset \mathbb{R}^{n}$ is a connected domain and $u, v \in W^{1,2}(\Omega)$, $\operatorname{det}(D u)>0, \operatorname{det}(D v)>0$ and $\int_{\Omega}|S(D u)-S(D v)|^{2} d x=\epsilon$ does this imply there exists $R \in S O(n)$ such that $\int_{\Omega}|D u-R D v|^{2} d x \leq \delta$ where $\delta$ is some small quantity depending on $\epsilon$.

It turns out that the answer to Question 1 is no, even in the "absolute" version of this question where $\epsilon=0$, see Example 1 [Lo 13a] or see the example in Section 4, [Ci-Ma 04]. For a positive result for the case where $\epsilon=0$ it suffices to consider the class of functions of integrable dilatation as shown in Theorem 1 [Lo 13a] (or see Theorem 1 of [Lo 13b] for a more general result). Theorem 1 of [Lo 13b] and the 2d version of Theorem 1 of [Lo 13a] are sharp in the sense that no result of this kind is possible outside the space of mappings of integrable dilatation.

In this paper we will provide a positive answer to Question 1 for pairs of Quasiregular mappings in two dimensions. Note in Theorem 2 and throughout the paper a ball of radius $r$ centred on zero will be denoted $B_{r}$.
Theorem 2. Suppose $v, u \in W^{1,2}\left(B_{1}: \mathbb{R}^{2}\right)$ are Q-quasiregular mappings with $\int_{B_{1}} \operatorname{det}(D u)^{-p} d z \leq C_{p}$ for some $p \in(0,1)$ and $\int_{B_{1}}|D u|^{2} d z \leq 1$. If

$$
\begin{equation*}
\int_{B_{1}}|S(D u)-S(D v)|^{2} d z=\epsilon \tag{1}
\end{equation*}
$$

then there exists $R \in S O(2)$ such that

$$
\begin{equation*}
\int_{B_{\frac{1}{2}}}|D v-R D u| d z \leq c C_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{2}
\end{equation*}
$$

Theorem 2 to a certain extent shares the property that Theorem 1 has of being a new and interesting statement about the classical objects of mathematical analysis. The credit for this however is largely due to Theorem 1 as the methods of proof of this theorem are used in an essential way in the proof of Theorem 2. In this author's opinion there are a number of results in the area of classical Quasiconformal analysis that can be harvested by use of the ideas in the proof of Theorem 1, Theorem 2 is just one of them. Note if we take $u=I d$ hypothesis (1) is exactly $\int_{B_{1}} d^{2}(D v, S O(2)) d z=\epsilon$ and the conclusion is $\int_{B_{\frac{1}{2}}}|D v-R| d z \leq c \epsilon^{\frac{p^{3}}{10^{8} \log (10)}}$ for some $R \in S O(2)$. While this is much weaker than Theorem 1 it is still a result that was not known prior to the publication of [Fr-Ja-Mu 02]. In some sense the line of generalization that this paper contributes to is the desire to replace Id by a mapping of non-trivial degree.

Ciarlet and Mardare were motivated to study Question 1 as part of a program to develop a theory of elasticity based on study the "Cauchy Green" tensor $D u^{T} D u$ of a deformation $u$, [Ci-Ma 04], [Ci-La 03], [Ci-La 02]. They proved a version of Theorem 2 for $C^{1}$ mappings with the property that $\operatorname{det}(D u)>0$ everywhere in the domain and the constant $c$ in (2) depends on $u$. Their method was again to apply Theorem 1, this will be sketched in the next section.

Theorem 2 is clearly suboptimal however we believe the power of $\epsilon$ in inequality (2) is of the right form in the sense that the power decreases as the degree of the mapping $u$ increases or as $Q$ increases. As the dependence on the degree is a key issue an example showing the dependence will be presented in [Lo 13c]. We give a sketch of the construction of the example in Section 5.

## 1. Proof Sketch

1.1. Absolute case with global invertibility. First suppose we have $C^{1}$ functions $u, v$ where $u$ is globally invertible and $S(D u)=S(D v)$ everywhere. By polar decomposition we have $A=$ $R(A) S(A)$ for some $R(A) \in S O(n)$. Form $w(z)=v\left(u^{-1}(z)\right)$ and note that

$$
\begin{aligned}
\operatorname{Dw}(x) & =\operatorname{Dv}\left(u^{-1}(x)\right)\left(D u\left(u^{-1}(x)\right)\right)^{-1} \\
& =R\left(\operatorname{Dv}\left(u^{-1}(x)\right)\right)\left(R\left(D u\left(u^{-1}(x)\right)\right)\right)^{-1} \in S O(n)
\end{aligned}
$$

by Liouville's theorem it is clear there exists $R \in S O(n)$ such that $D w(z)=R$ for all $z \in \Omega$. Thus

$$
\begin{equation*}
D v=R D u \text { on } \Omega \tag{3}
\end{equation*}
$$

and result is established.
1.2. Quantitative case with global invertibility. Now assume $u, v$ are $C^{1}$ and $u$ is globally invertible and $\int_{B_{1}}|S(D u)-S(D v)|^{2} d z=\epsilon$ and $\inf \{\operatorname{det}(D u(z)): z \in \Omega\}>0$. Apart from where $|D u| \sim 0$ and $|D u| \sim 0$ we know $\left|(S(D u(z)))^{-1}-(S(D v(z)))^{-1}\right| \approx|S(D u(z))-S(D v(z))|$ and hence letting

$$
E(z)=(S(D u(z)))^{-1}-(S(D v(z)))^{-1}
$$

we have

$$
\begin{aligned}
D w(x)= & R\left(D v\left(u^{-1}(x)\right)\right) S\left(D v ( u ^ { - 1 } ( x ) ) \left(S ( D u ( u ^ { - 1 } ( x ) ) ) ^ { - 1 } \left(R\left(D u\left(u^{-1}(x)\right)\right)^{-1}\right.\right.\right. \\
= & R\left(D v\left(u^{-1}(x)\right)\right) S\left(D v ( u ^ { - 1 } ( x ) ) \left(( S ( D v ( u ^ { - 1 } ( x ) ) ) ^ { - 1 } + E ( u ^ { - 1 } ( x ) ) ) \left(R\left(D u\left(u^{-1}(x)\right)\right)^{-1}\right.\right.\right. \\
= & R\left(\operatorname{Dv}\left(u^{-1}(x)\right)\right)\left(R\left(D u\left(u^{-1}(x)\right)\right)^{-1}\right. \\
& \quad+R\left(\operatorname{Dv}\left(u^{-1}(x)\right)\right) S\left(D v ( u ^ { - 1 } ( x ) ) E ( u ^ { - 1 } ( x ) ) \left(R\left(D u\left(u^{-1}(x)\right)\right)^{-1} .\right.\right.
\end{aligned}
$$

So

$$
\begin{align*}
\int_{u(\Omega)} d^{2}(D w(z), S O(2)) d z & \leq c\left(\int_{\Omega}|D v(z)|^{2} d z\right)^{\frac{1}{2}}\left(\int_{\Omega} E(z) d z\right)^{\frac{1}{2}} \\
& \leq c \epsilon . \tag{4}
\end{align*}
$$

So applying Theorem 1 we have that there is constant $\mathcal{C}=\mathcal{C}(u)$ such that

$$
\int_{u(\Omega)}\left|D w(z)-R_{0}\right|^{2} d z \leq \mathcal{C} \epsilon
$$

and unwrapping gives the estimate we seek, however with a constant depending on $u$.
1.3. Sketch of the General case. Our problem is that we do not have global invertibility and we would like an estimate that depends on $u$ in a more explicit way. Under the hypothesis that the mappings $u, v$ are $Q$-quasiregular we know that $u$ is locally invertible at all but countably many points, but we have no estimates of the size of the of neighbourhoods of invertibility. If we wanted to prove an estimate of the form (2) where the constant $c$ depended on $u$ we could patch together neighbourhoods of invertibility so long as we knew the "size" of the neighbourhoods were bounded below on all compact subdomains. Under the hypothesis $\operatorname{det}(D u)>0$ everywhere for a $C^{1}$ function $u$ this is true and this is how Ciarlet and Mardare established their estimate [Ci-Ma 04].

For quasiregular mappings there is no way to patch together the argument shown in Subsection 1.2. The key to making progress is to use the Stoilow decomposition to translate the information we have from the hypotheses into information about the analytic functions of the Stoilow
decomposition. Let us recall the basics of the Stoilow decomposition, any $Q$-quasiregular mapping $u: \Omega \rightarrow \mathbb{R}^{2}$ can be written as the composition of a $Q$-quasiconformal homeomorphism $w_{u}: \Omega \rightarrow \mathbb{R}^{2}$ and an analytic function $\phi_{u}: w_{u}(\Omega) \rightarrow \mathbb{R}^{2}$ so that

$$
\begin{equation*}
u(z)=\phi_{u}\left(w_{u}(z)\right) . \tag{5}
\end{equation*}
$$

A good reference are the monographs of Astala-Iwaniec-Martin [As-Iw-Ma 10] Section 5.5. and Ahlfors [Al-73].

The heart of the Stoilow decomposition is the fact that it is possible to solve Beltrami's equation. This allows us to find a Q-quasiconformal mapping $w_{u}$ that has the same Beltrami Coefficient as $D u$. The Beltrami Coefficient of a matrix $M$ is a $2 \times 2$ conformal matrix $\mu_{M}$ (or more typically a complex number) that encodes the geometry of the deformation of the unit ball by $M$, but not the orientation or the size (formally $[M]_{a} \mathcal{I}=\mu_{M}[M]_{c}$ where $[M]_{c},[M]_{a}$ are the conformal and anticonformal parts of $M$ and $\mathcal{I}$ is a reflection across the $y$-axis, see Subsection 2.1 for more details). By solving Beltrami's equation we can find a homeomorphism $w_{u}$ with the property that

$$
\begin{equation*}
\mu_{D w_{u}(z)}=\mu_{D u(z)} \text { for a.e. } z \in B_{1} \tag{6}
\end{equation*}
$$

and $w_{u}(z)-z=O(1 / z), w_{v}(z)-z=O(1 / z)$. So for any $z \in B_{1}$ the shape of the image of the unit ball under $D u(z)$ is similar to the shape of the image of the unit ball under $D w_{u}(z)$. Hence the factorization represented by (5) is entirely natural.

Now the symmetric part of a gradient encodes both the geometry and the size. So a key result that starts the proof is a bound of the difference between Beltrami coefficients of two Qquasiconformal matrices $A, B$ by $|S(A)-S(B)|$

$$
\begin{equation*}
\left|\mu_{A}-\mu_{B}\right| \leq 32 \sqrt{Q} \min \left\{\operatorname{det}(A)^{-\frac{1}{2}}, \operatorname{det}(B)^{-\frac{1}{2}}\right\}|S(A)-S(B)| \tag{7}
\end{equation*}
$$

This is the contents of Lemma 2. Note as the determinants of $Q$-quasiconformal matrices $A, B$ get very small their norm gets very small so $|S(A)-S(B)| \leq|S(A)|+|S(B)| \leq 4 Q(\operatorname{det}(A)+$ $\operatorname{det}(B)) \approx 0$ but the geometry of the deformation of the unit ball by $A, B$ could be very different hence the factor of $\min \left\{\operatorname{det}(A)^{-\frac{1}{2}}, \operatorname{det}(B)^{-\frac{1}{2}}\right\}$ in the right hand side (7) is to be expected.

Now the solutions of the Beltrami equation $w_{u}, w_{v}$ are essentially given by solving $\mathcal{C}(1-$ $\left.\mu_{D u} \mathcal{S}\right)^{-1}$ and $\mathcal{C}\left(1-\mu_{D v} \mathcal{S}\right)^{-1}$ where $\mathcal{C}$ is the Cauchy transform and $\mathcal{S}$ is the Beurling-Ahlfors transform. Hence it should seem reasonable that we can prove an estimate showing $D w_{u}, D w_{v}$ are close in $L^{p}$ norm. As a consequence we establish

$$
\begin{equation*}
\left\|w_{u}-w_{v}\right\|_{L^{\infty}\left(B_{\frac{1}{2}}\right)} \leq c \epsilon^{\frac{p}{120 Q^{2}}} . \tag{8}
\end{equation*}
$$

This is part of the contents of Lemma 7 and Lemma 2.
Having established a quantitative relation between $w_{u}, w_{v}$ in order to prove the estimate on $D u$, $D v$ we need to establish the relation $\phi_{v}^{\prime}-\zeta \phi_{u}^{\prime} \approx 0$ for some $\zeta \in \mathbb{C}$ with $|\zeta|=1$. We will establish this relation by applying Theorem 1 but first we have to set up some preliminary estimates. Since $w_{u}$ is a solution of the Beltrami equation we have explicit estimates on its $L^{p}$ norm and the $L^{p}$ norm of its inverse in terms of $Q$. Hence we are able to establish the existence of a constant $\mu=\mu(Q)$ such that

$$
\begin{equation*}
B_{2 \mu}\left(w_{u}(0)\right) \subset w_{u}\left(B_{\frac{1}{2}}\right) \text { and } B_{2 \mu}\left(w_{v}(0)\right) \subset w_{v}\left(B_{\frac{1}{2}}\right) . \tag{9}
\end{equation*}
$$

This is the contents of part of Lemma 5 and Lemma 6.
Now by (8) we know $w_{u}\left(B_{\frac{1}{2}}\right) \subset w_{v}\left(B_{1}\right)$ so $\phi_{u}$ and $\phi_{v}$ are both defined on this set. Since the hypotheses are that the symmetric part of gradient are close we also know the size of the gradients $D u$ and $D v$ are close. By the chain rule this implies an estimate of the form

$$
\begin{equation*}
\left.\left.\int_{w_{u}\left(B_{\frac{1}{2}}^{2}\right)}| | \phi_{u}^{\prime}\right|^{2}-\left|\phi_{v}^{\prime}\right|^{2} \right\rvert\, d x \leq c_{1} \epsilon^{\frac{p}{120 Q^{2}}} \tag{10}
\end{equation*}
$$

this is the content of Lemma 9. We would like to apply Theorem 1 so a natural thing to do would be to use Cauchy's Theorem to find an analytic function $\psi$ such that $\psi^{\prime}=\frac{\phi_{v}^{\prime}}{\phi_{u}^{\prime}}$ then establish appropriate lower bounds on $\left|\phi_{u}^{\prime}\right|$ on some ball $B_{h_{0}}\left(x_{0}\right)$ to conclude

$$
\begin{equation*}
\int_{B_{h_{0}}\left(x_{0}\right)}\left|1-\left|\psi^{\prime}(z)\right|\right|^{2} d z \leq c_{2} \epsilon^{\frac{p}{120 \mathcal{Q}^{2}}} . \tag{11}
\end{equation*}
$$

The non-degeneracy condition $\int_{B_{1}} \operatorname{det}(D u(z))^{-p} d z \leq C_{p}$ allows to find such a ball centred somewhere in $B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$, this is a the contents of Lemma 10. Specifically we find some $h_{0}=h_{0}\left(Q, C_{p}\right)>$ 0 and some $\omega=\omega\left(Q, C_{p}\right)>0$ such that for some $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$

$$
\begin{equation*}
\inf \left\{\left|\phi_{u}^{\prime}(y)\right|: y \in B_{h_{0}}\left(x_{0}\right)\right\} \geq \omega \tag{12}
\end{equation*}
$$

Let $\tilde{\psi}(x, y)=(\operatorname{Re}(\psi(x+i y)), \operatorname{Im}(\psi(x+i y)))$. Reformulating (11) in matrix notation gives $\int_{B_{h_{0}}\left(x_{0}\right)} \operatorname{dist}^{2}(D \tilde{\psi}, S O(2)) d z \leq c_{2} e^{\frac{p}{120 Q^{2}}}$. So we can apply Theorem 1, however for reasons we will explain later we will instead use a more restricted version of it given by Proposition 2 proved in Appendix. So we can conclude there exists some rotation $R$ such that

$$
\begin{equation*}
\int_{B_{h_{0}}\left(x_{0}\right)}|D \tilde{\psi}-R| d z \leq c_{3} \epsilon^{\frac{p}{960 Q^{2}}} \tag{13}
\end{equation*}
$$

Returning this into complex notation and unwrapping it using the definition of $\psi$ we have

$$
\begin{equation*}
\int_{B_{h_{0}}\left(x_{0}\right)}\left|\phi_{v}^{\prime}(z)-\zeta \phi_{u}^{\prime}(z)\right| d z \leq c_{4} \epsilon^{\frac{p}{\epsilon_{60 Q^{2}}^{2}}} . \tag{14}
\end{equation*}
$$

We need to extend control on $\phi_{v}^{\prime}-\zeta \phi_{u}^{\prime}$ to include an explicit neighbourhood of $w_{u}(0)$. We are able to do this by the fact that we are dealing with an analytic function $\phi_{v}-\zeta \phi_{u}$ and so have Talyor's Theorem. Since we already know $B_{2 \mu}\left(w_{u}(0)\right) \stackrel{(10)}{\subset} w_{u}\left(B_{1}\right)$ and $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$ so we can use Talyor's theorem to extend control to $B_{\mu}\left(x_{0}\right)$ which contains $B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$

So let $w(z)=\phi_{v}^{\prime}(z)-\zeta_{1} \phi_{u}^{\prime}(z)$. By the local Talyor Theorem we have $w(z)=\sum_{k=0}^{m} \frac{w^{(k)}\left(x_{0}\right)}{k!}(z-$ $\left.x_{0}\right)^{k}+\left(z-x_{0}\right)^{m+1} w_{m}(z)$ where $w_{m}(z)=\frac{1}{2 \pi i} \int_{\partial B_{\frac{3 n}{2}}\left(x_{0}\right)} \frac{w(\zeta)}{\left(\zeta-x_{0}\right)^{m}(\zeta-z)} d \zeta$.

By the Coarea formula we can find $q \in\left(\frac{h_{0}}{8}, h_{0}\right)$ such that $\int_{\partial B_{q}\left(x_{0}\right)}|w(z)| d H^{1} z \leq 8 c_{4} \epsilon^{\frac{p}{960 Q^{2}}}$. So by Cauchy's integral formula

$$
\left|w^{(k)}\left(x_{0}\right)\right|=\frac{k!}{2 \pi} \int_{\partial B_{q}\left(x_{0}\right)}\left|\frac{w(\zeta)}{\left(\zeta-x_{0}\right)^{k+1}}\right| d \zeta \leq \frac{4 c_{4} k!}{\pi} \frac{\frac{p}{e^{960 Q^{2}}}}{q^{k+1}} .
$$

We can also use the upper bound $\|D u\|_{L^{2}\left(B_{1}\right)} \leq 1$ and the upperbounds on $w_{u}$, $w_{v}$ to get upper bounds on $\phi_{u}$ and $\phi_{v}$ on $B_{\mu}\left(w_{u}(0)\right)$ (this is part of the contents of Lemma 6) so can estimate the remainder term $\left\|w_{m}\right\|_{L^{\infty}\left(B_{\mu}\left(z_{0}\right)\right)} \leq 64 \pi \mu^{-2}\left(\frac{3 \mu}{2}\right)^{1-m}$. Thus we have

$$
\begin{equation*}
|w(z)| \leq \sum_{k=0}^{m} c_{5} \epsilon^{\frac{p}{96 Q^{2}}}\left(\frac{\mu}{q}\right)^{k}+64 \pi\left(\frac{3}{2}\right)^{1-m} \text { for any } z \in B_{\mu}\left(w_{u}(0)\right) . \tag{15}
\end{equation*}
$$

The key is to make the right choice of $m$. If we choose $m$ too large then $\sum_{k=0}^{m} c_{5}\left(\frac{\mu}{q}\right)^{k}$ will dominate $e^{\frac{p}{960 Q^{2}}}$ and the upperbound will be weak. If $m$ is too small then $64 \pi\left(\frac{3}{2}\right)^{1-m}$ will not be small enough. The answer to to find $m$ that roughly equalizes these two quantities. An essential point is that finding this $m$ requires knowing what the constants $h_{0}, c_{5}, \mu$ are. To estimate these
constants we need to know $c_{1}, c_{2}, c_{3}, c_{4}$ and $\omega$ in (10), (11), (13), (14) and (12). For this reason much effort will be made to track all constants in the estimates in this paper, since the methods are not close to being sharp we do not attempt to consistently calculate the best possible constants, but we do make efforts to prevent the constants blowing up too much throughout the paper. The reason we need the simplified version of Theorem 1 that is given by Proposition 2 is that we need to know explicitly the constant in this inequality. This requires us to rewrite the proof of an estimate from [Fr-Ja-Mu 02] while tracking the constants. The fact we are able to do this with the methods of [Fr-Ja-Mu 02] is one of the reasons that Theorem 2 was not in practical terms accessible before the ideas introduced in [Fr-Ja-Mu 02]. So making these estimates (recalling the fact $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$ ) we have

$$
\begin{equation*}
\left\|\phi_{v}^{\prime}-\zeta \phi_{u}^{\prime}\right\|_{L^{\infty}\left(B_{\frac{\mu}{2}}\left(w_{u}(0)\right)\right)} \leq c_{5} C_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{16}
\end{equation*}
$$

This is the contents of Lemma 11. By using the estimates on the closeness of $D w_{u}$ and $D w_{v}$ in $L^{p}$ we can then conclude that for some constant $\gamma=\gamma(Q)$ that

$$
\begin{equation*}
\|D v-R D u\|_{L^{2}\left(B_{\gamma}\right)} \leq c C_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{17}
\end{equation*}
$$

This is the contents of Proposition 1 below. Theorem 2 follows by a straightforward covering argument that gives estimate (2).
Proposition 1. Suppose $v, u \in W^{1,2}\left(B_{1}: \mathbb{R}^{2}\right)$ are a $Q$-quasiregular mappings with $\int_{B_{1}} \operatorname{det}(D u)^{-p} d z \leq$ $C_{p}$ for some $p \in(0,1)$ and $\int_{B_{1}}|D u|^{2} d z \leq 1$. If

$$
\begin{equation*}
\int_{B_{1}}|S(D u)-S(D v)|^{2} d z=\epsilon \tag{18}
\end{equation*}
$$

then there exists $R \in S O(2)$ and constant $\gamma=\gamma(Q)>0$ such that

$$
\begin{equation*}
\int_{B_{\gamma}}|D v-R D u| d z \leq c C_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} C^{5} \log \left(10 C_{p} Q\right)}} . \tag{19}
\end{equation*}
$$

Remark. We can assume with loss of generality

$$
\begin{equation*}
u(0)=0 \tag{20}
\end{equation*}
$$

since if not the quasiregular mapping defined by $\tilde{u}(x)=u(x)-u(0)$ has this property.

## 2. Preliminaries

2.1. Conformal, Anti-conformal decomposition of $2 \times 2$ matrices. Given $A \in M^{2 \times 2}$ we can decompose $A$ into conformal and anti-conformal parts as follows

$$
\left(\begin{array}{ll}
a_{11} & a_{12}  \tag{21}\\
a_{21} & a_{22}
\end{array}\right)=\frac{1}{2}\left(\begin{array}{cc}
a_{11}+a_{22} & -\left(a_{21}-a_{12}\right) \\
a_{21}-a_{12} & a_{11}+a_{22}
\end{array}\right)+\frac{1}{2}\left(\begin{array}{cc}
a_{11}-a_{22} & a_{21}+a_{12} \\
a_{21}+a_{12} & -\left(a_{11}-a_{22}\right)
\end{array}\right) .
$$

So for arbitrary matrix $A$ let

$$
[A]_{c}:=\frac{1}{2}\left(\begin{array}{cc}
a_{11}+a_{22} & -\left(a_{21}-a_{12}\right)  \tag{22}\\
a_{21}-a_{12} & a_{11}+a_{22}
\end{array}\right) \text { and }[A]_{a}:=\frac{1}{2}\left(\begin{array}{cc}
a_{11}-a_{22} & a_{21}+a_{12} \\
a_{21}+a_{12} & -\left(a_{11}-a_{22}\right)
\end{array}\right)
$$

It will often be convenient to write this decomposition as $A=\alpha R_{\theta}+\beta N_{\psi}$ where

$$
R_{\theta}:=\left(\begin{array}{cc}
\cos \theta & -\sin \theta \\
\sin \theta & \cos \theta
\end{array}\right) \text { and } N_{\psi}:=\left(\begin{array}{cc}
\cos \psi & \sin \psi \\
\sin \psi & -\cos \psi
\end{array}\right)
$$

Let $\mathcal{I}:=\left(\begin{array}{cc}1 & 0 \\ 0 & -1\end{array}\right)$. The Beltrami Coefficient of a matrix $A$ that relates the conformal and anticonformal parts of $A$ is the conformal matrix $\mu_{A}$ defined by

$$
\begin{equation*}
[A]_{a} \mathcal{I}=\mu_{A}[A]_{c} \tag{23}
\end{equation*}
$$

$$
\begin{equation*}
\|A\|^{2} \leq Q \operatorname{det} A \Rightarrow \frac{(\alpha+\beta)^{2}}{\alpha^{2}-\beta^{2}} \leq Q \Rightarrow \frac{\beta}{\alpha} \leq \frac{Q-1}{Q+1} . \tag{24}
\end{equation*}
$$

Now notice that

$$
\begin{equation*}
\left|\mu_{A^{-1}}\right|=\left|\mu_{A}\right| . \tag{25}
\end{equation*}
$$

And

$$
\left|[A]_{a}\right|=\frac{1}{2}\left|\left(\begin{array}{ll}
a_{11} & 1  \tag{26}\\
a_{21} & a_{22}
\end{array}\right)+\left(\begin{array}{cc}
-a_{22} & a_{21} \\
a_{12} & -a_{11}
\end{array}\right)\right| \leq|A|
$$

As $\beta N_{\psi} \mathcal{I}=\mu_{A} \alpha R_{\theta}$, so

$$
\begin{equation*}
\left|\mu_{A}\right|=\sqrt{2} \frac{\beta}{\alpha} \tag{27}
\end{equation*}
$$

2.2. The Beltrami equation. The Beltrami equation is a linear complex PDE the relates the conformal part of the gradient to the anti-conformal, we briefly describe the connection between the classical complex formulation and and the matrix formulation we will be using in this paper.

Take function from the complex plane to itself, $f(x+i y)=u(x, y)+i v(x, y)$. As is standard, $\frac{\partial}{\partial \bar{z}} f(x, y)=\frac{1}{2}\left(\partial_{x}+i \partial_{y}\right) f$ and $\frac{\partial}{\partial z} f(x, y)=\frac{1}{2}\left(\partial_{x}-i \partial_{y}\right) f$.

If we take a $\Omega \subset \mathbb{C}$ and a function $f: \Omega \rightarrow \mathbb{C}$ then define the $\mathbb{R}^{2}$ valued function $\tilde{f}(x, y)=$ $(\operatorname{Re}(f(x+i y)), \operatorname{Im}(f(x+i y)))$. Let $C O_{+}(2)$ denote the set of conformal $2 \times 2$ matrices. And let $[\cdot]_{M}$ denote the homomorphism between $\mathbb{C}$ and $\mathrm{CO}_{+}(2)$, so $[a+i b]_{M}=\left(\begin{array}{cc}a & -b \\ b & a\end{array}\right)$.

So note

$$
\begin{equation*}
\sqrt{2}|a+i b|=\left|[a+i b]_{M}\right| \tag{28}
\end{equation*}
$$

It is straight forward to see that

$$
\left[\frac{\partial f}{\partial z}\right]_{M}=[D \tilde{f}]_{c} \text { and }\left[\frac{\partial f}{\partial \bar{z}}\right]_{M}\left(\begin{array}{cc}
1 & 0 \\
0 & -1
\end{array}\right)=[D \tilde{f}]_{a}
$$

(recall the decomposition into conformal and anticonformal parts given by (21), (22)).
Now as in 2.9.1. [As-Iw-Ma 10] letting $D f(z): \mathbb{C} \rightarrow \mathbb{C}$ denote the linear map that is the derivative of $f$ at $z$, then we have $D f(z) h=\frac{\partial f}{\partial z}(z) h+\frac{\partial f}{\partial z}(z) \bar{h}$. Let $[\cdot]_{\mathbb{C}}$ be the identification of $\mathbb{R}^{2}$ with $\mathbb{C}$, i.e. $\left[\binom{a}{b}\right]_{\mathbb{C}}=a+i b$. Let $f=u+i v$ so we have

$$
\begin{align*}
D f(z) h & =\frac{1}{2}\left(\left(u_{x}+v_{y}\right)+i\left(v_{x}-u_{y}\right)\right)\left(h_{1}+i h_{2}\right)+\frac{1}{2}\left(u_{x}-v_{y}+i\left(v_{x}+u_{y}\right)\right)\left(h_{1}-i h_{2}\right) \\
& =\left[\frac{1}{2}\left(\begin{array}{cc}
u_{x}+v_{y} & -\left(v_{x}-u_{y}\right) \\
v_{x}-u_{y} & u_{x}+v_{y}
\end{array}\right)\binom{h_{1}}{h_{2}}\right]_{\mathrm{C}}+\left[\frac{1}{2}\left(\begin{array}{cc}
u_{x}-v_{y} & v_{x}+u_{y} \\
v_{x}+u_{y} & -\left(u_{x}-v_{y}\right)
\end{array}\right)\binom{h_{1}}{h_{2}}\right]_{\mathrm{C}} \\
& =\left[\left(\frac{1}{2}[D \tilde{f}(x, y)]_{c}+\frac{1}{2}[D \tilde{f}(x, y)]_{a}\right)\binom{h_{1}}{h_{2}}\right]_{\mathrm{C}} . \tag{29}
\end{align*}
$$

Given $f: \Omega \rightarrow \mathbb{C}$ one of the basic equations of Quasiregular analysis is the Beltrami equation

$$
\begin{equation*}
\frac{\partial f}{\partial \bar{z}}(z)=\mu(z) \frac{\partial f}{\partial z}(z) \tag{30}
\end{equation*}
$$

As above define $\tilde{f}=(\operatorname{Re}(f), \operatorname{Im}(f))$ then $\tilde{f}$ satisfies

$$
\begin{equation*}
[D \tilde{f}(x, y)]_{a} \mathcal{I}=[\mu(x+i y)]_{M}[D \tilde{f}(x, y)]_{c} \tag{31}
\end{equation*}
$$

By uniqueness this implies that

$$
\begin{equation*}
[\mu(x+i y)]_{M}=\mu_{D \tilde{f}(x, y)} . \tag{32}
\end{equation*}
$$

The basic theorem about the solvability of the Beltrami equation (sometimes known as the measurable Riemann mapping theorem) is the following

Theorem (Morrey-Bojarski). Suppose that $0 \leq k<1$ and that $|\mu(z)| \leq \kappa \mathbb{1}_{B_{r}}(z), z \in \mathbb{C}$. Then there is a unique $f \in W_{\text {loc }}^{1, p}(\mathbb{C})\left(\right.$ for every $p \in\left[2,1+\frac{1}{\kappa}\right)$ )such that

$$
\begin{align*}
& \frac{\partial f}{\partial \bar{z}}=\mu(z) \frac{\partial f}{\partial z} \text { for almost every } z \in \mathbb{C} \\
& f(z)=z+O\left(\frac{1}{z}\right) \text { as } z \rightarrow \infty \tag{33}
\end{align*}
$$

Definition 1. Given a Q-quasiregular mapping $u$ we say the pair $w_{u}: B_{1} \rightarrow \mathbb{R}^{2}, \phi: w_{u}\left(B_{1}\right) \rightarrow u\left(B_{1}\right)$ are the Stoilow decomposition of $u$ iff

$$
\begin{equation*}
u(z)=\phi_{u}\left(w_{u}(z)\right) \text { for all } z \in B_{1} \tag{34}
\end{equation*}
$$

Function $w_{u}$ is a Q-quasiregular mapping obtained by solving the Beltrami equation

$$
\begin{equation*}
\left[D w_{u}(z)\right]_{a} \mathcal{I}=\mu(z)\left[D w_{u}(z)\right]_{c} \tag{35}
\end{equation*}
$$

where

$$
\mu(z)=\left\{\begin{array}{lll}
{[D u(z)]_{a} \mathcal{I}[D u(z)]_{c}^{-1}} & \text { for } & z \in B_{1}  \tag{36}\\
0 & \text { for } & z \notin B_{1}
\end{array}\right.
$$

Note that (35), (36) are just the reformulation of the standard Beltrami equation and Beltrami coefficient in matrix notation as explained in Subsection 2.1 (23) and equations (31), (32) of this subsection.

As explained in the introduction, a consequence of (34), (35) we have that $D \phi_{u} \in C O_{+}(2)=$ $\{\lambda R: \lambda>0, R \in S O(2)\}$. So considered as a complex valued function of a complex variable, function $\phi_{u}$ is holomorphic. We will often consider $\phi_{u}$ as a holomorphic function of a complex variable without relabelling it.
2.3. The Beltrami Coefficient of gradient whose symmetric parts agree. We require a Lemma 1 from [Lo 13b]. It is stated below

Lemma 1. Let $A \in M^{2 \times 2}, \operatorname{det}(A)>0$. Let the Beltrami coefficient of $A$ be defined by (23). The Beltrami coefficient of $A$ and $A^{-1}$ are related in the following way

$$
\begin{equation*}
\mu_{A}[A]_{c} \mathcal{I}=-\mu_{A^{-1}} \mathcal{I}[A]_{C} \tag{37}
\end{equation*}
$$

## 3. Lemmas for Theorem 2

Lemma 2. Suppose $A, B \in M^{2 \times 2}$ with $\operatorname{det}(A)>0$ and $\operatorname{det}(B)>0$ and $\|A\|^{2} \leq Q \operatorname{det}(A),\|B\|^{2} \leq$ $Q \operatorname{det}(B)$ then

$$
\begin{equation*}
\left|\mu_{A}-\mu_{B}\right| \leq \frac{32 \sqrt{Q}}{\max \{\sqrt{\operatorname{det}(A)}, \sqrt{\operatorname{det}(B)}\}}|S(A)-S(B)| \tag{38}
\end{equation*}
$$

Proof of Lemma 2. Let $\left\|\|\right.$ denote the operator norm. Since $\left.|A| \leq\left|A e_{1}\right|+\left|A e_{2}\right| \leq 2\right\| A \|$ we have the following estimate

$$
\begin{equation*}
\frac{|A|}{2} \leq\|A\| \leq|A| \text { for any matrix } A \in M^{2 \times 2} \tag{39}
\end{equation*}
$$

Note $R(A) S(A) S(B)^{-1} R(B)^{-1}=A B^{-1}=\left[A B^{-1}\right]_{a}+\left[A B^{-1}\right]_{c}$. Thus

$$
\begin{equation*}
S(A) S(B)^{-1}=R(A)^{-1}\left[A B^{-1}\right]_{a} R(B)+R(A)^{-1}\left[A B^{-1}\right]_{c} R(B) \tag{40}
\end{equation*}
$$

as the decomposition into conformal and anti-conformal parts are unique, so

$$
\begin{equation*}
\left[S(A) S(B)^{-1}\right]_{a} \stackrel{(40)}{=} R(A)^{-1}\left[A B^{-1}\right]_{a} R(B) \tag{41}
\end{equation*}
$$

Note $\|A D J(B)\| \stackrel{(39)}{\leq}|A D J(B)|=|B| \leq 2\|B\| \leq 2 \sqrt{Q} \sqrt{\operatorname{det}(B)}$. So let $\delta=|S(A)-S(B)|$

$$
\begin{align*}
\left\|S(A) S(B)^{-1}-I d\right\| & \leq\|S(A)-S(B)\| \frac{\|A D J(B)\|}{\operatorname{det}(B)} \\
& \leq \frac{2\|S(A)-S(B)\| \sqrt{Q}}{\sqrt{\operatorname{det}(B)}} \\
& \leq \frac{2 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(B)}} \tag{42}
\end{align*}
$$

Now

$$
\begin{array}{|ll}
\left|\left[A B^{-1}\right]_{a}\right| & \stackrel{(41),(39)}{\leq} \\
& 2\left\|\left[S(A) S(B)^{-1}\right]_{a}\right\| \\
& \stackrel{(39)}{\leq} \\
& 2\left\|\left[S(A) S(B)^{-1}-I d\right]_{a}\right\| \\
& \stackrel{(26)}{\leq}  \tag{43}\\
& 2\left|\left[S(A) S(B)^{-1}-I d\right]_{a}\right| \\
& (39),(42) \\
& \\
& \frac{4 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(B)}}
\end{array}
$$

Thus as we know from (37) Lemma 1 applied to $B^{-1}$ that

$$
\begin{equation*}
\mu_{B^{-1}}\left[B^{-1}\right]_{c} \mathcal{I}=-\mu_{B} \mathcal{I}\left[B^{-1}\right]_{c} \tag{44}
\end{equation*}
$$

so

$$
\begin{align*}
{\left[A B^{-1}\right]_{a} } & :=\left[\left([A]_{c}+[A]_{a}\right)\left(\left[B^{-1}\right]_{c}+\left[B^{-1}\right]_{a}\right)\right]_{a} \\
& =[A]_{a}\left[B^{-1}\right]_{c}+[A]_{c}\left[B^{-1}\right]_{a} \\
& \stackrel{(23)}{=} \mu_{A}[A]_{c} \mathcal{I}\left[B^{-1}\right]_{c}+[A]_{c} \mu_{B^{-1}}\left[B^{-1}\right]_{c} \mathcal{I} \\
& \stackrel{(44)}{=} \mu_{A}[A]_{c} \mathcal{I}\left[B^{-1}\right]_{c}-[A]_{c} \mu_{B} \mathcal{I}\left[B^{-1}\right]_{c} \\
& =\left(\mu_{A}-\mu_{B}\right)[A]_{\mathcal{C}} \mathcal{I}\left[B^{-1}\right]_{c} \tag{45}
\end{align*}
$$

For any matrix $A$ let $\Pi(A):=\inf \{|A v|:|v|=1\}$. Note that $\Pi(A B) \geq \Pi(A) \Pi(B)$. Thus

$$
\begin{equation*}
\Pi\left(\mu_{A}-\mu_{B}\right) \Pi\left([A]_{c}\right) \Pi\left(\left[B^{-1}\right]_{c}\right) \stackrel{(45)}{\leq} \Pi\left(\left[A B^{-1}\right]_{a}\right) \leq\left|\left[A B^{-1}\right]_{a}\right| \stackrel{(43)}{\leq} \frac{4 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(B)}} \tag{46}
\end{equation*}
$$

Now $\Pi\left([A]_{c}\right)=\sqrt{\left(\frac{\operatorname{det}\left([A]_{c}\right)}{\pi}\right)} \geq \frac{\sqrt{\operatorname{det}(A)}}{2}$. And $\Pi\left(\left[B^{-1}\right]_{c}\right) \geq \frac{\sqrt{\operatorname{det}\left(B^{-1}\right)}}{2} \geq \frac{1}{2 \sqrt{\operatorname{det}(B)}}$. So putting these things together we have that

$$
\frac{1}{4} \frac{\sqrt{\operatorname{det}(A)}}{\sqrt{\operatorname{det}(B)}} \Pi\left(\mu_{A}-\mu_{B}\right) \stackrel{(46)}{\leq} \frac{4 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(B)}}
$$

So $\Pi\left(\mu_{A}-\mu_{B}\right) \leq \frac{16 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(A)}}$. By definition of $\Pi$ for any $\epsilon>0$ we can find $w \in S^{1}$ such that $\left|\left(\mu_{A}-\mu_{B}\right) w\right| \leq \frac{16 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(A)}}+\epsilon$. Since $\mu_{A}-\mu_{B}$ is conformal so $\left|\left(\mu_{A}-\mu_{B}\right) e_{1}\right| \leq \frac{16 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(A)}}+\epsilon$ and
$\left|\left(\mu_{A}-\mu_{B}\right) e_{2}\right| \leq \frac{16 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(A)}}+\epsilon$ and thus $\left|\mu_{A}-\mu_{B}\right| \leq \frac{32 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(A)}}$. Now since the hypotheses on $A, B$ are the same this implies $\left|\mu_{A}-\mu_{B}\right| \leq \frac{32 \delta \sqrt{Q}}{\sqrt{\operatorname{det}(B)}}$ and hence we have established (38).

### 3.1. Estimates on Beltrami equations.

3.1.1. Estimates of the Holder norm of solutions of the Beltrami equation. We need bounds on the Holder norm of solutions of the Beltrami equation.

The first is a well known lemma whose constant we explicitly estimate.
Lemma 3. Suppose $p>2$ and $u \in W^{1, p}\left(B_{w}(\zeta)\right)$, then for any $x, y$ with

$$
\begin{gather*}
\left.\left.|x-y|<\frac{1}{2} \min \left\{d\left(x, \partial B_{w}(\zeta)\right)\right), d\left(y, \partial B_{w}(\zeta)\right)\right)\right\}  \tag{47}\\
|u(x)-u(y)| \leq 8\left(\frac{p-1}{p-2}\right)|x-y|^{\frac{p-2}{p}}\left(\int_{B_{2|x-y|}(x)}|D u|^{p} d x\right)^{\frac{1}{p}} . \tag{48}
\end{gather*}
$$

Proof of Lemma 3. We will use the following Poincare type inequality (see page 267 [Ev-Ga 92])

$$
\begin{equation*}
\int_{B_{r}(x)}|u(x)-u(z)| d z \leq \frac{r^{2}}{2} \int_{B_{r}(x)} \frac{|D u(z)|}{|z-x|} d z \tag{49}
\end{equation*}
$$

Let $W=B_{r}(x) \cap B_{r}(y)$ with $r=|x-y|$. Note by (47), $B_{2 r}(x) \subset B_{w}(\zeta)$. Let $p^{\prime}$ denote the Holder conjugate of $p$. So

$$
\begin{align*}
&|u(x)-u(y)| \leq f_{W}|u(x)-u(z)| d z+f_{W}|u(y)-u(z)| d z \\
& \leq\left(\pi\left(\frac{r}{2}\right)^{2}\right)^{-1}\left(\int_{B_{r}(x)}|u(x)-u(z)| d z+\int_{B_{r}(y)}|u(y)-u(z)| d z\right) \\
& \begin{array}{c}
(49) \\
\leq \\
\pi \\
B_{B_{r}(x)}
\end{array} \frac{|D u(z)|}{|x-z|} d z+\frac{2}{\pi} \int_{B_{r}(y)} \frac{|D u(z)|}{|y-z|} d z \\
& \leq \frac{2}{\pi}\left(\int_{B_{r}(x)}|D u|^{p}\right)^{\frac{1}{p}}\left(\int_{B_{r}(x)}|x-z|^{-p^{\prime}} d z\right)^{\frac{1}{p^{\prime}}} \\
&+\frac{2}{\pi}\left(\int_{B_{r}(y)}|D u|^{p}\right)^{\frac{1}{p}}\left(\int_{B_{r}(y)}|y-z|^{-p^{\prime}} d z\right)^{\frac{1}{p^{\prime}}} . \tag{50}
\end{align*}
$$

Now

$$
\begin{align*}
\left(\int_{B_{r}(y)}|y-z|^{-p^{\prime}}\right)^{\frac{1}{p^{\prime}}} & =\left(\int_{0}^{r} 2 \pi s^{1-p^{\prime}} d s\right)^{\frac{1}{p^{\prime}}} \\
& \leq 2 \pi\left(\frac{r^{2-p^{\prime}}}{2-p^{\prime}}\right)^{\frac{1}{p^{\prime}}} \\
& =2 \pi\left(\frac{p-1}{p-2}\right)^{\frac{p-1}{p}} r^{\frac{p-2}{p}} \tag{51}
\end{align*}
$$

Putting this together with (50) we have

$$
\begin{aligned}
|u(x)-u(y)| & \leq 4\left(\frac{p-1}{p-2}\right)^{\frac{p-1}{p}} r^{\frac{p-2}{p}}\left(\int_{B_{r}(y)}|D u|^{p}\right)^{\frac{1}{p}}+4\left(\frac{p-1}{p-2}\right)^{\frac{p-1}{p}} r^{\frac{p-2}{p}}\left(\int_{B_{r}(x)}|D u|^{p}\right)^{\frac{1}{p}} \\
& \leq 8\left(\frac{p-1}{p-2}\right)^{\frac{p-1}{p}} r^{\frac{p-2}{p}}\left(\int_{B_{2 r}(x)}|D u|^{p}\right)^{\frac{1}{p}}
\end{aligned}
$$

and hence we have established (48).
Lemma 4. Suppose $0 \leq \kappa<1$ and $\mu: \mathbb{R}^{2} \rightarrow \mathbb{C}$ is measurable and for some $x_{0} \in \mathbb{R}^{2},|\mu(z)| \leq$ $\kappa \mathbb{1}_{B_{\tau}\left(x_{0}\right)}(z)$ for all $z \in \mathbb{R}^{2}$ and $f$ is a principle solution of the Beltrami equation

$$
\frac{\partial f}{\partial \bar{z}}(z)=\mu(z) \frac{\partial f}{\partial z}(z)
$$

Let $p \in\left(2,2+\frac{1-\kappa}{3 k}\right)$. For any $x \in \mathbb{R}^{2}, r>0$ we have

$$
\begin{equation*}
\left(\int_{B_{r}(x)}|D f|^{p} d z\right)^{\frac{1}{p}} \leq r^{\frac{2}{p}}+\frac{2(1+3(p-2))}{1-\kappa(1+2(p-2))} \tau^{\frac{2}{p}} \tag{52}
\end{equation*}
$$

Proof of Lemma 4. Let $\mathcal{S}$ denote the Beurling transform, let $S_{p}$ denote the $L_{p}$ norm of $\mathcal{S}$. Consider the operator

$$
(I d-\mu \mathcal{S})^{-1}=I d+\mu \mathcal{S}+\mu \mathcal{S} \mu \mathcal{S}+\mu \mathcal{S} \mu \mathcal{S} \mu \mathcal{S} \ldots
$$

Note that if $\phi \in L^{p}$ then

$$
\begin{equation*}
\|\mu \mathcal{S} \mu \mathcal{S} \ldots \mu \mathcal{S} \phi\|_{L^{p}(\mathbb{C})} \leq\left(\kappa S_{p}\right)^{n}\|\phi\|_{L^{p}(\mathbb{C})} \tag{53}
\end{equation*}
$$

So we require $\kappa S_{p}<1$ in order for $(I d-\mu \mathcal{S})^{-1}$ to be well defined. By inequality (4.89) Section 4.5.2 [As-Iw-Ma 10] we have

$$
\begin{equation*}
S_{p}<1+3(p-2) \tag{54}
\end{equation*}
$$

Thus it is sufficient for $\kappa(1+3(p-2))<1$ which is equivalent to $p<\frac{1-\kappa}{3 \kappa}+2$. If this inequality is satisfied then

$$
\begin{equation*}
\left\|(I d-\mu \mathcal{S})^{-1} \phi\right\|_{L^{p}} \stackrel{(53),(54)}{\leq} \sum_{m=0}^{\infty}(\kappa(1+3(p-2)))^{m}\|\phi\|_{L^{p}(\mathrm{C})} \leq \frac{1}{1-\kappa(1+3(p-2))}\|\phi\|_{L^{p}} \tag{55}
\end{equation*}
$$

So defining $\sigma=\mathcal{C}\left((I d-\mu \mathcal{S})^{-1} \mu\right)$ where $\mathcal{C}$ is the Cauchy transform. As in the proof of Theorem 5.1.1. [As-Iw-Ma 10] we know that

$$
\begin{equation*}
\frac{\partial \sigma}{\partial \bar{z}}=\frac{\partial}{\partial \bar{z}}\left(\mathcal{C}\left((I d-\mu \mathcal{S})^{-1} \mu\right)\right)=(I d-\mu \mathcal{S})^{-1} \mu \tag{56}
\end{equation*}
$$

and

$$
\begin{equation*}
\frac{\partial \sigma}{\partial z}=\frac{\partial}{\partial z}\left(\mathcal{C}\left((I d-\mu \mathcal{S})^{-1} \mu\right)\right)=\mathcal{S}\left((I d-\mu \mathcal{S})^{-1} \mu\right) \tag{57}
\end{equation*}
$$

Thus

$$
\begin{equation*}
\left\|\frac{\partial \sigma}{\partial \bar{z}}\right\|_{L^{p}(\mathbb{C})} \stackrel{(55),(56)}{\leq} \frac{\tau^{\frac{2}{p}}}{1-\kappa(1+3(p-2))} \tag{58}
\end{equation*}
$$

and

$$
\begin{equation*}
\left\|\frac{\partial \sigma}{\partial z}\right\|_{L^{p}(\mathrm{C})} \stackrel{(57),(55)}{\leq} S_{p} \frac{\tau^{\frac{2}{p}}}{1-\kappa(1+3(p-2))} \stackrel{(54)}{\leq} \frac{(1+3(p-2)) \tau^{\frac{2}{p}}}{1-\kappa(1+3(p-2))} \tag{59}
\end{equation*}
$$

Hence

$$
\begin{equation*}
\|D \sigma\|_{L^{p}(\mathrm{C})} \stackrel{(58),(59)}{\leq} \frac{2(1+3(p-2)) \tau^{\frac{2}{p}}}{1-\kappa(1+3(p-2))} \tag{60}
\end{equation*}
$$

Now as in the proof of Theorem 5.1.2 [As-Iw-Ma 10] we see that $f(z)=z+\sigma(z)$ is the principle solution of the Beltrami equation, i.e. the function that satisfies

$$
\frac{\partial f}{\partial \bar{z}}(z)=\mu(z) \frac{\partial f}{\partial z}(z) \text { for a.e. } z
$$

and $f(z)=z+\mathcal{O}\left(\frac{1}{z}\right)$ as $z \rightarrow \infty$. So note that for any $x \in \mathbb{R}^{2}$ we have that

$$
\left(\int_{B_{r}(x)}|D f|^{p} d z\right)^{\frac{1}{p}} \leq r^{\frac{2}{p}}+\left(\int_{B_{r}(x)}|D \sigma|^{p} d z\right)^{\frac{1}{p}}
$$

Putting this together with (60) we have (52).
Lemma 5. Suppose $0 \leq \kappa<1$ and $\mu: \mathbb{R}^{2} \rightarrow \mathbb{C}$ is measurable and $|\mu(z)| \leq \kappa \mathbb{1}_{B_{1}}(z)$ for all $z \in \mathbb{R}^{2}$. Let $f: \mathbb{R}^{2} \rightarrow \mathbb{C}$ be the principle solution of the Beltrami equation

$$
\frac{\partial f}{\partial \bar{z}}(z)=\mu(z) \frac{\partial f}{\partial z}(z) \text { for a.e. } z
$$

and let $h: \mathbb{C} \rightarrow \mathbb{C}$ be the global inverse of $f$. Let $p \in\left(2,2+\frac{1-\kappa}{3 \kappa}\right)$. Then

$$
\begin{equation*}
\left|f\left(x_{1}\right)-f\left(x_{2}\right)\right| \leq 48\left|x_{1}-x_{2}\right|^{\frac{p-2}{p}}\left(\frac{p-1}{p-2}\right)\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right) \text { for any } x_{1}, x_{2} \in B_{1} \tag{61}
\end{equation*}
$$

And

$$
\begin{equation*}
\left|h\left(y_{1}\right)-h\left(y_{2}\right)\right| \leq 2400\left|y_{1}-y_{2}\right|^{\frac{p-2}{p}}\left(\frac{p-1}{p-2}\right)^{2}\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right)^{2} \text { for any } y_{1}, y_{2} \in f\left(B_{1}\right) \tag{62}
\end{equation*}
$$

As a consequence for any $B_{r}(x) \subset B_{1}$

In addition for any $\alpha>0$ such that $B$

$$
\begin{align*}
& \text { at } B \\
& \qquad\left(\frac{\alpha(1-\kappa)^{2}}{2304}\right)^{\frac{12 \kappa}{1-\kappa}}(x) \subset B_{1}  \tag{64}\\
& B_{\left.\left(\frac{\alpha(1-\kappa)^{2}}{345 \hbar}\right)^{\frac{12}{1-\kappa}}(x)\right)} \subset B_{\alpha}(f(x)) .
\end{align*}
$$

Proof of Lemma 5. By Lemma 4 we have that

$$
\begin{equation*}
\left(\int_{B_{4}(x)}|D f|^{p} d z\right)^{\frac{1}{p}} \stackrel{(52)}{\leq} 4+\frac{2(1+3(p-2))}{1-\kappa(1+2(p-2))} \text { for any } x \in \mathbb{R}^{2} \tag{65}
\end{equation*}
$$

So by Lemma 3 we know that

$$
\begin{align*}
\left|f\left(x_{1}\right)-f\left(x_{2}\right)\right| & \stackrel{(48)}{\leq} 8\left(\frac{p-1}{p-2}\right)\left|x_{1}-x_{2}\right|^{\frac{p-2}{p}}\left(\int_{B_{2\left|x_{1}-x_{2}\right|}(x)}|D f|^{p} d z\right)^{\frac{1}{p}} \\
& \stackrel{(65)}{\leq} 8\left|x_{1}-x_{2}\right|^{\frac{p-2}{p}}\left(\frac{p-1}{p-2}\right)\left(4+\frac{2(1+3(p-2))}{1-\kappa(1+2(p-2))}\right) \\
& \leq 48\left|x_{1}-x_{2}\right|^{\frac{p-2}{p}}\left(\frac{p-1}{p-2}\right)\left(\frac{(1+3(p-2))}{1-\kappa(1+2(p-2))}\right) \tag{66}
\end{align*}
$$

(using the fact $\kappa(1+2(p-2)) \in(0,1)$ for the last inequality) so estimate (61) holds true.
Now if we consider the Beltrami equation of $f$ we have $(D f(x))_{a} \mathcal{I}=\mu_{D f(x)}(D f(x))_{c}$, so if $z=$ $f(x)$ then $D h(z)=(D f(h(z)))^{-1}=(D f(x))^{-1}$. Now the Beltrami equation for $h$ is $(D h(z))_{a} \mathcal{I}=$ $\mu_{D h(z)}(D h(z))_{c}$. By (25) we have that

$$
\begin{equation*}
\left|\mu_{D h(z)}\right|=\left|\mu_{(D f(x))^{-1}}\right|=\left|\mu_{D f(x)}\right| \tag{67}
\end{equation*}
$$

Now if $z \notin f\left(B_{1}\right)$, since $D h(z)=(D f(h(z)))^{-1}$ and since $h(z) \notin B_{1}, D f(h(z)) \in C O_{+}$(2) so $\operatorname{Dh}(z) \in C O_{+}(2)$ thus $\mu_{D h(z)}=0$.

Let

$$
\begin{equation*}
\Lambda_{p}^{\kappa}=48\left(\frac{p-1}{p-2}\right)\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right) \tag{68}
\end{equation*}
$$

Note that for any $x \in B_{1},|f(x)-f(0)| \stackrel{(61)}{\leq} \Lambda_{p}^{\kappa}$ so

$$
\begin{equation*}
f\left(B_{1}\right) \subset B_{\Lambda_{p}^{\kappa}}(f(0)) \tag{69}
\end{equation*}
$$

So returning to complex notation we have $\frac{\partial h}{\partial \bar{w}}(w)=\gamma(w) \frac{\partial h}{\partial w}(w)$ where

$$
|\gamma(w)| \stackrel{(32),(67)}{\leq} \kappa \mathbb{1}_{B_{\Lambda_{p}^{\kappa}}(f(0))}
$$

By Lemma 4 (52) we know

$$
\begin{align*}
\left(\int_{B_{4 \Lambda_{p}^{\kappa}\left(y_{1}\right)}}|D h|^{p} d z\right)^{\frac{1}{p}} & \leq\left(4 \Lambda_{p}^{\kappa}\right)^{\frac{2}{p}}+\left(\frac{2(1+3(p-2))}{1-\kappa(1+2(p-2))}\right)\left(\Lambda_{p}^{k}\right)^{\frac{2}{p}} \\
& \stackrel{(68)}{\leq} 300\left(\frac{p-1}{p-2}\right)\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right)^{2} \tag{70}
\end{align*}
$$

Now for any $y_{1}, y_{2} \in f\left(B_{1}\right)$ by (69) we know $y_{2} \in B_{2 \Lambda_{p}^{\kappa}}\left(y_{1}\right)$ so by Lemma 3

$$
\begin{equation*}
\left|h\left(y_{1}\right)-h\left(y_{2}\right)\right| \stackrel{(70),(48)}{\leq} 2400\left(\frac{p-1}{p-2}\right)^{2}\left|y_{1}-y_{2}\right|^{\frac{p-2}{p}}\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right)^{2} \tag{71}
\end{equation*}
$$

and hence (62) is established.
Now suppose $B_{r}(x) \subset B_{1}$. Let

$$
\begin{equation*}
p=\min \left\{2+\frac{1-\kappa}{6 \kappa}, 3\right\} \tag{72}
\end{equation*}
$$

If $p<3$ then

$$
\begin{align*}
\left(\frac{p-1}{p-2}\right)^{2}\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right)^{2} & \stackrel{(72)}{\leq}\left(\frac{12}{1-\kappa}\right)^{2}\left(\frac{4}{1-\kappa\left(1+2\left(\frac{1-\kappa}{6 \kappa}\right)\right)}\right)^{2} \\
& =\left(\frac{12}{1-\kappa}\right)^{2}\left(\frac{6}{1-\kappa}\right)^{2} \\
& =\frac{(72)^{2}}{(1-\kappa)^{4}} \tag{73}
\end{align*}
$$

If $p=3$ then $2+\frac{1-\kappa}{6 \kappa} \geq 3,1-\kappa \geq 6 \kappa$ so $0<\kappa \leq \frac{1}{7}$. So

$$
\begin{aligned}
\left(\frac{p-1}{p-2}\right)^{2}\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right)^{2} & =4\left(\frac{4}{1-3 \kappa}\right)^{2} \\
& \leq 4\left(\frac{4}{1-\frac{3}{7}}\right)^{2} \\
& \leq \frac{200}{(1-\kappa)^{4}}
\end{aligned}
$$

So for any $p$ we have that

$$
\begin{equation*}
\left(\frac{p-1}{p-2}\right)^{2}\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right)^{2} \leq \frac{(72)^{2}}{(1-\kappa)^{4}} \tag{74}
\end{equation*}
$$

and so

$$
\begin{equation*}
\frac{\Lambda_{p}^{\kappa}}{48} \stackrel{(68)}{=}\left(\frac{p-1}{p-2}\right)\left(\frac{1+3(p-2)}{1-\kappa(1+2(p-2))}\right) \leq \frac{72}{(1-\kappa)^{2}} \tag{75}
\end{equation*}
$$

Thus

$$
\begin{equation*}
\Lambda_{p}^{\kappa} \leq \frac{3456}{(1-\kappa)^{2}} \tag{76}
\end{equation*}
$$

Now if $p \in(2,3)$ then $2+\frac{1-\kappa}{6 \kappa}<3$ so $\frac{1}{7}<\kappa<1$

$$
\begin{equation*}
\frac{p-2}{p} \stackrel{(72)}{=} \frac{1-\kappa}{6 p \kappa} \stackrel{(72)}{=} \frac{1-\kappa}{6\left(2+\frac{1-\kappa}{6 \kappa}\right) \kappa}=\frac{1-\kappa}{11 \kappa+1} \geq \frac{1-\kappa}{12} \tag{77}
\end{equation*}
$$

and

$$
\begin{align*}
\frac{p-2}{p}-\frac{1-\kappa}{12} & \stackrel{(77)}{=} \frac{1-\kappa}{11 \kappa+1}-\frac{1-\kappa}{12} \\
& <\frac{1-\kappa}{12 \kappa}-\frac{1-\kappa}{12}=\frac{1-2 \kappa+\kappa^{2}}{12 \kappa} \\
& <\frac{1}{12 \kappa}<\frac{7}{12} \tag{78}
\end{align*}
$$

And if $p=3$ since $\kappa \leq \frac{1}{7}$ we have

$$
\begin{equation*}
\frac{p-2}{p}=\frac{1}{3} \geq \frac{1-\kappa}{12} \tag{79}
\end{equation*}
$$

and

$$
\begin{equation*}
0 \leq \frac{p-2}{p}-\frac{1-\kappa}{12} \leq \frac{1}{3}<1 \tag{80}
\end{equation*}
$$

Thus in all cases we have

$$
\begin{equation*}
\frac{p-2}{p} \stackrel{(79),(77)}{\geq} \frac{1-\kappa}{12} \tag{81}
\end{equation*}
$$

and

$$
\begin{equation*}
0 \leq \frac{p-2}{p}-\frac{1-\kappa}{12} \stackrel{(78),(80)}{<} 1 \tag{82}
\end{equation*}
$$

Let $\omega \in f\left(\partial B_{r}(x)\right)$ be such that $|\omega-f(x)|=\inf \left\{|f(z)-f(x)|: z \in \partial B_{r}(x)\right\}$. So

$$
\begin{equation*}
|\omega-f(x)| \stackrel{(61)}{\leq} 48 r^{\frac{p-2}{p}}\left(\frac{p-1}{p-2}\right)\left(\frac{1+3(p-2)}{1-\kappa\left(1+2\left(\frac{1-\kappa}{6 \kappa}\right)\right)}\right) \stackrel{(68)}{=} \Lambda_{p}^{\kappa} r^{\frac{p-2}{p}} \tag{83}
\end{equation*}
$$

So as

$$
\begin{array}{rll}
|\omega-f(x)|^{\frac{p-2}{2}} & = & |\omega-f(x)|^{\frac{1-\kappa}{12 \kappa}}|\omega-f(x)|^{\frac{p-2}{p}-\frac{1-\kappa}{12 \kappa}} \\
& \leq(82),(83) & |\omega-f(x)|^{\frac{1-\kappa}{12 \kappa}} \Lambda_{p}^{\kappa} \tag{84}
\end{array}
$$

thus

$$
\begin{aligned}
r & =|h(\omega)-x| \\
& =|h(\omega)-h(f(x))| \\
& (71),(74) \\
& 2400|\omega-f(x)|^{\frac{p-2}{p}} \times \frac{(72)^{2}}{(1-\kappa)^{4}} \\
& \stackrel{(84)}{\leq} \\
& \frac{2400 \times(72)^{2} \Lambda_{p}^{\kappa}}{(1-\kappa)^{4}}|\omega-f(x)|^{\frac{1-\kappa}{12}} \\
& \stackrel{(76)}{\leq} \\
& \frac{4.3 \times 10^{10}}{(1-\kappa)^{6}}|\omega-f(x)|^{\frac{1-\kappa}{12}}
\end{aligned}
$$

Thus $\frac{(1-\kappa)^{6} r}{4.3 \times 10^{10}} \leq|\omega-f(x)|^{\frac{1-\kappa}{12}}$ so $\left(\frac{(1-\kappa)^{6} r}{4.3 \times 10^{10}}\right)^{\frac{12}{1-\kappa}} \leq|\omega-f(x)|$ which implies (63). Now finally

$$
\begin{align*}
|f(x)-f(y)| & \stackrel{(61),(68)}{\leq} \\
& \stackrel{(76)}{\leq} \\
& \frac{3456}{(1-\kappa)^{2}}|x-y|^{\frac{p-2}{p}}  \tag{85}\\
& \stackrel{(81)}{\leq} \\
& \frac{3456}{(1-\kappa)^{2}}|x-y|^{\frac{1-\kappa}{p}} \\
& \text { for any }|x-y|<1 .
\end{align*}
$$

Thus for any $y \in B \underbrace{}_{\left(\frac{\alpha(1-\kappa)^{2}}{3456}\right)^{\frac{12}{1-\kappa}}(x) \text { we have }}$

$$
|f(x)-f(y)|<\alpha
$$

which implies (64).
Lemma 6. For $\mu=\left(2 \times 10^{10}(Q+1)^{6}\right)^{-6(Q+1)}, \gamma=\left(\frac{\mu}{2000(Q+1)^{2}}\right)^{6(Q+1)}$ we have

$$
\begin{equation*}
B_{2 \mu}\left(w_{u}(0)\right) \subset w_{u}\left(B_{\frac{1}{2}}\right), \quad B_{2 \mu}\left(w_{v}(0)\right) \subset w_{v}\left(B_{\frac{1}{2}}\right) \tag{86}
\end{equation*}
$$

and

$$
\begin{equation*}
w_{u}\left(B_{\gamma}\right) \subset B_{\frac{u}{2}}\left(w_{u}(0)\right), w_{v}\left(B_{\gamma}\right) \subset B_{\frac{\mu}{2}}\left(w_{v}(0)\right) . \tag{87}
\end{equation*}
$$

In addition

$$
\begin{gather*}
\left\|\phi_{u}\right\|_{L^{\infty}\left(B_{2 \mu}\left(w_{u}(0)\right)\right)} \leq 4, \quad\left\|\phi_{v}\right\|_{L^{\infty}\left(B_{2 \mu}\left(w_{v}(0)\right)\right)} \leq 4 .  \tag{88}\\
\left\|\phi_{u}^{\prime}\right\|_{L^{\infty}\left(B_{\mu}\left(w_{u}(0)\right)\right)} \leq \frac{16 \pi}{\mu},\left\|\phi_{v}^{\prime}\right\|_{L^{\infty}\left(B_{\mu}\left(w_{u}(0)\right)\right)} \leq \frac{16 \pi}{\mu} . \tag{89}
\end{gather*}
$$

and

$$
\begin{equation*}
\left\|\phi_{u}^{\prime \prime}\right\|_{L^{\infty}\left(B_{\mu}\left(w_{u}(0)\right)\right)} \leq \frac{48 \pi}{\mu^{2}},\left\|\phi_{u}^{\prime \prime}\right\|_{L^{\infty}\left(B_{\mu}\left(w_{u}(0)\right)\right)} \leq \frac{48 \pi}{\mu^{2}} . \tag{90}
\end{equation*}
$$

Proof of Lemma 6. We will argue the estimate for $u, \phi_{u}$. The estimates for $v, \phi_{v}$ follow by exactly the same arguments.

Now recall from (24), (27) we can take

$$
\begin{equation*}
\kappa=\frac{Q-1}{Q+1} . \tag{91}
\end{equation*}
$$

Now

$$
\begin{equation*}
1-\kappa=\frac{Q+1-(Q-1)}{Q+1}=\frac{2}{Q+1} . \tag{92}
\end{equation*}
$$

Thus

$$
\begin{aligned}
\left(\frac{r}{10^{10}(Q+1)^{6}}\right)^{6(Q+1)} & \leq\left(\frac{64}{10} \times \frac{r}{10^{10}(Q+1)^{6}}\right)^{6(Q+1)} \\
& \stackrel{(92)}{=}\left(\frac{r 2^{6}}{10^{11}(Q+1)^{6}}\right)^{\frac{12}{1-\kappa}} \\
& \stackrel{(92)}{=}\left(\frac{r(1-\kappa)^{6}}{10^{11}}\right)^{\frac{12}{1-\kappa}} \\
& \leq\left(\frac{r}{2} \frac{(1-\kappa)^{6}}{4.3 \times 10^{10}}\right)^{\frac{12}{1-\kappa}}
\end{aligned}
$$

So by Lemma 5
so defining $\mu=\left(2 \times 10^{10}(Q+1)^{6}\right)^{-6(Q+1)}$, since $2 \mu \leq\left(10^{10}(Q+1)^{6}\right)^{-6(Q+1)}$ we do indeed have $B_{2 \mu}\left(w_{u}(0)\right) \stackrel{(93)}{\subset} w_{u}\left(B_{\frac{1}{2}}\right)$ and so (86) is established.

Note we have

$$
B\left(\frac{\mu}{2000(Q+1)^{2}}\right)^{6(Q+1)}(0) \subset B\left(\frac{4 \mu}{2 \times 3456(Q+1)^{2}}\right)^{6(Q+1)}(0) \stackrel{(92)}{=} B{\left(\frac{(1-\kappa)^{2} \mu}{2 \times 3456}\right)^{\frac{12}{1-\kappa}}(0) .}
$$


As $\int_{B_{1}}|D u| d z \leq \sqrt{\pi}$ we can find $h \in\left(\frac{1}{2}, 1\right)$ such that $\int_{\partial B_{h}}|D u| d H^{1} z \leq 2 \sqrt{\pi}$. Since $u$ is open $\partial u\left(B_{h}\right) \subset u\left(\partial B_{h}\right)$ so $H^{1}\left(\partial u\left(B_{h}\right)\right) \leq 4$.

So

$$
\begin{equation*}
u\left(B_{\frac{1}{2}}\right) \subset u\left(B_{h}\right) \subset B_{4}(u(0)) \tag{94}
\end{equation*}
$$

Now by (86) since $w_{u}$ is a homeomorphism $w_{u}^{-1}\left(B_{2 \mu}\left(w_{u}(0)\right)\right) \subset B_{\frac{1}{2}}$ so as $\phi_{u}=u \circ w_{u}^{-1}$ we have

$$
\phi_{u}\left(B_{2 \mu}\left(w_{u}(0)\right)\right) \stackrel{(94)}{\subset} B_{4}(u(0)) \stackrel{(20)}{=} B_{4}(0)
$$

So

$$
\begin{equation*}
\left\|\phi_{u}\right\|_{L^{\infty}\left(B_{2 \mu}\left(w_{u}(0)\right)\right)} \leq 4 \tag{95}
\end{equation*}
$$

Thus for any $z \in B_{\mu}\left(w_{u}(0)\right)$

$$
\left|\phi_{u}^{\prime}(z)\right| \leq \int_{\partial B_{2 \mu}\left(w_{u}(0)\right)} \frac{\left|\phi_{u}(\zeta)\right|}{|\zeta-z|^{2}}|d \zeta| \leq \sup _{B_{2 \mu}\left(w_{u}(0)\right)}\left|\phi_{u}(\zeta)\right| \int_{\partial B_{2 \mu}\left(w_{u}(0)\right)} \frac{1}{|\zeta-z|^{2}}|d \zeta| \leq \frac{16 \pi}{\mu}
$$

In the same way for any $z \in B_{\mu}\left(w_{u}(0)\right)$

$$
\left|\phi_{u}^{\prime \prime}(z)\right| \leq 3 \sup _{B_{2 \mu}\left(w_{u}(0)\right)}\left|\phi_{u}(\zeta)\right| \int_{\partial B_{2 \mu}\left(w_{u}(0)\right)} \frac{1}{|\zeta-z|^{3}}|d \zeta| \leq \frac{48 \pi}{\mu^{2}}
$$

Lemma 7. Let $u \in W^{1,2}\left(B_{1}, \mathbb{R}^{2}\right), v \in W^{1,2}\left(B_{1}, \mathbb{R}^{2}\right)$ be $Q$-regular functions. Suppose for some $p \in(0,1)$

$$
\begin{equation*}
\int_{B_{1}} \operatorname{det}(D u)^{-p} d z \leq C_{p} \tag{96}
\end{equation*}
$$

and

$$
\begin{equation*}
\|S(D u)-S(D v)\|_{L^{2}\left(B_{1}\right)}=\epsilon^{2} \tag{97}
\end{equation*}
$$

Let $w_{u}, w_{v}$ be the quasiconformal mappings we obtain from the Stoilow decomposition of $u$ and $v$ we have

$$
\begin{equation*}
\left\|D w_{u}-D w_{v}\right\|_{L^{2}\left(B_{1}\right)} \leq 24 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}} \tag{98}
\end{equation*}
$$

Proof of Lemma 7. We will require Lemma 5.3.1 [As-Iw-Ma 10]. This lemma controls the $L^{p}$ difference between the solutions $f, g$ of the Beltrami equations $\frac{\partial f}{\partial \bar{z}}=\mu(z) \frac{\partial f}{\partial z}, \frac{\partial g}{\partial \bar{z}}=v(z) \frac{\partial g}{\partial z}$ where $|\mu|,|v| \leq \kappa \mathbb{1}_{B_{r}}$. Specifically for $p \in\left[2,1+\frac{1}{\kappa}\right.$ ), (see p163 [As-Iw-Ma 10]) Lemma 5.3.1 asserts that $\left\|\frac{\partial f}{\partial \bar{z}}-\frac{\partial f}{\partial \bar{z}}\right\|_{L^{p}(\mathbb{C})} \leq\|\mu-v\|_{L^{\frac{p s}{s-1}}(\mathbb{C})}$ where $s$ is a number such that $p<s p<1+\frac{1}{k}$.

Recall from (24), (27) we can take $\kappa=\frac{Q-1}{Q+1}$. So $\frac{1}{2}\left(3+\frac{1}{\kappa}\right)=\frac{1}{2}\left(3+\frac{Q+1}{Q-1}\right)<1+\frac{1}{\kappa}$. So define

$$
\mathcal{P}_{Q}= \begin{cases}2^{-1}\left(3+\frac{Q+1}{Q-1}\right) & \text { for } Q \geq 2  \tag{99}\\ 3 & \text { for } Q<2\end{cases}
$$

Now from (24) and (27) we have that $\left|\mu_{D w_{u}}\right|<\sqrt{2}\left(\frac{Q-1}{Q+1}\right)$ and $\left|\mu_{D w_{v}}\right|<\sqrt{2}\left(\frac{Q-1}{Q+1}\right)$. We require $s>1$ to be such that $s \mathcal{P}_{Q}=\frac{s}{2}\left(3+\frac{Q+1}{Q-1}\right)<1+\frac{Q+1}{Q-1}$, i.e. $s<\frac{2+2 \frac{Q+1}{Q-1}}{3+\frac{Q+1}{Q-1}}$.

Define

$$
s_{Q}= \begin{cases}\frac{2+2 \frac{Q+1}{Q-1}}{\frac{5}{2}+\frac{3}{2} \frac{Q+1}{Q-1}} & \text { for } Q \geq 2  \tag{100}\\ \frac{8}{7} & \text { for } Q<2\end{cases}
$$

Note if $Q \geq 2$,

$$
\begin{align*}
s \mathcal{P}_{Q} & =\frac{1+\frac{Q+1}{Q-1}}{\frac{5}{2}+\frac{3}{2} \frac{Q+1}{Q-1}}\left(\frac{3(Q-1)+Q+1}{Q-1}\right) \\
& =\frac{\frac{2 Q}{Q-1}}{\frac{5(Q-1)+3(Q+1)}{2(Q-1)}}\left(\frac{4 Q-2}{Q-1}\right)=\left(\frac{2 Q}{4 Q-1}\right)\left(\frac{4 Q-2}{Q-1}\right) . \tag{101}
\end{align*}
$$

Let

$$
\mathcal{B}=\left\{z \in B_{1}: \operatorname{det}(D u(z)) \leq \sqrt{\epsilon}\right\}
$$

So

$$
C_{p} \geq \int_{B_{1}} \operatorname{det}(D u(z))^{-p} d z \geq \epsilon^{-\frac{p}{2}}|\mathcal{B}|
$$

Thus

$$
\begin{equation*}
|\mathcal{B}| \leq C_{p} \epsilon^{\frac{p}{2}} \tag{102}
\end{equation*}
$$

Now for any $z \in B_{1} \backslash \mathcal{B}$ by Lemma 2 we have

$$
\begin{equation*}
\left|\mu_{D w_{u}(z)}-\mu_{D w_{v}(z)}\right|=\left|\mu_{D v(z)}-\mu_{D u(z)}\right| \stackrel{(38)}{\leq} \frac{32 \sqrt{Q}}{\sqrt{\epsilon}}|S(D u(z))-S(D v(z))| \tag{103}
\end{equation*}
$$

And note

$$
\begin{equation*}
\left|\mu_{D v(z)}-\mu_{D u(z)}\right| \leq 3 \text { for any } z \in B_{1} \tag{104}
\end{equation*}
$$

Hence

$$
\begin{align*}
\int_{B_{1}}\left|\mu_{D w_{u}(z)}-\mu_{D w_{v}(z)}\right| d z & \stackrel{(104),(103)}{\leq} \\
& \left.3|\mathcal{B}|+\frac{32 \sqrt{Q}}{\sqrt{\epsilon}} \int_{B_{1}} \right\rvert\, S(D u(z))-(102) \\
\leq & 3 C_{p} \epsilon^{\frac{p}{2}}+32 \sqrt{Q} \sqrt{\pi} \sqrt{\epsilon}  \tag{105}\\
& \leq \\
& 35 C_{p} \sqrt{\pi} \sqrt{Q} \epsilon^{\frac{p}{2}}
\end{align*}
$$

Now we consider first the case $Q \geq 2$. Note

$$
\begin{equation*}
s_{Q}-1 \stackrel{(100)}{=} \frac{2+2 \frac{Q+1}{Q-1}-\frac{5}{2}-\frac{3}{2} \frac{Q+1}{Q-1}}{\frac{5}{2}+\frac{3}{2} \frac{Q+1}{Q-1}}=\frac{-\frac{1}{2}+\frac{1}{2} \frac{Q+1}{Q-1}}{\frac{5}{2}+\frac{3}{2} \frac{Q+1}{Q-1}} . \tag{106}
\end{equation*}
$$

So

$$
\begin{equation*}
\frac{s_{Q}-1}{s_{Q}} \stackrel{(100)}{=} \quad \frac{\frac{5}{2}+\frac{3}{2} \frac{Q+1}{Q-1}}{2+2 \frac{Q+1}{Q-1}} \frac{-\frac{1}{2}+\frac{1}{2} \frac{Q+1}{Q-1}}{\frac{5}{2}+\frac{3}{2} \frac{Q+1}{Q-1}}=\frac{\frac{Q+1}{Q-1}-1}{4\left(1+\frac{Q+1}{Q-1}\right)}=\frac{\left(\frac{2}{Q-1}\right)}{4\left(\frac{2 Q}{Q-1}\right)}=\frac{1}{4 Q} \tag{107}
\end{equation*}
$$

Hence

$$
\begin{equation*}
\frac{s_{Q}-1}{\mathcal{P}_{Q^{s} Q}} \stackrel{(101),(107)}{=}\left(\frac{Q-1}{4 Q-2}\right)\left(\frac{4 Q-1}{2 Q}\right) \frac{1}{4 Q} \geq\left(\frac{Q-1}{4 Q-2}\right)\left(\frac{4 Q-2}{2 Q}\right) \frac{1}{4 Q}=\frac{Q-1}{8 Q^{2}} \tag{108}
\end{equation*}
$$

So by Lemma 5.3.1 [As-Iw-Ma 10] and using interpolation of $L^{p}$ norms (see Section B2, (h) of the Appendix of [Ev 10]) and recalling $Q \geq 2$

$$
\begin{align*}
\left\|\left(D w_{u}\right)_{a}-\left(D w_{v}\right)_{a}\right\|_{L^{2}\left(B_{1}\right)} & \leq\left\|\mu_{D w_{u}}-\mu_{D w_{v}}\right\|_{L^{\frac{P_{Q}}{}{ }^{s} Q}}^{S^{-1}}\left(B_{1}\right) \\
& \stackrel{(104)}{\leq} 3\left(\left\|\mu_{D w_{u}}-\mu_{D w_{v}}\right\|_{L^{1}\left(B_{1}\right)}\right)^{\frac{s}{P_{Q}-1}}{ }^{P_{Q^{s} Q}} \\
& \stackrel{(105)}{\leq} 3\left(35 C_{p} \sqrt{\pi} \sqrt{Q} \epsilon^{\frac{p}{2}}\right)^{\frac{s_{Q} Q^{-1}}{P_{Q^{s} Q}}} \\
& \stackrel{(108)}{\leq} 3 \pi\left(35 C_{p} \sqrt{Q} \epsilon^{\frac{p}{2}}\right)^{\frac{Q-1}{8 Q^{2}}} \\
& \leq 6 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{16 Q^{2}}} \tag{109}
\end{align*}
$$

Now in the case $Q<2$ note

$$
\begin{equation*}
\frac{P_{Q^{s} Q}}{s_{Q}-1} \stackrel{(99),(100)}{=} 3 \frac{8}{7} \frac{1}{\frac{8}{7}-1}=24 \tag{110}
\end{equation*}
$$

So in the same way as before, using Lemmma 5.3.1 [As-Iw-Ma 10] and interpolation of $L^{p}$ norms, from the second line of (109) we have

$$
\begin{align*}
\left\|\left(D w_{u}\right)_{a}-\left(D w_{v}\right)_{a}\right\|_{L^{2}\left(B_{1}\right)} & \begin{array}{c}
(105),(110) \\
\leq
\end{array} \\
& \leq 3\left(35 C_{p} \sqrt{\pi} \sqrt{Q} \epsilon^{\frac{p}{2}}\right)^{\frac{1}{24}} \\
& \leq \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48}}  \tag{111}\\
& 6 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}}
\end{align*}
$$

Putting (111) and (109) together we have

$$
\begin{equation*}
\left\|\left(D w_{u}\right)_{a}-\left(D w_{v}\right)_{a}\right\|_{L^{2}\left(B_{1}\right)} \leq 12 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}} \tag{112}
\end{equation*}
$$

Now the Beurling transform $S$ of the anti-conformal part of the gradient of the $L^{2}$ function gives the conformal part of the gradient, see (4.18) Chapter 4 [As-Iw-Ma 10]. So

$$
S\left(\frac{\partial}{\partial \bar{z}}\left(w_{u}-w_{v}\right)\right)=\frac{\partial}{\partial z}\left(w_{u}-w_{v}\right)
$$

Since $S$ is an isometry on $L^{2}(\mathbb{C})$ (using the fact that $w_{u}$ and $w_{v}$ are homomorphic outside $B_{1}$ (see (36)) for the last inequality)

$$
\begin{aligned}
\left\|\frac{\partial w_{u}}{\partial z}-\frac{\partial w_{v}}{\partial z}\right\|_{L^{2}(\mathrm{C})} & =\left\|S\left(\frac{\partial w_{u}}{\partial \bar{z}}\right)-S\left(\frac{\partial w_{v}}{\partial \bar{z}}\right)\right\|_{L^{2}(\mathrm{C})} \\
& \leq\left\|\frac{\partial w_{u}}{\partial \bar{z}}-\frac{\partial w_{v}}{\partial \bar{z}}\right\|_{L^{2}(\mathrm{C})} \\
& =\frac{1}{\sqrt{2}}\left\|\left[D w_{u}\right]_{a}-\left[D w_{v}\right]_{a}\right\|_{L^{2}\left(B_{1}\right)} \\
& \stackrel{(112)}{ } \frac{12}{\sqrt{2}} \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}}
\end{aligned}
$$

So

$$
\begin{equation*}
\left\|\left[D w_{u}\right]_{c}-\left[D w_{v}\right]_{c}\right\|_{L^{2}\left(B_{1}\right)} \leq 12 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{480 Q^{2}}} \tag{113}
\end{equation*}
$$

Thus

$$
\left\|D w_{u}-D w_{v}\right\|_{L^{2}\left(B_{1}\right)} \leq \frac{\leq\left(D w_{u}\right)_{a}-\left(D w_{v}\right)_{a}\left\|_{L^{2}\left(B_{1}\right)}+\right\|\left(D w_{u}\right)_{s}-\left(D w_{v}\right)_{s} \|_{L^{2}\left(B_{1}\right)}}{} \begin{aligned}
& (112),(113) \\
& \leq
\end{aligned} 24 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}}
$$

Lemma 8. We will show

$$
\begin{equation*}
\left\|D w_{u}\right\|_{L^{2}\left(B_{1}\right)} \leq 13 \pi Q \text { and }\left\|D w_{v}\right\|_{L^{2}\left(B_{1}\right)} \leq 13 \pi Q \tag{114}
\end{equation*}
$$

Let $\mathcal{W}=\min \left\{3,2+\frac{1}{3(Q-1)}\right\}$,

$$
\begin{equation*}
\left\|D w_{u}\right\|_{L^{\omega}\left(B_{1}\right)} \leq 13 Q,\left\|D w_{v}\right\|_{L^{\omega}\left(B_{1}\right)} \leq 13 Q \tag{115}
\end{equation*}
$$

And

$$
\begin{equation*}
\left\|w_{u}-w_{v}\right\|_{L^{\infty}\left(B_{\frac{1}{2}}\right)} \leq 1104 Q^{2} \pi C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \tag{116}
\end{equation*}
$$

Proof of Lemma 8. As before we will take $\kappa=\frac{Q-1}{Q+1}$, so

$$
\begin{equation*}
\mathfrak{\omega}=\min \left\{3,2+\frac{1-\kappa}{6 \kappa}\right\} \text { so } \mathscr{\omega}-2=\min \left\{1, \frac{1-\kappa}{6 \kappa}\right\} \tag{117}
\end{equation*}
$$

Note that

$$
\begin{equation*}
1-\kappa(1+2(\omega-2)) \stackrel{(117)}{\geq} 1-\kappa\left(1+\frac{1-\kappa}{3 \kappa}\right)=\frac{2}{3}(1-\kappa) \stackrel{(92)}{=} \frac{4}{3(Q+1)} \tag{118}
\end{equation*}
$$

And note

$$
\begin{equation*}
\frac{1-\kappa}{6 \kappa}=\frac{1}{6}\left(\frac{Q+1}{Q-1}\right)\left(1-\frac{Q-1}{Q+1}\right)=\frac{1}{6}\left(\frac{Q+1}{Q-1}\right)\left(\frac{2}{Q+1}\right)=\frac{1}{3(Q-1)} \tag{119}
\end{equation*}
$$

and thus

$$
\begin{equation*}
1 \stackrel{(117)}{\geq} \omega-2 \stackrel{(119),(117)}{=} \min \left\{1, \frac{1}{3(Q-1)}\right\} \geq \frac{1}{3 Q} \tag{120}
\end{equation*}
$$

So from Lemma 4 (52) (and recalling (117))

$$
\begin{align*}
\left(\int_{B_{1}}\left|D w_{u}\right|^{\infty}\right)^{\frac{1}{\omega}} & \stackrel{(52),(118)}{\leq}  \tag{121}\\
& 1+\frac{3}{2}(Q+1)(1+3(\mathscr{\omega}-2)) \\
& \stackrel{(120)}{\leq}  \tag{122}\\
& \leq \\
& 1+6(Q+1)
\end{align*}
$$

In the same way $\left\|D w_{v}\right\|_{L^{\omega}\left(B_{1}\right)} \leq 13 Q$, thus (115) is established. By Holder if we let $r=\frac{\omega}{2}$ and $r^{\prime}>0$ be such that $\frac{1}{r}+\frac{1}{r^{\prime}}=1$ and so

$$
\begin{aligned}
\int_{B_{1}}\left|D w_{u}\right|^{2} d z & \leq\left(\int_{B_{1}}\left|D w_{u}\right|^{2 r} d z\right)^{\frac{1}{r}}\left(\int_{B_{1}} 1 d z\right)^{\frac{1}{r^{\prime}}} \\
& \leq \pi\left(\int_{B_{1}}\left|D w_{u}\right|^{\omega} d z\right)^{\frac{1}{r}} \\
& (115) \\
& \leq \pi(13 Q)^{\frac{Q}{r}} \\
& \leq 13^{2} \pi Q^{2}
\end{aligned}
$$

So $\left\|D w_{u}\right\|_{L^{2}\left(B_{1}\right)} \leq 13 \pi Q$ and in the same way $\left\|D w_{v}\right\|_{L^{2}\left(B_{1}\right)} \leq 13 \pi Q$. So (114) is established.
Let

$$
\begin{equation*}
r=1+\frac{\omega}{2}=\frac{2+\omega}{2} \tag{123}
\end{equation*}
$$

Since by (117), $2<\omega \leq 3$, so $r \in(2, \omega)$ and thus $\frac{1}{\omega}<\frac{1}{r}<\frac{1}{2}$ and thus there exists $\theta \in(0,1)$ such that

$$
\begin{equation*}
\frac{1}{r}=\frac{\theta}{2}+\frac{1-\theta}{\omega} \tag{124}
\end{equation*}
$$

By interpolation of $L^{p}$ norms we know

$$
\begin{align*}
\left\|D w_{u}-D w_{v}\right\|_{L^{r}\left(B_{1}\right)} & \leq\left\|D w_{u}-D w_{v}\right\|_{L^{2}\left(B_{1}\right)}^{\theta}\left\|D w_{u}-D w_{v}\right\|_{L^{\omega}\left(B_{1}\right)}^{1-\theta} \\
& \stackrel{(98)}{\leq}\left(24 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}}\right)^{\theta}\left(\left\|D w_{v}\right\|_{L^{\omega}\left(B_{1}\right)}+\left\|D w_{u}\right\|_{L^{\omega}\left(B_{1}\right)}\right)^{1-\theta} \\
& \stackrel{(114)}{\leq}\left(24 \pi C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}}\right)^{\theta}(26 \pi Q)^{1-\theta} \tag{125}
\end{align*}
$$

Now since $r=\frac{2+\omega}{2}$ so $\frac{2}{2+\omega}-\frac{1}{\omega} \stackrel{(124)}{=} \theta\left(\frac{1}{2}-\frac{1}{\omega}\right)$. So

$$
\begin{align*}
\theta\left(\frac{\omega-2}{2 \omega}\right) & =\theta\left(\frac{1}{2}-\frac{1}{\omega}\right) \\
& =\frac{2}{2+\omega}-\frac{1}{\omega} \\
& =\frac{\omega-2}{\omega(2+\omega)} \tag{126}
\end{align*}
$$

So again since by (117) $2<\omega \leq 3$, thus $\frac{2}{5} \leq \theta \stackrel{(126)}{=} \frac{2}{(2+\omega)}<\frac{1}{2}$. Thus

$$
\begin{align*}
\left\|D w_{u}-D w_{v}\right\|_{L^{r}\left(B_{1}\right)} & \stackrel{(125)}{\leq} 24^{\theta} \pi(26)^{1-\theta} C_{p} Q^{\theta} Q^{1-\theta} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \leq 26 Q \pi C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \tag{127}
\end{align*}
$$

Now from the proof of Lemma 4.28 of [Ad 03] letting $Q_{r}(x)$ denote the square of side length $r$ centred on $x$, we have that

$$
\begin{equation*}
\left|\left(w_{u}-w_{v}\right)(x)-\frac{1}{2} \int_{Q_{\frac{1}{\sqrt{2}}}(0)}\left(w_{u}-w_{v}\right)(z) d z\right| \leq K\left(\frac{1}{\sqrt{2}}\right)^{1-\frac{2}{r}}\left\|D w_{u}-D w_{v}\right\|_{L^{r}\left(B_{1}\right)} \tag{128}
\end{equation*}
$$

where

$$
\begin{align*}
K & =\sqrt{2} \int_{0}^{1} t^{-\frac{2}{r}} d t \stackrel{(123)}{=} \sqrt{2} \int_{0}^{1} t^{-\frac{4}{2+\omega}} d t \\
& =\sqrt{2}\left(\frac{2+\omega}{\omega-2}\right) \int_{0}^{1} \frac{d}{d t}\left(t^{\frac{\omega-2}{2+\omega}}\right) d t=\sqrt{2}\left(\frac{2+\omega}{\omega-2}\right) \stackrel{(120),(117)}{\leq} 15 \sqrt{2} Q \tag{129}
\end{align*}
$$

So by (127), (128), (129) we have that

$$
\begin{aligned}
\left|\left(w_{u}-w_{v}\right)(x)-\frac{1}{2} \int_{Q_{\frac{1}{\sqrt{2}}}(0)}\left(w_{u}-w_{v}\right)(z) d z\right| & \leq 15 \sqrt{2} Q \times 26 \pi Q C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \leq 390 \sqrt{2} \pi Q^{2} C_{p} \epsilon^{\frac{p}{120 Q^{2}}}
\end{aligned}
$$

So

$$
\left|\left(w_{u}-w_{v}\right)(x)-\left(w_{u}-w_{v}\right)(y)\right| \leq 780 \sqrt{2} \pi Q^{2} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \text { for any } x, y \in Q_{\frac{1}{\sqrt{2}}}(0)
$$

This establishes (116).

Lemma 9. Given $Q$-quasiregular mappings $u, v$ with the property that

$$
\begin{equation*}
\int_{B_{1}}|S(D u)-S(D v)|^{2} d z \leq \epsilon \tag{130}
\end{equation*}
$$

then letting $w_{u}, \phi_{u}$ denote the Stoilow decomposition of $u$ and $w_{v}, \phi_{v}$ denote the Stoilow decomposition of v. We will show that

$$
\begin{equation*}
\left.\left.\int_{w_{u}\left(B_{\frac{1}{2}}\right)}| | \phi_{u}^{\prime}(y)\right|^{2}-\left|\phi_{v}^{\prime}(y)\right|^{2} \right\rvert\, d y \leq 2.3 \times 10^{9} \pi^{5} Q^{4} \mu^{-3} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \tag{131}
\end{equation*}
$$

Proof of Lemma 9. Note $D u(z)=D \phi_{u}\left(w_{u}(z)\right) D w_{u}(z)$, so

$$
\begin{equation*}
D u(z)^{T} D u(z)=D w_{u}(z)^{T} D \phi_{u}\left(w_{u}(z)\right)^{T} D \phi_{u}\left(w_{u}(z)\right) D w_{u}(z)=\left|D \phi_{u}\left(w_{u}(z)\right)\right|^{2} D w_{u}(z)^{T} D w_{u}(z) \tag{132}
\end{equation*}
$$

We know

$$
\begin{equation*}
\phi_{v}^{\prime}(z)=\operatorname{Re}\left(\phi_{v}(z)\right)_{x}+i \operatorname{Im}\left(\phi_{v}(z)\right)_{x}=\operatorname{Im}\left(\phi_{v}(z)\right)_{y}-i \operatorname{Re}\left(\phi_{v}(z)\right)_{y} \tag{133}
\end{equation*}
$$

So to simplify notation let

$$
\begin{equation*}
\lambda(z)=\left|D \phi_{u}(z)\right|^{2}=2\left|\phi_{u}^{\prime}(z)\right|^{2} \text { and } \varrho(z) \stackrel{(133)}{=}\left|D \phi_{v}(z)\right|^{2}=2\left|\phi_{v}^{\prime}(z)\right|^{2} \tag{134}
\end{equation*}
$$

Thus from (132), (134)

$$
\begin{equation*}
D u(z)^{T} D u(z)=\lambda\left(w_{u}(z)\right) D w_{u}(z)^{T} D w_{u}(z) \text { and } D v(z)^{T} D v(z)=\varrho\left(w_{v}(z)\right) D w_{v}(z)^{T} D w_{v}(z) \tag{135}
\end{equation*}
$$

Note

$$
|S(D u)| \stackrel{(39)}{\leq} 2\|S(D u)\|=2\|D u\|<2|D u|
$$

so

$$
\begin{equation*}
\|S(D u)\|_{L^{2}\left(B_{1}\right)} \leq 2 \text { and }\|S(D v)\|_{L^{2}\left(B_{1}\right)} \stackrel{(18)}{\leq} 3 \tag{136}
\end{equation*}
$$

Thus

$$
\begin{aligned}
\int_{B_{1}} & \left|S(D u)^{2}-S(D v)^{2}\right| d z \\
& \leq \int_{B_{1}}|S(D u)(S(D u)-S(D v))|+|(S(D u)-S(D v)) S(D v)| d z \\
& \leq\|S(D u)\|_{L^{2}\left(B_{1}\right)}\|S(D u)-S(D v)\|_{L^{2}\left(B_{1}\right)}+\|S(D v)\|_{L^{2}\left(B_{1}\right)}\|S(D u)-S(D v)\|_{L^{2}\left(B_{1}\right)} \\
& \quad \leq 5 \sqrt{\epsilon}
\end{aligned}
$$

(137)

Recall constant $\mu=\left(2 \times 10^{10}(Q+1)^{6}\right)^{-6(Q+1)}$ and $\gamma=\left(\frac{\mu}{2000(Q+1)^{2}}\right)^{6(Q+1)}$. Since $S(D u)^{2}=$ $D u^{T} D u$ and $S(D v)^{2}=D v^{T} D v$

$$
\begin{align*}
& 10 \sqrt{\epsilon} \stackrel{(137)}{\geq} \\
& \stackrel{(135)}{=} \int_{B_{\gamma}}\left|\operatorname{Tr}\left(D u^{T} D u\right)-\operatorname{Tr}\left(D v^{T} D v\right)\right| d z \\
& \int_{B_{\gamma}}\left|\lambda\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)-\varrho\left(w_{v}\right) \operatorname{Tr}\left(D w_{v}^{T} D w_{v}\right)\right| d z \\
& \int_{B_{\gamma}}\left|\lambda\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)-\varrho\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)\right| d z  \tag{138}\\
&-\int_{B_{\gamma}}\left|\varrho\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)-\varrho\left(w_{v}\right) \operatorname{Tr}\left(D w_{v}^{T} D w_{v}\right)\right| d z
\end{align*}
$$

Now note

$$
\begin{equation*}
\sup \left\{\left|\varrho\left(w_{u}(z)\right)\right|: x \in B_{\gamma}\right\} \stackrel{(87)}{\leq} \sup \left\{|\varrho(y)|: y \in B_{\mu}\left(w_{u}(0)\right)\right\} \stackrel{(134),(89)}{\leq} 2 \times\left(\frac{16 \pi}{\mu}\right)^{2}=\frac{512 \pi^{2}}{\mu^{2}} \tag{139}
\end{equation*}
$$

Now from (133) as

$$
\phi_{v}^{\prime \prime}=\operatorname{Re}\left(\phi_{v}\right)_{x x}+i \operatorname{Im}\left(\phi_{v}\right)_{x x}=\operatorname{Im}\left(\phi_{v}\right)_{x y}-i \operatorname{Re}\left(\phi_{v}\right)_{x y}=-\operatorname{Re}\left(\phi_{v}\right)_{y y}-i \operatorname{Im}\left(\phi_{v}\right)_{y y}
$$

Thus we have

$$
\begin{equation*}
\left|D^{2} \phi_{v}(z)\right| \leq 4\left|\phi_{v}^{\prime \prime}(z)\right| \tag{140}
\end{equation*}
$$

And note for $k=1,2$,

$$
\left|\varrho_{, k}(z)\right| \stackrel{(134)}{\leq} \quad 2\left|D^{2} \phi_{v}(z)\right|\left|D \phi_{v}(z)\right|
$$

Thus

$$
\begin{equation*}
|D \varrho(z)| \leq \frac{24576 \pi^{2}}{\mu^{3}} \text { for any } z \in B_{\mu}\left(w_{u}(0)\right) \tag{142}
\end{equation*}
$$

Hence

$$
\begin{align*}
& \sup \left\{\left|\varrho\left(w_{u}(z)\right)-\varrho\left(w_{v}(z)\right)\right|: x \in B_{\gamma}\right\} \\
& \stackrel{(87),(142)}{\leq} \frac{24576 \pi^{2}}{\mu^{3}} \sup \left\{\left|w_{u}(y)-w_{v}(y)\right|: y \in B_{\gamma}\right\}  \tag{143}\\
& \\
& \\
& (116) \\
& \leq \\
&
\end{align*}
$$

Thus

$$
\begin{align*}
& \int_{B_{\gamma}}\left|\varrho\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)-\varrho\left(w_{v}\right) \operatorname{Tr}\left(D w_{v}^{T} D w_{v}\right)\right| d z \\
& \leq \int_{B_{\gamma}}\left|\varrho\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)-\varrho\left(w_{u}\right) \operatorname{Tr}\left(D w_{v}^{T} D w_{v}\right)\right| d z \\
& \quad+\left|\left(\varrho\left(w_{u}\right)-\varrho\left(w_{v}\right)\right) \operatorname{Tr}\left(D w_{v}^{T} D w_{v}\right)\right| d z \\
& \quad \begin{array}{l}
(139)_{,(143)}^{\leq}
\end{array} \frac{1024 \pi^{2}}{\mu^{2}} \int_{B_{\gamma}}\left|D w_{u}^{T} D w_{u}-D w_{v}^{T} D w_{v}\right| d z+2.72 \times 10^{7} C_{p} Q^{2} \frac{\pi^{3}}{\mu^{3}} \epsilon^{\frac{p}{120 Q^{2}}} \int_{B_{\frac{1}{2}}}\left|D w_{v}\right|^{2} d z \tag{144}
\end{align*}
$$

Now

$$
\begin{gather*}
\int_{B_{1}}\left|D w_{u}^{T} D w_{u}-D w_{v}^{T} D w_{v}\right| d z \quad \leq \int_{B_{1}}\left|D w_{u}^{T}\left(D w_{u}-D w_{v}\right)\right| d z+\int_{B_{1}}\left|\left(D w_{u}^{T}-D w_{v}^{T}\right) D w_{v}\right| d z \\
\stackrel{(114)}{\leq} 26 \pi Q\left\|D w_{u}-D w_{v}\right\|_{L^{2}\left(B_{1}\right)} \\
\stackrel{(98)}{\leq} 624 \pi^{2} C_{p} Q^{2} \epsilon^{\frac{p}{48 Q^{2}}} \tag{145}
\end{gather*}
$$

So applying (145) and (114) to (144)

$$
\begin{aligned}
& \int_{B_{\gamma}}\left|\varrho\left(w_{u}\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)-\varrho\left(w_{v}\right) \operatorname{Tr}\left(D w_{v}^{T} D w_{v}\right)\right| d z \\
& \quad \begin{array}{l}
(114),(144),(145) \\
\leq
\end{array} \frac{1024 \pi^{2}}{\mu^{2}} \times 624 \pi^{2} C_{p} Q^{2} \epsilon^{\frac{p}{48 Q^{2}}}+2.72 \times 10^{7} C_{p} Q^{2} \frac{\pi^{3}}{\mu^{3}} \epsilon^{\frac{p}{120 Q^{2}} \times 13^{2} \pi^{2} Q^{2}} \\
& \quad \leq 4.598 \times 10^{9} \mu^{-3} \pi^{5} Q^{4} C_{p} \epsilon^{\frac{p}{120 Q^{2}}}
\end{aligned}
$$

Putting this together with (138) we have that

$$
\begin{aligned}
4.6 \times 10^{9} \mu^{-3} \pi^{5} Q^{4} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} & \geq \int_{B_{\frac{1}{2}}}\left|\left(\lambda\left(w_{u}\right)-\varrho\left(w_{u}\right)\right) \operatorname{Tr}\left(D w_{u}^{T} D w_{u}\right)\right| d z \\
& \geq \int_{B_{\frac{1}{2}}}\left|\lambda\left(w_{u}\right)-\varrho\left(w_{u}\right)\right| \operatorname{det}\left(D w_{u}\right) d z \\
& \left.\left.\stackrel{(134)}{=} 2 \int_{w_{u}\left(B_{\frac{1}{2}}\right)}| | \phi_{u}^{\prime}(y)\right|^{2}-\left|\phi_{v}^{\prime}(y)\right|^{2} \right\rvert\, d y \quad \square
\end{aligned}
$$

Lemma 10. Let

$$
\begin{equation*}
\mu=\left(2 \times 10^{10}(Q+1)^{6}\right)^{-6(Q+1)} \tag{146}
\end{equation*}
$$

Recall that $B_{2 \mu}\left(w_{u}(0)\right) \subset w_{u}\left(B_{\frac{1}{2}}(0)\right)$. Fix constant

$$
\begin{equation*}
h_{0}=\frac{\mu^{2}}{96 \pi}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}} \tag{147}
\end{equation*}
$$

We can find $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$ such that

$$
\begin{equation*}
\inf \left\{\left|\phi_{u}^{\prime}(y)\right|: y \in B_{h_{0}}\left(x_{0}\right)\right\} \geq \frac{1}{2}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}} \tag{148}
\end{equation*}
$$

Proof of Lemma 10.
Note

$$
\begin{align*}
C_{p} & \geq \int_{B_{1}} \operatorname{det}(D u(z))^{-p} d z \\
& =\int_{B_{1}} \operatorname{det}\left(D \phi_{u}\left(w_{u}(z)\right)\right)^{-p} \operatorname{det}\left(D w_{u}(z)\right)^{-p} d z \\
& \stackrel{(86)}{ } \int_{w_{u}^{-1}\left(B_{\mu}\left(w_{u}(0)\right)\right)} \operatorname{det}\left(D \phi_{u}\left(w_{u}(z)\right)\right)^{-p} \operatorname{det}\left(D w_{u}(z)\right) \operatorname{det}\left(D w_{u}(z)\right)^{-p-1} d z \\
& =\int_{w_{u}^{-1}\left(B_{\mu}\left(w_{u}(0)\right)\right)} \operatorname{det}\left(D \phi_{u}\left(w_{u}(z)\right)\right)^{-p} \operatorname{det}\left(D w_{u}\left(w_{u}^{-1}\left(w_{u}(z)\right)\right)\right)^{-p-1} \operatorname{det}\left(D w_{u}(z)\right) d z \\
& =\int_{B_{\mu}\left(w_{u}(0)\right)} \operatorname{det}\left(D \phi_{u}(y)\right)^{-p} \operatorname{det}\left(D w_{u}\left(w_{u}^{-1}(y)\right)^{-p-1} d y\right. \tag{149}
\end{align*}
$$

Let $\varsigma>4 Q$ be some constant we decide on later

$$
\begin{equation*}
D_{\varsigma}=\left\{z \in B_{1}: \operatorname{det}\left(D w_{u}(z)\right)>\varsigma\right\} \tag{150}
\end{equation*}
$$

Thus by Theorem 13.1.4 [As-Iw-Ma 10]

$$
Q \pi\left(\frac{\left|D_{\varsigma}\right|}{\pi}\right)^{\frac{1}{Q}} \geq \int_{D_{\varsigma}} \operatorname{det}\left(D w_{u}(z)\right) d z \geq \varsigma\left|D_{\varsigma}\right|
$$

So $\frac{\left|D_{\varsigma}\right|}{\pi} \geq\left(\frac{\varsigma}{Q \pi}\right)^{Q}\left|D_{\varsigma}\right|^{Q}$ and thus $\left|D_{\varsigma}\right|^{Q-1} \leq \frac{Q^{Q} \pi^{Q-1}}{\varsigma^{Q}}$. Hence as $\varsigma>4 Q$

$$
\begin{equation*}
\left|D_{\varsigma}\right| \leq \pi\left(\frac{Q}{\varsigma}\right)^{\frac{Q}{Q-1}} \leq \pi\left(\frac{Q}{\varsigma}\right) \tag{151}
\end{equation*}
$$

In particular

$$
\begin{equation*}
\left|D_{\varsigma}\right|<1 \tag{152}
\end{equation*}
$$

Now let $\varphi=\min \left\{\frac{3}{2}, 1+\frac{1}{6(Q-1)}\right\}$. Note $\varphi \geq 1+\frac{1}{6 Q}$.

$$
\begin{equation*}
\frac{\varphi-1}{\varphi} \geq \frac{1}{6 Q \varphi} \geq \frac{1}{9 Q} \tag{153}
\end{equation*}
$$

Now note $2 \varphi=\omega$ where $\omega$ is the constant from from the statement of Lemma 8. Note

$$
\begin{align*}
& \int_{D_{S}} \operatorname{det}\left(D w_{u}\right) d z \leq \int_{D_{S}}\left|D w_{u}\right|^{2} d z \\
& \leq \quad\left(\int_{D_{\zeta}}\left|D w_{u}\right|^{2 \varphi} d z\right)^{\frac{1}{\varphi}}\left|D_{\zeta}\right|^{\frac{1}{\varphi^{\prime}}} \\
& =\left(\left(\int_{D_{\varsigma}}\left|D w_{u}\right|^{\omega} d z\right)^{\frac{1}{\omega}}\right)^{2}\left|D_{\zeta}\right|^{\frac{1}{\varphi^{\prime}}} \\
& \stackrel{(115)}{\leq} \quad(13 Q)^{2}\left|D_{\varsigma}\right|^{\frac{\varphi-1}{\varphi}} \\
& \stackrel{(152),(153)}{\leq} \quad(13 Q)^{2}\left|D_{\varsigma}\right|^{\frac{1}{9 Q}} \\
& \stackrel{(151)}{\leq} \quad(13 Q)^{2} \pi\left(\frac{Q}{\omega}\right)^{\frac{1}{9 Q}} \text {. } \tag{154}
\end{align*}
$$

Now let

$$
\begin{equation*}
\varsigma=(1352)^{9 Q} Q^{(18 Q+1)} \mu^{-18 Q} \tag{155}
\end{equation*}
$$

so

$$
\begin{equation*}
\zeta^{\frac{1}{9 Q}}=1352 Q^{\frac{1}{9 Q}+2} \mu^{-2} \tag{156}
\end{equation*}
$$

thus

$$
\begin{equation*}
\mu^{2}=1352 Q^{2}\left(\frac{Q}{\varsigma}\right)^{\frac{1}{9 Q}} \tag{157}
\end{equation*}
$$

hence

$$
\begin{equation*}
\pi \mu^{2} 8^{-1}=(13 Q)^{2} \pi\left(\frac{Q}{\varsigma}\right)^{\frac{1}{9 Q}} \tag{158}
\end{equation*}
$$

So note by (154) we have that

$$
\begin{align*}
\left|B_{\frac{\mu}{2}}\left(w_{u}(0)\right) \backslash w_{u}\left(D_{\zeta}\right)\right| & \stackrel{(154)}{\geq} \pi \frac{\mu^{2}}{4}-(13 Q)^{2} \pi\left(\frac{Q}{\varsigma}\right)^{\frac{1}{9 Q}} \\
& \stackrel{(158)}{\geq} \pi \frac{\mu^{2}}{8} \tag{159}
\end{align*}
$$

Thus

$$
\begin{align*}
C_{p} & \stackrel{(149)}{\geq} \int_{B_{\frac{\beta}{2}}\left(w_{u}(0)\right) \backslash w_{u}\left(D_{\varsigma}\right)} \operatorname{det}\left(D \phi_{u}(y)\right)^{-p} \operatorname{det}\left(D w_{u}\left(w_{u}^{-1}(y)\right)\right)^{-p-1} d y \\
& \geq \varsigma^{-p-1} \int_{\frac{B_{\frac{\mu}{2}}}{}\left(w_{u}(0)\right) \backslash w_{u}\left(D_{\zeta}\right)} \operatorname{det}\left(D \phi_{u}(y)\right)^{-p} d y  \tag{160}\\
& \stackrel{(159)}{\geq} \inf \left\{\operatorname{det}\left(D \phi_{u}(y)\right)^{-p}: y \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right) \backslash w_{u}\left(D_{\zeta}\right)\right\} \pi \varsigma^{-p-1} \frac{\mu^{2}}{8} \tag{161}
\end{align*}
$$

So there must exist $\zeta_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right) \backslash w_{u}\left(D_{\zeta}\right)$ such that $\operatorname{det}\left(D \phi_{u}\left(\zeta_{0}\right)\right)^{-p} \leq \frac{9 C_{p} s^{p+1}}{\mu^{2}}$. Note

$$
\begin{equation*}
\varsigma^{2} \stackrel{(155)}{\leq}(1352)^{18 Q} Q^{40 Q} \mu^{-36 Q} \tag{162}
\end{equation*}
$$

thus (recalling $p \in(0,1)$ )

$$
\begin{equation*}
\operatorname{det}\left(D \phi_{u}\left(\zeta_{0}\right)\right) \geq \frac{\mu^{\frac{2}{p}}}{9^{\frac{1}{p}} C_{p}^{\frac{1}{p}} S^{\frac{p+1}{p}}} \geq \frac{\mu^{\frac{2}{p}}}{9^{\frac{1}{p}} C_{p}^{\frac{1}{p}} S^{\frac{2}{p}}} \stackrel{(162)}{\geq}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{p}} \tag{163}
\end{equation*}
$$

So if $y \in B_{h_{0}}\left(\zeta_{0}\right)$ then

$$
\begin{align*}
\left|\phi_{u}^{\prime}(y)-\phi_{u}^{\prime}\left(\zeta_{0}\right)\right| & \leq \int_{\left[y, x_{0}\right]}\left|\phi_{u}^{\prime \prime}(z)\right| d H^{1} z \\
& \stackrel{(90)}{\leq} h_{0} \frac{48 \pi}{\mu^{2}} \tag{164}
\end{align*}
$$

Hence as $h_{0} \stackrel{(147)}{=} \frac{\mu^{2}}{96 \pi}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}}$

$$
\begin{aligned}
\left|\phi_{u}^{\prime}(y)\right| & \geq\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}}-\frac{48 h_{0} \pi}{\mu^{2}} \\
& \geq \frac{1}{2}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}} \text { for any } y \in B_{h_{0}}\left(x_{0}\right)
\end{aligned}
$$

Lemma 11. We will show there exists $\zeta \in \mathbb{C}$ such that

$$
\begin{equation*}
\sup \left\{\left|\phi_{u}^{\prime}(z)-\zeta \phi_{v}^{\prime}(z)\right|: z \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)\right\} \leq C_{p} \mathcal{C}_{1} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{165}
\end{equation*}
$$

Proof of Lemma 11. Let $h_{0}$ be the constant defined by (147) of Lemma 10 and let $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$ be the point from Lemma 10 that satisfies (148).

Note since $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$ and $h_{0} \stackrel{(147)}{\leq} \frac{\mu}{2}$ thus

$$
\begin{equation*}
B_{h_{0}}\left(x_{0}\right) \subset B_{\mu}\left(w_{u}(0)\right) \stackrel{(86)}{\subset} w_{u}\left(B_{\frac{1}{2}}\right) \tag{166}
\end{equation*}
$$

Now

$$
\begin{aligned}
2.3 \times 10^{9} \pi^{5} Q^{4} \mu^{-3} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} & \left.\stackrel{(131)}{\geq} \int_{B_{h_{0}\left(x_{0}\right)}}| | \phi_{u}^{\prime}(y)\right|^{2}-\left|\phi_{v}^{\prime}(y)\right|^{2} \mid d y \\
& =\int_{B_{h_{0}\left(x_{0}\right)}}\left\|\phi _ { u } ^ { \prime } ( y ) \left|-\left|\phi_{v}^{\prime}(y) \|\left|\left|\phi_{u}^{\prime}(y)\right|+\left|\phi_{v}^{\prime}(y)\right|\right| d y\right.\right.\right. \\
& \stackrel{(148)}{\geq} \frac{1}{2}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}} \int_{B_{h_{0}\left(x_{0}\right)}}| | \phi_{u}^{\prime}(y)\left|-\left|\phi_{v}^{\prime}(y)\right|\right| d y
\end{aligned}
$$

Thus

$$
\begin{equation*}
\int_{B_{h_{0}}\left(x_{0}\right)}| | \phi_{u}^{\prime}(y)\left|-\left|\phi_{v}^{\prime}(y)\right|\right| d y \leq\left(\frac{9 C_{p}(1352)^{18 Q} Q^{40 Q}}{\mu^{38 Q}}\right)^{\frac{1}{2 p}} 4.6 \times 10^{9} \pi^{5} Q^{4} \mu^{-3} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \tag{167}
\end{equation*}
$$

By Cauchy's theorem we can find an analytic function $\psi$ such that

$$
\begin{equation*}
\psi^{\prime}(z)=\frac{\phi_{v}^{\prime}(z)}{\phi_{u}^{\prime}(z)} \text { for } z \in B_{h_{0}}\left(x_{0}\right) \tag{168}
\end{equation*}
$$

So

$$
\begin{align*}
\int_{B_{h_{0}}\left(x_{0}\right)}\left|1-\left|\psi^{\prime}(z)\right|^{2} d z\right. & =\int_{B_{h_{0}}\left(x_{0}\right)}\left|\phi_{u}^{\prime}(z)\right|^{-2}| | \phi_{u}^{\prime}(z)\left|-\left|\phi_{v}^{\prime}(z)\right|^{2} d z\right. \\
& \stackrel{(148),(89)}{\leq} \frac{128 \pi}{\mu}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{-\frac{1}{p}} \int_{B_{h_{0}}\left(x_{0}\right)}| | \phi_{u}^{\prime}(z)\left|-\left|\phi_{v}^{\prime}(z)\right|\right| d z \\
& \stackrel{(167)}{\leq} 6 \times 10^{11}\left(\frac{9 C_{p}(1352)^{18 Q} Q^{40 Q}}{\mu^{38 Q}}\right)^{\frac{3}{2 p}} \pi^{6} Q^{4} \mu^{-4} C_{p} e^{\frac{p}{120 Q^{2}}} . \tag{169}
\end{align*}
$$

Now since $\left[\psi^{\prime}(z)\right]_{M} \in C O_{+}(2), \sqrt{2}\left|1-\left|\psi^{\prime}(z)\right|\right| \stackrel{(28)}{=} \operatorname{dist}(D \psi(z), S O(2))$. So

$$
\begin{align*}
f_{B_{h_{0}}\left(x_{0}\right)} \operatorname{dist}^{2}(D \psi(z), S O(2)) d z & \leq \frac{12 \times 10^{11}}{h_{0}^{2}}\left(\frac{9 C_{p}(1352)^{18 Q} Q^{40 Q}}{\mu^{38 Q}}\right)^{\frac{3}{p}} \pi^{5} Q^{4} \mu^{-4} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \stackrel{(147)}{\leq}(96 \pi)^{2}\left(\frac{9 C_{p}(1352)^{18 Q} Q^{40 Q}}{\mu^{38 Q}}\right)^{\frac{4}{p}} 12 \times 10^{11} \pi^{5} Q^{4} \mu^{-8} C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \leq\left(\sqrt{96 \pi} \times 12^{\frac{1}{4}} \times 10^{\frac{11}{4}} \times 9 \times(1352)^{18} \pi^{2}\right)^{\frac{4 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{164 Q}{p}} C_{p}^{\frac{5}{p}} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \leq\left(3.7 \times 10^{62}\right)^{\frac{4 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{164 Q}{p}} C_{p}^{\frac{5}{p}} \epsilon^{\frac{p}{120 Q^{2}}} . \tag{170}
\end{align*}
$$

Let $\zeta(z)=\psi\left(x_{0}+h_{0} z\right) h_{0}^{-1}$. Thus

$$
\int_{B_{1}} \operatorname{dist}^{2}(D \zeta(z), S O(2)) d z \leq\left(3.7 \times 10^{62}\right)^{\frac{4 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{164 Q}{p}} C_{p}^{\frac{5}{p}} e^{\frac{p}{120 Q^{2}}} .
$$

So in particular $\|D \zeta\|_{L^{2}\left(B_{1}\right)} \leq 2$. Thus by applying Proposition 2 we have that there exists $R \in$ $S O(2)$ such that

$$
\int_{B_{\frac{1}{4}}}|D \zeta(z)-R|^{2} d z \leq 9 \times\left(3.7 \times 10^{62}\right)^{\frac{Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{41 Q}{p}} C_{p}^{\frac{2}{p}} \epsilon^{\frac{p}{480 Q^{2}}} .
$$

By rescaling we obtain that there exists $R$ such that

$$
f_{\frac{B_{h_{0}}^{4}}{4}}|D \psi(z)-R|^{2} d z \leq 9 \times\left(3.7 \times 10^{62}\right)^{\frac{Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{41 Q}{p}} C_{p}^{\frac{2}{p}} \epsilon^{\frac{p}{480 Q^{2}}} .
$$

Thus Holder's inequality

$$
\begin{equation*}
f_{B_{\frac{B_{0}}{4}}}|D \psi(z)-R| d z \leq 3 \times\left(3.7 \times 10^{62}\right)^{\frac{Q}{2 p}}\left(\frac{Q}{\mu}\right)^{\frac{21 Q}{p}} C^{\frac{1}{p}} \epsilon^{\frac{p}{960 Q^{2}}} . \tag{171}
\end{equation*}
$$

Returning to complex notation for some $\zeta_{1} \in \mathbb{C} \cap\{z:|z|=1\}$ we have

Now by the Co-area formula we know

$$
\begin{equation*}
\int_{\frac{h_{0}}{8}}^{\frac{h_{0}}{4}} \int_{\partial B_{s}\left(x_{0}\right)}\left|\psi^{\prime}(z)-\zeta_{1}\right| d H^{1} x d s \leq \int_{B_{\frac{h_{0}}{4}}\left(x_{0}\right)}\left|\psi^{\prime}(z)-\zeta_{1}\right| d z \tag{173}
\end{equation*}
$$

So we must be able to find

$$
\begin{equation*}
q \in\left(\frac{h_{0}}{8}, \frac{h_{0}}{4}\right) \tag{174}
\end{equation*}
$$

such that

$$
\begin{align*}
\int_{\partial B_{q}\left(x_{0}\right)}\left|\psi^{\prime}(z)-\zeta_{1}\right| d H^{1} z & \leq \frac{8}{h_{0}} \int_{B_{\frac{h_{0}}{4}}\left(x_{0}\right)}\left|\psi^{\prime}(z)-\zeta_{1}\right| d z \\
& \leq(172),(173)  \tag{175}\\
& 384 h_{0} \times\left(3.7 \times 10^{62}\right)^{\frac{Q}{2 p}}\left(\frac{Q}{\mu}\right)^{\frac{21 Q}{p}} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p}{960 Q^{2}}}
\end{align*}
$$

So

$$
\begin{align*}
\int_{\partial B_{q}\left(x_{0}\right)}\left|\phi_{v}^{\prime}(z)-\zeta_{1} \phi_{u}^{\prime}(z)\right| d H^{1} z & \stackrel{(168)}{=} \int_{\partial B_{q}\left(x_{0}\right)}\left|\left(\psi^{\prime}(z)-\zeta_{1}\right) \phi_{u}^{\prime}(z)\right| d H^{1} z \\
& \stackrel{(89)}{\leq} \frac{16 \pi}{\mu} \int_{\partial B_{q}\left(x_{0}\right)}\left|\psi^{\prime}(z)-\zeta_{1}\right| d H^{1} z \\
& \stackrel{(175)}{\leq} 20000 h_{0} \times\left(3.7 \times 10^{62}\right)^{\frac{Q}{2 p}}\left(\frac{Q}{\mu}\right)^{\frac{22 Q}{p}} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p}{960 Q^{2}}} \\
& \leq h_{0} 10^{\frac{36 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{22 Q}{p}} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p}{960 Q^{2}}} \tag{176}
\end{align*}
$$

Let

$$
\begin{equation*}
\omega=10^{\frac{36 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{22 Q}{p}} C_{p}^{\frac{1}{p}} \text { and } \beta=\frac{p}{960 Q^{2}} \tag{177}
\end{equation*}
$$

Note

$$
\begin{equation*}
h_{0} \stackrel{(147)}{\geq} \frac{\mu^{\frac{21 Q}{p}} Q^{-\frac{20 Q}{p}} C_{p}^{-\frac{1}{2 p}}}{96 \pi\left(9(1352)^{18 Q}\right)^{\frac{1}{2 p}}} \tag{178}
\end{equation*}
$$

Now let

$$
\begin{equation*}
w(z)=\phi_{u}^{\prime}(z)-\zeta_{1} \phi_{v}^{\prime}(z) \tag{179}
\end{equation*}
$$

Hence by Cauchy's integral formula we have that

$$
\begin{align*}
\left|w^{(k)}\left(x_{0}\right)\right| & = \\
& \leq \frac{k!}{2 \pi} \int_{\partial B_{q}\left(x_{0}\right)}\left|\frac{w(\zeta)}{\left(\zeta-x_{0}\right)^{k+1}}\right| d \zeta \\
& \leq \frac{k!}{2 \pi q^{k+1}} \int_{\partial B_{q}\left(x_{0}\right)}|w(\zeta)| d \zeta \\
& \leq  \tag{180}\\
& \frac{k!}{2 \pi q^{k+1}} \omega h_{0} \epsilon^{\beta} \\
& \leq \\
& \frac{2 k!\omega \epsilon^{\beta}}{q^{k}}
\end{align*}
$$

By the local Talyor Theorem we have

$$
\begin{equation*}
w(z)=\sum_{k=0}^{m} \frac{w^{(k)}\left(x_{0}\right)}{k!}\left(z-x_{0}\right)^{k}+\left(z-x_{0}\right)^{m+1} w_{m}(z) \tag{181}
\end{equation*}
$$

where $w_{m}(z)=\frac{1}{2 \pi i} \int_{\partial B_{\frac{\mu \mu}{2}}\left(x_{0}\right)} \frac{w(\zeta)}{\left(\zeta-x_{0}\right)^{m}(\zeta-z)} d \zeta$ for any $z \in B_{\frac{3 \mu}{2}}\left(x_{0}\right)$. Hence for $z \in B_{\mu}\left(x_{0}\right)$

$$
\begin{align*}
&\left|w_{m}(z)\right| \leq \frac{1}{2 \pi} \int_{\partial B_{\frac{3 \mu}{2}}\left(x_{0}\right)} \frac{|w(\zeta)|}{\left|\zeta-x_{0}\right|^{m}|\zeta-z|} d z \\
& \stackrel{(179),(89)}{\leq} \frac{16}{\mu} \int_{\partial B_{\frac{3 \mu}{2}}\left(x_{0}\right)} \frac{1}{\left(\frac{3 \mu}{2}\right)^{m \frac{\mu}{2}}} \\
& \quad \leq \quad 64 \pi \mu^{-2}\left(\frac{3 \mu}{2}\right)^{1-m} \tag{182}
\end{align*}
$$

So for any $z \in B_{\mu}\left(x_{0}\right)$ we have

$$
\begin{align*}
|w(z)| & \stackrel{(181),(182)}{\leq} \\
& \sum_{k=0}^{m} \frac{\left|w^{(k)}\left(x_{0}\right)\right|}{k!}\left|z-x_{0}\right|^{k}+\left|z-x_{0}\right|^{m+1} 64 \pi \mu^{-2}\left(\frac{3 \mu}{2}\right)^{1-m}  \tag{183}\\
& \stackrel{(180)}{\leq} \\
& 2 \sum_{k=0}^{m} \omega \epsilon^{\beta}\left(\frac{\mu}{q}\right)^{k}+64 \pi\left(\frac{3}{2}\right)^{1-m}
\end{align*}
$$

Let

$$
\begin{align*}
\alpha & =\frac{h_{0}}{\mu} \stackrel{(147)}{=} \frac{\mu}{96 \pi}\left(\frac{\mu^{38 Q}}{9 C_{p}(1352)^{18 Q} Q^{40 Q}}\right)^{\frac{1}{2 p}} \\
& \geq \frac{\mu^{\frac{20 Q}{p}}}{\left(96 \pi \times 3 \times(1352)^{9}\right)^{\frac{Q}{p}} C_{p} Q^{20 Q}} \geq \frac{\mu^{\frac{20 Q}{p}}}{C_{p} Q^{20 Q} 10^{\frac{32 Q}{p}}} \tag{184}
\end{align*}
$$

Now note that $q \in\left(\frac{\alpha \mu}{2}, \alpha \mu\right),\left(\frac{\mu}{q}\right)^{k} \leq\left(\frac{2}{\alpha}\right)^{k}$. So note as

$$
\begin{equation*}
\alpha<1 \tag{185}
\end{equation*}
$$

Hence

$$
\begin{equation*}
\sum_{k=0}^{m}\left(\frac{2}{\alpha}\right)^{k} \leq \frac{\left(\frac{2}{\alpha}\right)^{m+1}}{\frac{2}{\alpha}-1} \leq\left(\frac{2}{\alpha}\right)^{m+1} \tag{186}
\end{equation*}
$$

Thus

$$
\begin{align*}
\sum_{k=0}^{m} \omega \epsilon^{\beta}\left(\frac{\mu}{q}\right)^{k} & \leq \omega \epsilon^{\beta} \sum_{k=0}^{m}\left(\frac{2}{\alpha}\right)^{k} \\
& (186)  \tag{187}\\
& \leq \epsilon^{\beta}\left(\frac{2}{\alpha}\right)^{m+1}
\end{align*}
$$

So

$$
\begin{equation*}
|w(z)| \stackrel{(183),(187)}{\leq} 2 \omega \epsilon^{\beta}\left(\frac{2}{\alpha}\right)^{m+1}+64 \pi\left(\frac{3}{2}\right)^{1-m} \tag{188}
\end{equation*}
$$

Let $m$ be the smallest integer such that

$$
\begin{equation*}
2 \omega \epsilon^{\beta}\left(\frac{2}{\alpha}\right)^{m} \geq 64 \pi\left(\frac{2}{3}\right)^{m} \tag{189}
\end{equation*}
$$

So

$$
\begin{align*}
\epsilon^{\beta} & \geq \frac{32 \pi}{\omega}\left(\frac{\alpha}{2}\right)^{m}\left(\frac{2}{3}\right)^{m} \\
& =\left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)^{m} \tag{190}
\end{align*}
$$

Thus as $\omega \stackrel{(177)}{>} 32 \pi$ and $\alpha \stackrel{(185)}{<} 1$

$$
\begin{aligned}
\left|\log \left(\epsilon^{\beta}\right)\right| & \stackrel{(190)}{\leq}\left|\log \left(\left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)^{m}\right)\right| \\
& =m\left|\log \left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)\right|
\end{aligned}
$$

Hence

$$
\begin{equation*}
\frac{\log \left(\epsilon^{\beta}\right)}{\log \left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)} \leq m \tag{191}
\end{equation*}
$$

So

$$
\begin{align*}
96 \pi\left(\frac{2}{3}\right)^{m} & \leq 96 \pi\left(\frac{2}{3}\right)^{\frac{\log \left(\epsilon^{\beta}\right)}{\log \left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)}} \\
& =96 \pi\left(e^{\left.\log \left(\frac{2}{3}\right)\right)^{\frac{\log \left(\epsilon^{\beta}\right)}{\log \left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)}}}\right. \\
& =96 \pi\left(\epsilon^{\beta}\right)^{\frac{\log \left(\frac{2}{3}\right)}{\log \left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)}} \tag{192}
\end{align*}
$$

Using the fact that $\omega \stackrel{(177)}{>} 32 \pi$ so $1>\frac{32 \pi}{\omega}$ and thus $1>\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}>\left(\frac{32 \pi}{\omega}\right)$. Thus we have

$$
1 \stackrel{(185)}{\geq}\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right) \geq \frac{10 \pi \alpha}{\omega}
$$

so

$$
\begin{equation*}
\left|\log \left(\left(\frac{32 \pi}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)\right| \leq\left|\log \left(\frac{10 \pi \alpha}{\omega}\right)\right| \tag{193}
\end{equation*}
$$

So we have

$$
\begin{equation*}
96 \pi\left(\frac{2}{3}\right)^{m(192)} \stackrel{\beta \log \left(\frac{2}{3}\right)}{\leq} 96 \pi \epsilon^{\frac{-\beta}{\log \left(\left(\frac{32 \pi \alpha}{\omega}\right)^{\frac{1}{m}}\left(\frac{\alpha}{3}\right)\right)}} \stackrel{(193)}{\leq} 96 \pi \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \tag{194}
\end{equation*}
$$

Since $m$ is the smallest integer such that (189) holds true we have

$$
\begin{equation*}
2 \omega \epsilon^{\beta}\left(\frac{2}{\alpha}\right)^{m-1} \stackrel{(189)}{\leq} 64 \pi\left(\frac{2}{3}\right)^{m-1}=96 \pi\left(\frac{2}{3}\right)^{m} \stackrel{(194)}{\leq} 96 \pi \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \tag{195}
\end{equation*}
$$

Thus as $\alpha^{2} \stackrel{(184)}{\geq} \frac{\mu^{\frac{40 Q}{P}}}{C_{p}^{2} Q^{40 Q} Q^{\frac{64 Q}{P}}}$

$$
\begin{align*}
\omega \epsilon^{\beta}\left(\frac{2}{\alpha}\right)^{m+1} & =\frac{4}{\alpha^{2}} \omega \epsilon^{\beta}\left(\frac{2}{\alpha}\right)^{m-1} \\
& \stackrel{(195)}{\leq} \frac{2}{\alpha^{2}} \times 96 \pi \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \\
& \leq \frac{2 \times 96 \pi \times 10^{\frac{64 Q}{p}} C_{p}^{2} Q^{40 Q}}{\mu^{\frac{40 Q}{p}}} \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \\
& \leq C_{p}^{2} \mathcal{C}_{0} \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \tag{196}
\end{align*}
$$

where $\mathcal{C}_{0}=\mathcal{C}_{0}(p, Q)$.
So putting (196) and (194) together with (188) we have

$$
\begin{aligned}
|w(z)| & \leq C_{p}^{2} \mathcal{C}_{0} \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}}+96 \pi \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \\
& \leq C_{p}^{2} \mathcal{C}_{1} \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}} \text { for all } z \in B_{\mu}\left(z_{0}\right)
\end{aligned}
$$

Hence

$$
\begin{equation*}
\left\|\phi_{u}^{\prime}-\zeta_{1} \phi_{v}^{\prime}\right\|_{L^{\infty}\left(B_{\mu}\left(z_{0}\right)\right)} \leq C_{p}^{2} \mathcal{C}_{1} \epsilon^{\frac{-\beta}{3 \log \left(\frac{10 \pi \alpha}{\omega}\right)}}=C_{p}^{2} \mathcal{C}_{1} \epsilon^{\frac{\beta}{3 \log \left(\frac{D}{10 \pi \alpha}\right)}} \tag{197}
\end{equation*}
$$

Now

$$
\begin{aligned}
\frac{10 \pi \alpha}{\omega} & \stackrel{(184)}{\geq} \frac{10 \pi}{\omega} \frac{\mu^{\frac{20 Q}{p}}}{C_{p} Q^{20} 10^{\frac{32 Q}{p}}} \\
& \geq\left(\frac{\mu^{2}}{2000 \omega C_{p} Q^{2}}\right)^{\frac{10 Q}{p}}
\end{aligned}
$$

So

$$
\begin{align*}
\frac{\omega}{10 \pi \alpha} & \leq\left(\frac{2000 \omega C_{p} Q^{2}}{\mu^{2}}\right)^{\frac{10 Q}{p}} \\
& \leq(2000)^{\frac{10 Q}{p}} \omega^{\frac{10 Q}{p}} C_{p}^{\frac{10 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{20 Q}{p}} \\
& \stackrel{(177),(178)}{\leq} C_{p}^{\frac{20 Q}{p}}(2000)^{\frac{10 Q}{p}} 10^{\frac{360 Q}{p}}\left(\frac{Q}{\mu}\right)^{\frac{240 Q^{2}}{p^{2}}} . \tag{198}
\end{align*}
$$

Now

$$
\begin{equation*}
\mu \stackrel{(146)}{\geq}\left(10^{10} \times 2^{7} Q^{6}\right)^{-12 Q} \tag{199}
\end{equation*}
$$

Thus

$$
\begin{align*}
\frac{\omega}{10 \pi \alpha} & \stackrel{(198)}{\leq} C_{p}^{\frac{20 Q}{p}}\left(2000 \times 10^{36}\right)^{\frac{10 Q^{2}}{p^{2}}} \times Q^{\frac{240 Q^{2}}{p^{2}}}\left(10^{10} \times 2^{7} Q^{6}\right)^{\frac{2880 Q^{3}}{p^{2}}} \\
& \leq C_{p}^{\frac{20 Q}{p}}\left(2000 \times 10^{36}\right)^{\frac{10 Q^{2}}{p^{2}}} \times\left(10^{10} \times 2^{7}\right)^{\frac{2880 Q^{3}}{p^{2}}} Q^{\frac{240 Q^{2}}{p^{2}}+\frac{17280 Q^{3}}{p^{2}}} \\
& \leq C_{p}^{\frac{20 Q}{p}}\left(\left(2000 \times 10^{36}\right)^{10} \times\left(10^{10} \times 2^{7}\right)^{2880}\right)^{\frac{Q^{3}}{p^{2}}} Q^{17520 \frac{Q^{3}}{p^{2}}} \\
& \leq\left(10 C_{p} Q\right)^{35262 \frac{Q^{3}}{p^{2}}} \tag{200}
\end{align*}
$$

So

$$
\begin{array}{ccc}
\frac{\beta}{3 \log \left(\frac{\omega}{10 \pi \alpha}\right)} & \stackrel{(200)}{\leq} & \epsilon^{\frac{p^{2} \beta}{35262 Q^{3} \log \left(10 C_{p} Q\right)}} \\
& (177) & \epsilon^{\frac{p^{3}}{35262 \times 960 Q^{5} \log \left(10 C_{p} Q\right)}} \\
& \leq & \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{201}
\end{array}
$$

Thus as $x_{0} \in B_{\frac{\mu}{2}}\left(w_{u}(0)\right)$ we know $B_{\frac{\mu}{2}}\left(w_{u}(0)\right) \subset B_{\mu}\left(x_{0}\right)$

$$
\begin{equation*}
\left\|\phi_{u}^{\prime}-\zeta_{1} \phi_{v}^{\prime}\right\|_{L^{\infty}\left(B_{\mu}\left(x_{0}\right)\right)} \stackrel{(197),(200),(201)}{\leq} C_{p} \mathcal{C}_{1} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{202}
\end{equation*}
$$

and hence we have established (165).
3.2. Proof of Proposition 1 completed. Now

$$
D u(x)=D \phi_{u}\left(w_{u}(x)\right) D w_{u}(x) \text { and } D v(x)=D \phi_{v}\left(w_{v}(x)\right) D w_{v}(x)
$$

So

$$
\begin{aligned}
\int_{B_{\gamma}}|D u(x)-R D v(x)| d x= & \int_{B_{\gamma}}\left|D \phi_{u}\left(w_{u}(x)\right) D w_{u}(x)-R D \phi_{v}\left(w_{v}(x)\right) D w_{v}(x)\right| d x \\
\leq & \int_{B_{\gamma}}\left|\left(D \phi_{u}\left(w_{u}(x)\right)-R D \phi_{v}\left(w_{u}(x)\right)\right) D w_{u}(x)\right| d x \\
& +\int_{B_{\gamma}}\left|D \phi_{v}\left(w_{u}(x)\right)\left(D w_{u}(x)-D w_{v}(x)\right)\right| d x \\
& +\int_{B_{\gamma}}\left|\left(D \phi_{v}\left(w_{u}(x)\right)-D \phi_{v}\left(w_{v}(x)\right)\right) D w_{v}(x)\right| d x
\end{aligned}
$$

So to deal with the last term

$$
\begin{aligned}
& \int_{B_{\gamma}}\left|\left(D \phi_{v}\left(w_{u}(x)\right)-D \phi_{v}\left(w_{v}(x)\right)\right) D w_{v}(x)\right| d x \\
& \quad \begin{array}{l}
(90),(87),(140) \\
\leq \\
\mu^{2} \\
\int_{B_{\gamma}}\left|w_{u}(x)-w_{v}(x)\right|\left|D w_{v}(x)\right| d x \\
\quad(116) \\
\leq \frac{192 \pi}{\mu^{2}} \times 1104 Q^{2} \pi C_{p} \epsilon^{\frac{p}{120 Q^{2}}} \sqrt{\pi}\left(\int_{B_{\gamma}}\left|D w_{u}(x)\right|^{2} d x\right)^{\frac{1}{2}} \\
\quad(114) \\
\quad \frac{\mathcal{C}_{2} Q^{3} C_{p}}{\mu^{2}} \epsilon^{\frac{p}{120 Q^{2}}}
\end{array} .
\end{aligned}
$$

And

$$
\begin{align*}
\int_{B_{\gamma}}\left|D \phi_{v}\left(w_{u}(x)\right)\left(D w_{u}(x)-D w_{v}(x)\right)\right| d x & \stackrel{(89),(98)}{\leq} \frac{32}{\mu} \times 24 \pi^{2} C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}} \\
& \leq \mathcal{C}_{2} C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}} \tag{203}
\end{align*}
$$

So

$$
\begin{align*}
& \int_{B_{\gamma}}|D u-R D v| d x=\sqrt{\pi}\left(\int_{B_{\gamma}}\left|D \phi_{u}\left(w_{u}(x)\right)-R D \phi_{v}\left(w_{u}(x)\right)\right|^{2}\left|D w_{u}(x)\right|^{2} d x\right)^{\frac{1}{2}} \\
& +\frac{\mathcal{C}_{2} Q^{3} C_{p}}{\mu^{2}} \epsilon^{\frac{p}{120 Q^{2}}}+\mathcal{C}_{2} C_{p} \sqrt{Q} \epsilon^{\frac{p}{48 Q^{2}}} \\
& \leq \sqrt{Q \pi}\left(\int_{B_{\gamma}}\left|D \phi_{u}\left(w_{u}(x)\right)-R D \phi_{v}\left(w_{u}(x)\right)\right|^{2} \operatorname{det}\left(D w_{u}(x)\right) d x\right)^{\frac{1}{2}} \\
& +\frac{\mathcal{C}_{2} Q^{3} C_{p}}{\mu^{2}} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \stackrel{(87)}{\leq} \sqrt{Q \pi}\left(\int_{B_{\frac{\mu}{2}}\left(w_{u}(0)\right)}\left|D \phi_{u}(z)-R D \phi_{v}(z)\right|^{2} d z\right)^{\frac{1}{2}}+\frac{\mathcal{C}_{2} Q^{3} C_{p}}{\mu^{2}} \epsilon^{\frac{p}{120 Q^{2}}} \\
& \stackrel{(165)}{\leq} \quad C_{p} \mathcal{C}_{4} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p Q)}\right.}} . \quad \square \tag{204}
\end{align*}
$$

## 4. Proof of Theorem 2

Let $\tilde{u}(z)=\frac{u(z)}{4}$ and $\tilde{v}(z)=\frac{v(z)}{4}$. So

$$
\begin{equation*}
\int_{B_{1}}|D \tilde{u}| d z \leq \frac{1}{4} \tag{205}
\end{equation*}
$$

and

$$
\begin{align*}
\int_{B_{1}} \operatorname{det}(D \tilde{u})^{-p} d x & =16^{p} \int_{B_{1}} \operatorname{det}(D u)^{-p} d x \\
& =16^{p} C_{p} \tag{206}
\end{align*}
$$

Note also from (1)

$$
\begin{equation*}
\int_{B_{1}}|S(D \tilde{u}(z))-S(D \tilde{v}(z))|^{2} d z \leq \epsilon \tag{207}
\end{equation*}
$$

Step 1. For any set $S \subset B_{1}$ with $|S|>0$ we will show

$$
\begin{equation*}
\int_{S} \operatorname{det}(D \tilde{u}(z)) d z \geq 16^{-1} C_{p}^{-\frac{1}{p}}|S|^{\frac{2-p}{p-p^{2}}} \tag{208}
\end{equation*}
$$

Proof of Step 1. Note

$$
\begin{align*}
|S| & =\int_{S} \operatorname{det}(D \tilde{u}(z))^{\frac{p}{2}} \operatorname{det}(D \tilde{u}(z))^{-\frac{p}{2}} d z \\
& \stackrel{(206)}{\leq}\left(\int_{S} \operatorname{det}(D \tilde{u}(z))^{p} d z\right)^{\frac{1}{2}} 16^{\frac{p}{2}} \sqrt{C_{p}} \tag{209}
\end{align*}
$$

Let $q=\frac{1}{p}, q^{\prime}=\frac{q}{q-1}=\frac{p^{-1}}{p^{-1}-1}=\frac{p}{1-p}$. So using Holder's inequality for the second inequality

$$
\begin{align*}
&\left(\frac{|S|}{16^{\frac{p}{2}} \sqrt{C_{p}}}\right)^{2} \stackrel{(209)}{\leq} \int_{S} \operatorname{det}(D u(z))^{p} d z \\
&=\left(\int_{S} \operatorname{det}(D u(z))^{p q} d z\right)^{\frac{1}{q}}|S|^{\frac{1}{q^{\prime}}} \\
&=\left(\int_{S} \operatorname{det}(D u(z)) d z\right)^{p}|S|^{\frac{1-p}{p}} \tag{210}
\end{align*}
$$

So

$$
\begin{align*}
16^{-p} C_{p}^{-1}|S|^{\frac{2-p}{1-p}} & =16^{-p} C_{p}^{-1}|S|^{2}|S|^{\frac{p}{1-p}} \\
& \stackrel{(210)}{\leq}\left(\int_{S} \operatorname{det}(D u(z)) d z\right)^{p} \tag{211}
\end{align*}
$$

Thus

$$
16^{-1} C_{p}^{-\frac{1}{p}}|S|^{\frac{2-p}{p-p^{2}}} \leq \int_{S} \operatorname{det}(D u(z)) d z
$$

so we have established (208).
Step 2. Let $\left\{B_{\frac{\gamma}{2}}\left(x_{k}\right): k=1,2, \ldots N\right\}$ be collection such that

$$
\begin{equation*}
\sum_{k=1}^{N} \mathbb{1}_{B_{\frac{\gamma}{2}}\left(x_{k}\right)} \leq 5 \tag{212}
\end{equation*}
$$

and

$$
\begin{equation*}
B_{\frac{1}{2}} \subset \bigcup_{k=1}^{N} B_{\frac{\gamma}{2}}\left(x_{k}\right) \tag{213}
\end{equation*}
$$

We will order these balls so that $B_{\frac{\gamma}{2}}\left(x_{k}\right) \cap B_{\frac{\gamma}{2}}\left(x_{k+1}\right) \neq \varnothing$ for $k=1,2, \ldots N-1$.
Let $u_{k}(z)=2 \tilde{u}\left(x_{k}+\frac{z}{2}\right)$ and $v_{k}(z)=2 \tilde{v}\left(x_{k}+\frac{z}{2}\right)$. Note

$$
\int_{B_{1}}\left|D u_{k}(z)\right| d z=\int_{B_{1}}\left|D \tilde{u}\left(x_{k}+\frac{z}{2}\right)\right| d z \leq 4 \int_{B_{\frac{1}{2}}\left(x_{k}\right)}|D \tilde{u}(z)| d z \stackrel{(205)}{\leq} 1
$$

And

$$
\begin{equation*}
\int_{B_{1}} \operatorname{det}\left(D \tilde{u}\left(x_{k}+\frac{z}{2}\right)\right)^{-p} d z \leq 4 \int_{B_{1}} \operatorname{det}(D \tilde{u}(y))^{-p} d y \stackrel{(206)}{\leq} 64 C_{p} \tag{214}
\end{equation*}
$$

Note also

$$
\begin{align*}
\int_{B_{1}}\left|S\left(D u_{k}\right)-S\left(D v_{k}\right)\right|^{2} d z & \leq \int_{B_{1}}\left|S\left(D \tilde{u}\left(x_{k}+\frac{x}{2}\right)\right)-S\left(D \tilde{u}\left(x_{k}+\frac{x}{2}\right)\right)\right|^{2} d x \\
& =4 \int_{B_{1}}|S(D \tilde{u}(y))-S(D \tilde{v}(y))| d y \\
& \stackrel{(207)}{\leq} 4 \epsilon \tag{215}
\end{align*}
$$

So we can apply Proposition 1 and for some $R_{k} \in S O(2)$ we have

$$
\int_{B_{\gamma}}\left|D v_{k}(z)-R_{k} D u_{k}(z)\right| d z \leq \mathcal{C}_{4} \mathcal{C}_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}}
$$

We will show that

$$
\begin{equation*}
\left|R_{1}-R_{k}\right| \leq c \gamma^{-1-\frac{(2-p)}{p-p^{2}}} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}} \text { for } k=1,2, \ldots N-1 \tag{216}
\end{equation*}
$$

Proof of Step 2. The existence of a collection $\left\{B_{\frac{\gamma}{2}}\left(x_{1}\right), B_{\frac{\gamma}{2}}\left(x_{2}\right), \ldots B_{\frac{\gamma}{2}}\left(x_{N}\right)\right\}$ satisfying (212), (213) follows by the $5 r$ covering theorem.

Rescaling $v_{k}$ and $u_{k}$ we have

$$
\begin{equation*}
\int_{B_{\gamma}\left(x_{k}\right)}\left|D \tilde{v}(z)-R_{k} D \tilde{u}(z)\right| d z \leq \mathcal{C}_{4} C_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{217}
\end{equation*}
$$

So

$$
\begin{equation*}
\int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right)}\left|\left(R_{k}-R_{k+1}\right) D \tilde{u}(z)\right| d z \leq \mathcal{C}_{4} C_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} P^{5} \log \left(10 C_{p} Q\right)}} \tag{218}
\end{equation*}
$$

Let

$$
\begin{equation*}
\mathcal{B}_{1}=\left\{z:|D \tilde{u}(z)|>2 \gamma^{-2}\right\} \tag{219}
\end{equation*}
$$

So $\left|\mathcal{B}_{1}\right| \stackrel{(205)}{\leq} \frac{\gamma^{2}}{8}$. Since $B_{\frac{\gamma}{2}}\left(x_{k}\right) \cap B_{\frac{\gamma}{2}}\left(x_{k+1}\right) \neq \varnothing$ for $k=1,2, \ldots N-1$. So

$$
\left|B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right)\right| \geq \frac{\gamma^{2}}{4} \text { for } k=1,2, \ldots N-1
$$

Thus

$$
\begin{equation*}
\left|B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}\right| \geq \frac{\gamma^{2}}{8} \text { for } k=1,2, \ldots N-1 \tag{220}
\end{equation*}
$$

Now

$$
\begin{align*}
& \int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}} \operatorname{det}\left(R_{k}-R_{k+1}\right) \operatorname{det}(D \tilde{u}(z)) d z \\
&=\int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}} \operatorname{det}\left(\left(R_{k}-R_{k+1}\right) D \tilde{u}(z)\right) d z \\
& \leq \int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}}\left\|\left(R_{k}-R_{k+1}\right) D \tilde{u}(z)\right\|^{2} d z \\
& \quad \leq 2 \int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}}\|D \tilde{u}(z)\|\left|\left(R_{k}-R_{k+1}\right) D \tilde{u}(z)\right| d z \\
& \quad \quad(219) \\
& \quad \leq \gamma^{-2} \int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}}\left|\left(R_{k}-R_{k+1}\right) D \tilde{u}(z)\right| d z  \tag{221}\\
& \quad(218) \\
& \quad \leq \gamma^{-2} C_{p} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}}
\end{align*}
$$

Hence

$$
\begin{aligned}
\operatorname{det}\left(R_{k}-R_{k+1}\right) C_{p}^{-\frac{1}{p}} \gamma^{\frac{2(2-p)}{p-p^{2}}} & \stackrel{(220)}{\leq} c \operatorname{det}\left(R_{k}-R_{k+1}\right) C_{p}^{-\frac{1}{p}}\left|B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}\right|^{\frac{2-p}{p-p^{2}}} \\
& (208) \\
\leq & \int_{B_{\gamma}\left(x_{k}\right) \cap B_{\gamma}\left(x_{k+1}\right) \backslash \mathcal{B}_{1}} \operatorname{det}\left(R_{k}-R_{k+1}\right) \operatorname{det}(D \tilde{u}(z)) d z \\
& \stackrel{(221)}{\leq} c \gamma^{-2} C_{p} \epsilon^{\frac{p^{3} \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}{40}}
\end{aligned}
$$

Thus

$$
\begin{equation*}
\operatorname{det}\left(R_{k}-R_{k+1}\right) \leq c \gamma^{-2-\frac{2(2-p)}{p-p^{2}}} C_{p}^{\frac{2}{p}} \epsilon^{\frac{p^{3}}{4 \times 10^{7} Q^{5} \log \left(10 C_{p} Q\right)}} \tag{222}
\end{equation*}
$$

Note that if $R_{\alpha}=\left(\begin{array}{cc}\cos (\alpha) & -\sin (\alpha) \\ \sin (\alpha) & \cos (\alpha)\end{array}\right), R_{\beta}=\left(\begin{array}{cc}\cos (\beta) & -\sin (\beta) \\ \sin (\beta) & \cos (\beta)\end{array}\right)$ then $\operatorname{det}\left(R_{\alpha}-R_{\beta}\right)=2(1-\cos (\alpha-\beta))$ thus from (222) we have

$$
\begin{equation*}
\left|R_{k}-R_{k+1}\right| \leq c \gamma^{-1-\frac{(2-p)}{p-p^{2}}} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}} \text { for } k=1,2, \ldots N-1 \tag{223}
\end{equation*}
$$

So we have established (216).

### 4.1. Proof of Theorem 2 completed.

$$
\begin{aligned}
\int_{B_{\gamma}\left(x_{k}\right)}\left|D \tilde{v}(z)-R_{1} D \tilde{u}(z)\right| d z & \leq \int_{B_{\gamma}\left(x_{k}\right)}\left|D \tilde{v}(z)-R_{k} D \tilde{u}(z)\right| d z+\left|\left(R_{k}-R_{1}\right) D \tilde{u}(z)\right| d z \\
& \stackrel{p^{3}}{(217),(216)} \\
& \mathcal{C}_{4} C_{p} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}}+\mathcal{C}_{5} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}} \int_{B_{\gamma}\left(x_{k}\right)}|D \tilde{u}| d z .
\end{aligned}
$$

Thus

$$
\begin{align*}
& \int_{B_{\frac{1}{2}}}\left|D \tilde{v}-R_{1} D \tilde{u}\right| d z \stackrel{(212),(213)}{\leq} \\
& c \sum_{k=1}^{N} C_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}} \int_{B_{\gamma}\left(x_{k}\right)}|D \tilde{u}| d z+c C_{p} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}}  \tag{224}\\
&(212),(205) \\
& \leq c C_{p}^{\frac{1}{p}} \epsilon^{\frac{p^{3}}{10^{8} Q^{5} \log \left(10 C_{p} Q\right)}}
\end{align*}
$$

Rescaling gives (2) and this completes the proof of Theorem 2.

## 5. Examples

We can show that any estimate has to lose at least a root power.
Example 1.
Let $f(z)=\frac{z^{k+1}}{k+1}, g(z)=\frac{z^{k+2}}{k+2}$. So rewriting these functions as vector valued functions of two variables we have

$$
\begin{equation*}
D \tilde{f}(x, y)=\left[z^{k}\right]_{M} \text { and } D \tilde{g}(x, y)=\left[z^{k+1}\right]_{M} \tag{225}
\end{equation*}
$$

Now

$$
\left[z^{k}\right]_{M}=|z|^{k}\left(\begin{array}{cc}
\cos (k \operatorname{Arg}(z)) & -\sin (k \operatorname{Arg}(z))  \tag{226}\\
\sin (k \operatorname{Arg}(z)) & \cos (k \operatorname{Arg}(z))
\end{array}\right)
$$

and

$$
\left[z^{k+1}\right]_{M}=|z|^{k+1}\left(\begin{array}{cc}
\cos ((k+1) \operatorname{Arg}(z)) & -\sin ((k+1) \operatorname{Arg}(z))  \tag{227}\\
\sin ((k+1) \operatorname{Arg}(z)) & \cos ((k+1) \operatorname{Arg}(z))
\end{array}\right)
$$

Thus

$$
\operatorname{Sym}(D \tilde{f}(x, y))=\left(x^{2}+y^{2}\right)^{\frac{k}{2}} I d \text { and } \operatorname{Sym}(D \tilde{g}(x, y))=\left(x^{2}+y^{2}\right)^{\frac{k+2}{2}} I d
$$

So note

$$
\begin{aligned}
\int_{B_{1}}|\operatorname{Sym}(D \tilde{f})-\operatorname{Sym}(D \tilde{g})| d x & =\int_{0}^{1} \int_{\partial B_{r}}\left|r^{k}-r^{k+1}\right| d H^{1} z d r \\
& =2 \pi\left(\frac{1}{k+1}-\frac{1}{k+2}\right) \\
& =\frac{2 \pi}{(k+1)(k+2)}
\end{aligned}
$$

A slightly longer calculation shows that

$$
\begin{equation*}
\int_{B_{1}}\left|D \tilde{f}-R_{\theta} D \tilde{g}\right| d z \geq \frac{c}{k} \text { for any } \theta \in(0,2 \pi] \tag{228}
\end{equation*}
$$

Conjecture 1. There exists a sequence of positive numbers $\epsilon_{k} \rightarrow 0$ and a sequence of pairs of $Q$ Quasiregular maps $u_{k}: B_{1} \rightarrow \mathbb{R}^{2}, v_{k}: B_{1} \rightarrow \mathbb{R}^{2}$ with $\int_{B_{1}}\left|D u_{k}\right|^{2} d z \leq 1$ such that

$$
\int_{B_{1}}\left|S\left(D u_{k}\right)-S\left(D v_{k}\right)\right|^{2} d z=\epsilon_{k}
$$

and

$$
\int_{B_{\frac{1}{2}}}\left|D u_{k}-R_{\theta} D v_{k}\right| d z \geq 1 \text { for all } R_{\theta} \in S O(2)
$$

Sketch of proof of Conjecture 1. Let $k$ be a large integer. Let $w_{m}=e^{\frac{2 \pi i m}{k}}$. A natural approach is to define function

$$
\begin{equation*}
h(z):=\Pi_{m=1}^{k}\left(\rho\left(\left|z-w_{m}\right|\right) \frac{z-w_{m}}{\left|z-w_{m}\right|}\right)^{k} \tag{229}
\end{equation*}
$$

If $\rho(x)=x$ this is just a holomorphic function with order $k$ zero at $\left\{w_{1}, w_{2}, \ldots w_{k}\right\}$. The idea is to create a function whose gradient close to an annulus of radius 1 is very small. And whose gradient in the inside of the annulus and the outside of the annulus is large.

Specifically we want estimates of the form

$$
\begin{equation*}
\int_{B_{1-h}}|D h| d z=O(1) \text { and } \int_{B_{2}(0) \backslash B_{1+h}}|D h| d z=O(1) . \tag{230}
\end{equation*}
$$

And for $\epsilon \ll h$

$$
\begin{equation*}
\int_{B_{1+h} \backslash B_{1-h}}|D h| d z \leq \epsilon \tag{231}
\end{equation*}
$$

Now defining

$$
w(z):=\left\{\begin{array}{ccc}
h(z)-f_{\partial B_{1-h}} h d H^{1} x & \text { for } & z \in B_{1-h}  \tag{232}\\
l_{R} \circ h(z)-f_{\partial B_{1+h}} l_{R} \circ h d H^{1} x & \text { for } & z \in B_{2} \backslash B_{1+h}
\end{array}\right.
$$

We can interpolate across $B_{1+h} \backslash B_{1-h}$ to create a function $\tilde{w}$ with the property that

$$
D \tilde{w}(z):=\left\{\begin{array}{ccc}
D h(z) & \text { for } & z \in B_{1-h}  \tag{233}\\
\operatorname{RDh}(z) & \text { for } & z \in B_{2}
\end{array}\right.
$$

and $\|\mathcal{D} \tilde{w}\|_{L^{\infty}\left(B_{1+h} \backslash B_{1-h}\right)} \leq c \epsilon$. If $h$ could be showed to be Quasiregular then we can use the method of [As-Fa 02] "project" $\tilde{w}$ onto the space of Quasiregular mappings to obtain a Quasiregular mappings with the properties required. So the main obstacle is to obtain a Quasiregular mapping that has properties (230), (231).

Let

$$
\begin{equation*}
G(z):=\Pi_{m=1}^{k}\left(\rho\left(\left|z-w_{m}\right|\right)\right)^{k}=e^{\frac{k^{2}}{2 \pi}\left(\sum_{m=1}^{k} \frac{2 \pi}{k} \log \left(\rho\left(\left|z-w_{m}\right|\right)\right)\right)} \tag{234}
\end{equation*}
$$

Take $z=1$. Then

$$
\begin{align*}
\left|z-w_{m}\right| & =\sqrt{\left(\left(1-\cos \left(\frac{2 \pi m}{k}\right)\right)^{2}+\left(\sin \left(\frac{2 \pi m}{k}\right)\right)^{2}\right)} \\
& =\sqrt{2\left(1-\cos \left(\frac{2 \pi m}{k}\right)\right)} \tag{235}
\end{align*}
$$

So

$$
\begin{align*}
\sum_{m=1}^{k} \frac{2 \pi}{k} \log \left(\rho\left(\left|1-w_{m}\right|\right)\right) & =\sum_{m=1}^{k} \frac{2 \pi}{k} \log \left(\rho\left(\sqrt{2\left(1-\cos \left(\frac{2 \pi m}{k}\right)\right)}\right)\right) \\
& \rightarrow \int_{0}^{2 \pi} \log (\rho(\sqrt{2(1-\cos (x))})) d x \\
& =\int_{0}^{2} \log (\rho(r)) \frac{4}{\sqrt{4-r^{2}}} d r \\
& =: A_{\rho} . \tag{236}
\end{align*}
$$

Since 1 is a typical point on $\partial B_{1}$ by symmetry of $z_{1}, z_{2}, \ldots z_{m}$ so we have

$$
\begin{equation*}
\inf _{z \in \partial B_{1}(0)} G(z) \leq c e^{\frac{k^{2}}{2 \pi} A_{\rho}} . \tag{237}
\end{equation*}
$$

Let $\omega(x)=\sum_{m=1}^{k} k \log \left(\rho\left(\left|z-w_{m}\right|\right)\right)$. So

$$
\begin{align*}
\int_{B_{1}}|G(z)| d z & =\int_{B_{1}} e^{\log (|G(z)|)} d z \\
& \stackrel{(234)}{=} \int_{B_{1}} e \circ \omega(z) d z \tag{238}
\end{align*}
$$

Since $e^{x}$ is convex by Jensen's inequality we know

$$
\begin{equation*}
e^{\left(\int_{B_{1}} \propto(z) d z\right)} \leq \int_{B_{1}} \rho \circ \omega(z) d z . \tag{239}
\end{equation*}
$$

Let

$$
\begin{equation*}
B_{\rho}:=\int_{0}^{2} 2 r \cos ^{-1}\left(\frac{r}{2}\right) \log (\rho(r)) d r . \tag{240}
\end{equation*}
$$

And note

$$
\begin{align*}
& \int_{B_{1}} \omega(z) d z=\sum_{m=1}^{k} k \int_{B_{1}} \log \left(\rho\left(\left|z-w_{m}\right|\right)\right) d z \\
&=k^{2} \int_{B_{1}} \log (\rho(|z-(-1,0)|)) d z \\
&=k^{2} \int_{0}^{2} 2 r \cos ^{-1}\left(\frac{r}{2}\right) \log (\rho(r)) d r \\
& \stackrel{(240)}{=} k^{2} B_{\rho} .  \tag{241}\\
& \int_{B_{1}}|G(z)| d z \stackrel{(240),(239),(238)}{\geq} e^{k^{2} B_{\rho}}
\end{align*}
$$

Thus a counter example can be constructed by finding an increasing function $\rho$ that satisfies the following two inequalities

$$
\begin{equation*}
A_{\rho}=\int_{0}^{2} 2 r \cos ^{-1}\left(\frac{r}{2}\right) \log (\rho(r)) d r>0 \text { and } B_{\rho}=\int_{0}^{2} \log (\rho(r)) \frac{4}{\sqrt{4-r^{2}}} d r<0 \tag{242}
\end{equation*}
$$

and for which function $G$ defined (234) forms a quasiregular mapping. These things will be addressed in forthcoming preprint [Lo 13c].

## 6. Appendix

We will prove an estimate from [Fr-Ja-Mu 02] where we track the constants explicitly. All the arguments are from [Fr-Ja-Mu 02].

Proposition 2. Suppose $u \in W^{1,2}\left(B_{1}: \mathbb{R}^{2}\right)$ with $\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d z \leq 1$ then there exists $R \in$ $S O(2)$ such that

$$
\begin{align*}
& \int_{B_{\frac{1}{4}}} \quad|D u-R|^{2} d z \\
& \quad \leq 5\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{4}}+2\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \tag{243}
\end{align*}
$$

Step 1. We will show

$$
\begin{equation*}
|\operatorname{cof}(M)-M| \leq 2 \operatorname{dist}(M, S O(2)) \text { for any } M \in M^{2 \times 2} \tag{244}
\end{equation*}
$$

Proof of Step 1. Let $R_{M} \in S O(2)$ be such that $\left|M-R_{M}\right|=\operatorname{dist}(M, S O(2))$. Note $\left|\operatorname{cof}(M)-R_{M}\right|=$ $\operatorname{dist}(M, S O(2))$. So $|\operatorname{cof}(M)-M| \leq\left|\operatorname{cof}(M)-R_{M}\right|+\left|R_{M}-M\right|=2 \operatorname{dist}(M, S O(2))$. Which establishes (244).

Step 2. For any $w \in W^{1,2}\left(B_{1}, \mathbb{R}^{2}\right)$ we will show

$$
\begin{equation*}
\left.\int_{B_{1}}| | D w\right|^{2}-2 \left\lvert\, d x \leq\left(\int_{B_{1}} \operatorname{dist}^{2}(D w, S O(2)) d x\right)^{\frac{1}{2}}\left(\|D w\|_{L^{2}\left(B_{1}\right)}+\sqrt{2 \pi}\right)\right. \tag{245}
\end{equation*}
$$

Proof of Step 2. For any $x \in B_{1}$ let $R_{x} \in S O(2)$ be such that $\left|D w(x)-R_{x}\right|=\operatorname{dist}(D w(x), S O(2))$. So

$$
\begin{align*}
\left.\int_{B_{1}}| | D w(x)\right|^{2}-2 \mid d x & =\int_{B_{1}}\left|\left(|D w(x)|-\left|R_{x}\right|\right)(|D w(x)|+\sqrt{2})\right| d x \\
& \leq\left(\int_{B_{1}}\left|D w(x)-R_{x}\right|^{2} d x\right)^{\frac{1}{2}}\left(\int_{B_{1}}(|D w(x)|+\sqrt{2})^{2} d x\right)^{\frac{1}{2}} \\
& \leq\left(\int_{B_{1}} \operatorname{dist}^{2}(D w(x), S O(n)) d x\right)^{\frac{1}{2}}\left(\|D w\|_{L^{2}\left(B_{1}\right)}+\sqrt{2 \pi}\right) \tag{246}
\end{align*}
$$

which establishes (245).
Proof of Proposition completed. Let $z: B_{1} \rightarrow \mathbb{R}^{2}$ be the solution of

$$
\triangle z=\operatorname{div}(\operatorname{cof}(D u)-D u), z=0 \text { on } \partial B_{1}
$$

So testing the equation with $z$ itself we have

$$
\begin{aligned}
\int_{B_{1}}|D z|^{2} d x & =\int_{B_{1}}(\operatorname{cof}(D u)-D u): D z d x \\
& \leq\left(\int_{B_{1}}|\operatorname{cof}(D u)-D u|^{2} d x\right)^{\frac{1}{2}}\left(\int_{B_{1}}|D z|^{2} d x\right)^{\frac{1}{2}} \\
& \stackrel{(244)}{\leq} 2\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{2}}\|D z\|_{L^{2}\left(B_{1}\right)}
\end{aligned}
$$

So

$$
\begin{equation*}
\int_{B_{1}}|D z|^{2} d x \leq 4 \int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x \tag{247}
\end{equation*}
$$

Let

$$
\begin{equation*}
w=u-z \tag{248}
\end{equation*}
$$

Now using the identity

$$
\frac{1}{2} \triangle\left(|\nabla f|^{2}\right)=\nabla f \cdot \Delta \nabla f+\left|\nabla^{2} f\right|^{2} \text { for any scalar valued function } f \in C^{2}
$$

So as $w$ is a vector valued function both of whose co-ordinates are harmonic we have

$$
\begin{equation*}
\frac{1}{2} \triangle\left(|D w|^{2}-2\right)=\left|D^{2} w\right|^{2} \tag{249}
\end{equation*}
$$

Let $\eta \in C_{0}\left(B_{1}\right)$ be such that $\eta=1$ on $B_{\frac{1}{2}}$ and $\left\|D^{2} \eta\right\|_{L^{\infty}\left(B_{1}\right)} \leq 8$. So

$$
\begin{align*}
& \int_{B_{1}}\left|D^{2} w\right|^{2} \eta d z \quad \stackrel{(249)}{=} \int_{B_{1}} \frac{1}{2} \triangle\left(|D w|^{2}-2\right) \eta d x \\
&= \int_{B_{1}} \frac{1}{2}(|D w|-2) \triangle \eta d x \\
& \leq \left.\left.\frac{1}{2} \sup _{B_{1}}|\triangle \eta| \int_{B_{1}}| | D w\right|^{2}-2 \right\rvert\, d x \\
& \leq\left.4 \int_{B_{1}}| | D u\right|^{2}-2 D u: D z+|D z|^{2}-2 \mid d x \\
& \leq\left.4\left(\left.\int_{B_{1}}| | D u\right|^{2}-\left.2\left|d x+\int_{B_{1}}\right| D z\right|^{2} d x+2\left(\int_{B_{1}}|D z|^{2} d x\right)^{\frac{1}{2}}\left(\int_{B_{1}}|D u|^{2} d x\right)^{\frac{1}{2}}\right)^{2}\right) \\
& \begin{aligned}
&(245),(247) \\
& \leq 4\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{2}}\left(\|D u\|_{L^{2}\left(B_{1}\right)}+\sqrt{2 \pi}\right) \\
&+16 \int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x \\
&+4\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{2}}\|D u\|_{L^{2}\left(B_{1}\right)} \\
& \leq 8\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{2}}\|D u\|_{L^{2}\left(B_{1}\right)} \\
& \quad+27\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{2}}
\end{aligned}
\end{align*}
$$

So

$$
\begin{align*}
\left(\int_{B_{\frac{1}{2}}}\left|D^{2} w\right|^{2} d x\right)^{\frac{1}{2}} \leq 2 & \sqrt{2}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \\
& +3 \sqrt{3}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}} \tag{251}
\end{align*}
$$

Note $\int_{B_{\frac{1}{2}}}\left|D^{2} w\right| d x \leq\left(\int_{B_{\frac{1}{2}}}\left|D^{2} w\right|^{2} d x\right)^{\frac{1}{2}} \sqrt{\frac{\pi}{4}}$. Let $y \in B_{\frac{1}{4}}$, by the mean value theorem

$$
D^{2} w(y)=f_{B_{\frac{1}{4}}(y)} D^{2} w(x) d x
$$

So

$$
\begin{align*}
\left|D^{2} w(y)\right| \leq & \left(\frac{\pi}{16}\right)^{-1} \int_{B_{\frac{1}{4}}(y)}\left|D^{2} w(x)\right| d x \\
\stackrel{(251)}{\leq} \frac{16}{\pi} & \times 2 \sqrt{2}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \\
& +\frac{16}{\pi} \times 3 \sqrt{3}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}} \tag{252}
\end{align*}
$$

So

$$
\begin{align*}
\left\|D^{2} w(y)\right\|_{L^{\infty}\left(B_{\frac{1}{4}}\right)} \leq \frac{32 \sqrt{2}}{\pi} & \left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \\
& +\frac{48 \sqrt{3}}{\pi}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}} \tag{253}
\end{align*}
$$

Let $x_{0} \in B_{\frac{1}{4}}$. Thus

$$
\begin{align*}
\sup \left\{\left|D w(x)-D w\left(x_{0}\right)\right|: x \in B_{\frac{1}{4}}\right\} \leq & \frac{16 \sqrt{2}}{\pi}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \\
& +\frac{24 \sqrt{3}}{\pi}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{2}} \tag{254}
\end{align*}
$$

Now

$$
\begin{equation*}
\int_{B_{\frac{1}{4}}}|D z| d z \leq\left(\int_{B_{\frac{1}{4}}}|D z|^{2} d z\right)^{\frac{1}{2}} \frac{\sqrt{\pi}}{4} \stackrel{(247)}{\leq} \frac{\sqrt{\pi}}{2}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d z\right)^{\frac{1}{2}} \tag{255}
\end{equation*}
$$

And

$$
\begin{align*}
& \int_{B_{\frac{1}{4}}}\left|D u(x)-D w\left(x_{0}\right)\right| d x \leq \int_{B_{\frac{1}{4}}}|D u(x)-D w(x)| d x+\int_{B_{\frac{1}{4}}}\left|D w(x)-D w\left(x_{0}\right)\right| d x \\
& \stackrel{(248)}{\leq} \int_{B_{\frac{1}{4}}}|D z(x)| d x+\frac{\pi}{16}\left\|D w-D w\left(x_{0}\right)\right\|_{L^{\infty}\left(B_{\frac{1}{4}}\right)} \\
& \begin{array}{c}
(254) \\
\leq \\
\int_{B_{\frac{1}{4}}} \\
\end{array}|D z(x)| d x+\sqrt{2}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \\
&+\frac{3 \sqrt{3}}{2}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{2}} \\
& \begin{array}{c}
(255) \\
\leq
\end{array}\left(\frac{3 \sqrt{3}}{2}+\frac{\sqrt{\pi}}{2}\right)\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}} \\
&+\sqrt{2}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u(x), S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \tag{256}
\end{align*}
$$

Recall $w=u-z$. So

$$
\begin{aligned}
\left(\int_{B_{1}} \operatorname{dist}^{2}(D w, S O(2)) d x\right)^{\frac{1}{2}} & \leq\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{2}}+\|D z\|_{L^{2}\left(B_{1}\right)} \\
\stackrel{(247)}{ } & 3\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{2}}
\end{aligned}
$$

Hence $\int_{B_{1}} \operatorname{dist}(D w, S O(2)) d x \leq 3 \sqrt{\pi}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{2}}$. So there must exist $x_{0} \in B_{1}$ such that

$$
\begin{equation*}
\operatorname{dist}\left(D w\left(x_{0}\right), S O(2)\right) \leq \frac{3}{\sqrt{\pi}}\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{2}} \tag{257}
\end{equation*}
$$

Let $R \in S O(2)$ be such that $\left|D w\left(x_{0}\right)-R\right|=\operatorname{dist}\left(D w\left(x_{0}\right), S O(2)\right)$. By (256), (257) we have that

$$
\begin{align*}
\int_{B_{\frac{1}{4}}}|D u(x)-R| d x \leq 5( & \left.\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{4}} \\
& +2\left(\int_{B_{1}} \operatorname{dist}^{2}(D u, S O(2)) d x\right)^{\frac{1}{4}}\|D u\|_{L^{2}\left(B_{1}\right)}^{\frac{1}{2}} \tag{258}
\end{align*}
$$

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