# UNIFORM SOBOLEV, INTERPOLATION AND GEOMETRIC CALDERÓN-ZYGMUND INEQUALITIES FOR GRAPH HYPERSURFACES 

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#### Abstract

In this note, our aim is to show that families of smooth hypersurfaces of $\mathbb{R}^{n+1}$ which are all $C^{1}$-close enough to a fixed compact, embedded one, have uniformly bounded constants in some relevant inequalities for mathematical analysis, like Sobolev, GagliardoNirenberg and "geometric" Calderón-Zygmund inequalities. This technical result is quite useful, in particular, in the study of the geometric flows of hypersurfaces.


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## 1. INTRODUCTION AND PRELIMINARIES

In this note, our aim is to show that families of smooth hypersurfaces of $\mathbb{R}^{n+1}$ which are all $C^{1}$-close enough to a fixed compact, embedded one, have uniformly bounded constants in some relevant inequalities for mathematical analysis, like Sobolev, Gagliardo-Nirenberg, "geometric" Calderón-Zygmund, trace and extension inequalities. This technical result is quite useful, in particular, in the analysis of the geometric flows of hypersurfaces, when one studies the behavior of the hypersurfaces close (in some norm, for instance in $C^{1}-$ norm) to critical ones (possibly "stable") or the asymptotic limits of flows existing for all times (see for instance [2,3,10,13], where such controls on the constants are necessary).

We start by setting up some notation and recall some basic facts about hypersurfaces in Euclidean spaces that we need in the sequel, possible references are [ $1,6,15$ ].

We will consider smooth, $n$-dimensional, compact hypersurfaces $M$, embedded in $\mathbb{R}^{n+1}$, getting a Riemannian metric $g$ by pull-back of the standard scalar product $\langle\cdot \mid \cdot\rangle$ of $\mathbb{R}^{n+1}$ via the embedding map $\varphi: M \rightarrow \mathbb{R}^{n+1}$, hence, turning it into a Riemannian manifold $(M, g)$. Then, we use $\nabla$ for the associated Levi-Civita covariant derivative and $\mu$ for the canonical
measure induced by the metric $g$, which actually coincides with the $n$-dimensional Hausdorff measure $\mathcal{H}^{n}$ of $\mathbb{R}^{n+1}$ restricted to $M$. Then, the components of $g$ in a local chart are

$$
g_{i j}=\left\langle\left.\frac{\partial \varphi}{\partial x_{i}} \right\rvert\, \frac{\partial \varphi}{\partial x_{j}}\right\rangle
$$

and the "canonical" measure $\mu$, induced on $M$ by the metric $g$ is then locally described by $\mu=\sqrt{\operatorname{det} g_{i j}} \mathscr{L}^{n}$, where $\mathscr{L}^{n}$ is the standard Lebesgue measure on $\mathbb{R}^{n}$.
The inner product on $M$, extended to tensors, is given by

$$
g(T, S)=g_{i_{1} s_{1}} \ldots g_{i_{k} s_{k}} g^{j_{1} z_{1}} \ldots g^{j_{l} z_{l}} T_{j_{1} \ldots j_{l}}^{i_{1} \ldots i_{k}} S_{z_{1} \ldots z_{l}}^{s_{1} \ldots s_{k}}
$$

where $g_{i j}$ is the matrix of the coefficients of the metric tensor in the local coordinates and $g^{i j}$ is its inverse. Clearly, the norm of a tensor is then

$$
|T|=\sqrt{g(T, T)} .
$$

The induced Levi-Civita covariant derivative on $(M, g)$ of a vector field $X$ and of a 1-form $\omega$ are respectively given by

$$
\nabla_{j} X^{i}=\frac{\partial X^{i}}{\partial x_{j}}+\Gamma_{j k}^{i} X^{k}, \quad \nabla_{j} \omega_{i}=\frac{\partial \omega_{i}}{\partial x_{j}}-\Gamma_{j i}^{k} \omega_{k}
$$

where $\Gamma_{j k}^{i}$ are the Christoffel symbols of the connection $\nabla$, expressed by the formula

$$
\begin{equation*}
\Gamma_{j k}^{i}=\frac{1}{2} g^{i l}\left(\frac{\partial}{\partial x_{j}} g_{k l}+\frac{\partial}{\partial x_{k}} g_{j l}-\frac{\partial}{\partial x_{l}} g_{j k}\right) . \tag{1.1}
\end{equation*}
$$

With $\nabla^{m} T$ we will mean the $m$-th iterated covariant derivative of a tensor $T$.
Being $M$ embedded, we can assume it is a subset of $\mathbb{R}^{n+1}$ (hence the embedding map is the identity) and we denote with $\nu: M \rightarrow \mathbb{R}^{n}$ its global unit normal vector field, pointing outward. It is indeed well known (theorem of Jordan-Brouwer, see [6, Proposition 12.2], for instance) that any compact, embedded $M$ "divides" $\mathbb{R}^{n+1}$ in two connected components, one of them bounded (called "the interior"), both having $M$ as its smooth boundary, hence the hypersurface is orientable and such field $\nu$ exists.

Then, we define the second fundamental form B which is a symmetric bilinear form given, in a local charts, by its components

$$
h_{i j}=-\left\langle\left.\frac{\partial^{2} \varphi}{\partial x_{i} \partial x_{j}} \right\rvert\, \nu\right\rangle
$$

and whose trace is the mean curvature $\mathrm{H}=g^{i j} h_{i j}$ of the hypersurface (with these choices, the standard sphere of $\mathbb{R}^{n}$ has positive mean curvature).
Remark 1.1. If the hypersurface $M$ is locally the graph of a function $f: U \rightarrow \mathbb{R}$ with $U$ an open subset of $\mathbb{R}^{n}$, that is, $M=\{(x, f(x)): x \in U\}$, then we have

$$
\begin{gather*}
g_{i j}=\delta_{i j}+\frac{\partial f}{\partial x_{i}} \frac{\partial f}{\partial x_{j}}, \quad \nu=-\frac{(\nabla f,-1)}{\sqrt{1+|\nabla f|^{2}}}, \\
h_{i j}=\frac{\operatorname{Hess}_{i j} f}{\sqrt{1+|\nabla f|^{2}}},  \tag{1.2}\\
\mathrm{H}=\frac{\Delta f}{\sqrt{1+|\nabla f|^{2}}}-\frac{\operatorname{Hess} f(\nabla f, \nabla f)}{\left(\sqrt{1+|\nabla f|^{2}}\right)^{3}}=\operatorname{div}\left(\frac{\nabla f}{\sqrt{1+|\nabla f|^{2}}}\right) \tag{1.3}
\end{gather*}
$$

where Hess $f$ is the (standard) Hessian of the function $f$.
Then, the following Gauss-Weingarten relations hold,

$$
\begin{equation*}
\frac{\partial^{2} \varphi}{\partial x_{i} \partial x_{j}}=\Gamma_{i j}^{k} \frac{\partial \varphi}{\partial x_{k}}-h_{i j} \nu \quad \frac{\partial \nu}{\partial x_{j}}=h_{j l} g^{l s} \frac{\partial \varphi}{\partial x_{s}} \tag{1.4}
\end{equation*}
$$

which easily imply

$$
\begin{equation*}
\nabla^{2} \varphi=-\mathrm{B} \nu \quad \text { and } \quad \Delta \varphi=-\mathrm{H} \nu \tag{1.5}
\end{equation*}
$$

The symmetry properties of the covariant derivative of B are given by the following Codazzi equations,

$$
\nabla_{i} h_{j k}=\nabla_{j} h_{i k}=\nabla_{k} h_{i j}
$$

which imply the following Simons' identity (see [23]),

$$
\begin{equation*}
\Delta h_{i j}=\nabla_{i} \nabla_{j} \mathrm{H}+\mathrm{H} h_{i l} g^{l s} h_{s j}-|\mathrm{B}|^{2} h_{i j} . \tag{1.6}
\end{equation*}
$$

Finally, the Riemann tensor can be expressed as (Gauss equations),

$$
\begin{equation*}
\mathrm{R}_{i j k l}=h_{i k} h_{j l}-h_{i l} h_{j k} \tag{1.7}
\end{equation*}
$$

If now we choose a fixed smooth, compact, embedded hypersurface of $\mathbb{R}^{n+1}$, it is well known (by its compactness and smoothness) that, for $\varepsilon>0$ small enough, $M_{0}$ has a tubular neighborhood

$$
N_{\varepsilon}=\left\{x \in \mathbb{R}^{n+1}: d\left(x, M_{0}\right)<\varepsilon\right\}
$$

(where $d$ is the Euclidean distance on $\mathbb{R}^{n+1}$ ) such that the orthogonal projection map $\pi: N_{\varepsilon} \rightarrow$ $M_{0}$ giving the (unique) closest point on $M_{0}$, is well defined and smooth. Then, if $E$ is "the interior" of $M_{0}$, the signed distance function $d_{E}: N_{\varepsilon} \rightarrow \mathbb{R}$ from $M_{0}$

$$
d_{E}(x)= \begin{cases}d\left(x, M_{0}\right) & \text { if } x \notin E \\ -d\left(x, M_{0}\right) & \text { if } x \in E\end{cases}
$$

is well defined and smooth in $N_{\varepsilon}$ and $\nu(x)=\nabla d_{E}(x)$, for every $x \in M_{0}$. Moreover, for every $x \in N_{\varepsilon}$, the projection map $\pi$ is given explicitly by

$$
\pi_{E}(x)=x-\nabla d_{E}^{2}(x) / 2=x-d_{E}(x) \nabla d_{E}(x)
$$

(indeed, actually $\nu(x)=\nabla d_{E}(x)$ for every $x \in M_{0}$ ).
This implies that, every smooth hypersurface $M$ which is $C^{1}$-close enough to $M_{0}$, can be written (possibly after reparametrization) as

$$
\begin{equation*}
M=\left\{x+\psi(x) \nu(x): x \in M_{0}\right\} \tag{1.8}
\end{equation*}
$$

for a smooth function $\psi: M_{0} \rightarrow \mathbb{R}$ with $\|\psi\|_{C^{1}\left(M_{0}\right)}<\varepsilon$. Indeed, if $\varphi_{0}: \widetilde{M} \rightarrow \mathbb{R}^{n+1}$ and $\varphi: \widetilde{M} \rightarrow \mathbb{R}^{n+1}$ are two smooth immersions ( $\varphi_{0}$ embedding) of a differentiable manifold $\widetilde{M}$, describing respectively $M_{0}$ and $M$, close in $C^{1}$, then the map $\pi \circ \varphi \circ \varphi_{0}^{-1}: M_{0} \rightarrow M_{0}$ is a diffeomorphism, which implies that $\left.\pi\right|_{M}: M \rightarrow M_{0}$ is also a diffeomorphism. Then, the map $\psi$ above in expression (1.8), is uniquely given by $\psi(x)=d_{E}\left(\left.\pi\right|_{M} ^{-1}(x)\right)$, which has small $C^{1}$-norm, as $\left.\pi\right|_{M}$ gets $C^{1}$-closer and closer to the identity, as $\varphi$ is $C^{1}$-close to $\varphi_{0}$.

Hence, from now on, we will consider families of hypersurfaces (clearly all containing $M_{0}$ )

$$
\mathfrak{C}_{\delta}^{1}\left(M_{0}\right)=\left\{M=\left\{x+\psi(x) \nu(x): x \in M_{0}\right\} \text { for a smooth } \psi: M_{0} \rightarrow \mathbb{R} \text { with }\|\psi\|_{C^{1}\left(M_{0}\right)}<\delta\right\}
$$

where $\delta \in(0, \varepsilon)$. We are going to see that the constants in Sobolev, Gagliardo-Nirenberg, some geometric Calderón-Zygmund inequalities, trace and extension inequalities are uniformly bounded, depending only on $M_{0}$ and $\delta$.

Before starting discussing that, we introduce another technical construction. We notice that, possibly choosing a smaller $\varepsilon>0$, the tubular neighborhood $N_{\varepsilon}$ of $M_{0}$ defined above, can be covered by a finite number of open hypercubes $Q_{1}, \ldots, Q_{k} \subseteq \mathbb{R}^{n+1}$ respectively centered at some points $p_{1}, \ldots, p_{k} \in M_{0}$, such that, for every $i \in\{1, \ldots, k\}$ and every $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, the "pieces" of hypersurfaces $M \cap Q_{i}$ can be written as graphs on the tangent hyperplanes to $M_{0}$ at the points $p_{i} \in M_{0}$, as in the following figure.


Then, we let $\rho_{i}: \mathbb{R}^{n+1} \rightarrow[0,1]$ a smooth partition of unity (with compact support) for $N_{\varepsilon}$, associated to the open covering $Q_{i}$, hence, if $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ and $u: M \rightarrow \mathbb{R}$, there holds

$$
u(y)=\sum_{i=1}^{k} u(y) \rho_{i}(y)=\sum_{i=1}^{k} u_{i}(y)
$$

with the compact support of $u_{i}: M \rightarrow \mathbb{R}$ contained in the piece $M \cap Q_{i}$ of the hypersurface $M$, which is described as the graph of a smooth function $\theta_{i}: T_{p_{i}} M_{0} \rightarrow \mathbb{R}$, that is, $M \cap Q_{i}$ is the
image of the map $x \mapsto \theta_{i}(x) \nu\left(p_{i}\right)$ on $T_{p_{i}} M_{0} \cap Q_{i}$. It is then easy to see that $\left\|\theta_{i}\right\|_{C^{1}\left(T_{p_{i}} M_{0}\right)} \leq 2 \delta$, for every $i \in\{1, \ldots, k\}$.

We notice and underline that the family (and the number) of the hypercubes $Q_{i}$, as well as the width $\varepsilon>0$ of the tubular neighborhood $N_{\varepsilon}$ that we considered for this construction, only depend on $M_{0}$, precisely on its local and global geometry (in particular, on its second fundamental form $\mathrm{B}_{0}$ - see [9] for more details).

We highlight to the reader that in the following, we will often denote with $C$ a constant which may vary from a line to another.

## 2. Sobolev, Poincaré and Gagliardo-Nirenberg interpolation inequalities

We start discussing the Sobolev constants $C_{S}(p, n)$ of any compact hypersurface $M$, for every $p \in[1, n$ ), entering in the following inequalities (which are known to hold, see [5, Chapter 2], for instance),

$$
\|u\|_{L^{p^{*}}}=\left(\int_{M}|u|^{p^{*}} d \mu\right)^{1 / p^{*}} \leq C_{S}(p, n)\left(\int_{M}|\nabla u|^{p}+|u|^{p} d \mu\right)^{1 / p}=C_{S}(p, n)\|u\|_{W^{1, p}}
$$

for every $C^{1}$-function $u: M \rightarrow \mathbb{R}\left(\right.$ or $\left.u \in W^{1, p}(M)\right)$, where $p^{*}=\frac{n p}{n-p}$ is the Sobolev conjugate exponent of $p$. It is well known that a bound on $C_{S}(1, n)$ implies a bound on $C_{S}(p, n)$, for every $p \in[1, n)$ (see [5, Chapter 2 , Section 5$]$, for instance), hence we concentrate on the case $p=1$, where $1^{*}=\frac{n}{n-1}$.

We first want to argue localizing things by means of the construction of the previous section. We then have a finite family of hypercubes $Q_{i}$ centered at $p_{i} \in M_{0}$, the partition of unity $\rho_{i}$ and functions $\theta_{i}: T_{p_{i}} M_{0} \rightarrow \mathbb{R}$, describing the pieces $M \cap Q_{i}$ of any smooth hypersurface in $\mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, with $\left\|\theta_{i}\right\|_{C^{1}\left(T_{p_{i}} M_{0}\right)} \leq 2 \delta$, for every $i \in\{1, \ldots, k\}$ and $\delta>0$. Hence, we can write

$$
\left(\int_{M}|u|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}}=\left(\int_{M}\left|\sum_{i=1}^{k} u \rho_{i}\right|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}} \leq \sum_{i=1}^{k}\left(\int_{M \cap Q_{i}}\left|u \rho_{i}\right|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}}
$$

as the compact support of $u \rho_{i}$ is contained in $M \cap Q_{i}$.
Then, for every $C^{1}$ function $v: M \rightarrow \mathbb{R}$, with compact support in $M \cap Q_{i}$, we have, setting $\nu_{i}=\nu\left(p_{i}\right)$,

$$
\begin{aligned}
\left(\int_{M \cap Q_{i}}|v(y)|^{\frac{n}{n-1}} d \mu(y)\right)^{\frac{n-1}{n}} & =\left(\int_{T_{p_{i}} M_{0} \cap Q_{i}}\left|v\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{\frac{n}{n-1}} \sqrt{1+\left|\nabla \theta_{i}(x)\right|^{2}} d x\right)^{\frac{n-1}{n}} \\
& \leq(1+2 \delta)^{\frac{n-1}{n}}\left(\int_{T_{p_{i} M_{0}}}\left|v\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{\frac{n}{n-1}} d x\right)^{\frac{n-1}{n}}
\end{aligned}
$$

and applying the Sobolev inequality inequality in $\mathbb{R}^{n} \approx T_{p_{i}} M_{0}$, for $C^{1}$ functions with compact support, we have

$$
\begin{align*}
\left(\int_{T_{p_{i}} M_{0}}\left|v\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{\frac{n}{n-1}} d x\right)^{\frac{n-1}{n}} & \leq C \int_{T_{p_{i}} M_{0}}\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right) \circ\left(\operatorname{Id}+\nabla \theta_{i}(x) \otimes \nu_{i}\right)\right| d x \\
& \leq C \int_{T_{p_{i}} M_{0}}\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right|\left|\operatorname{Id}+\nabla \theta_{i}(x) \otimes \nu_{i}\right| d x \\
& \leq C \int_{T_{p_{i}} M_{0}}\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right|\left(1+\left|\nabla \theta_{i}(x)\right|\right) d x \\
& \leq C(1+2 \delta) \int_{T_{p_{i}} M_{0}}\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right| d x \\
& \leq C \frac{1+2 \delta}{1-2 \delta} \int_{T_{p_{i}} M_{0}}\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right|\left|\operatorname{Id}+\nabla \theta_{i}(x) \otimes \nu_{i}\right| d x \\
& =C \frac{1+2 \delta}{1-2 \delta} \int_{M}|\nabla v(y)| d \mu(y) \tag{2.1}
\end{align*}
$$

Hence,

$$
\left(\int_{M \cap Q_{i}}|v|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}} \leq C \frac{(1+2 \delta)^{\frac{2 n-1}{n}}}{1-2 \delta} \int_{M}|\nabla v| d \mu
$$

and setting $v_{i}=u \rho_{i}$, after summing on $i \in\{1, \ldots, k\}$, we conclude

$$
\begin{align*}
\left(\int_{M}|u|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}} & \leq \sum_{i=1}^{k}\left(\int_{M \cap Q_{i}}\left|v_{i}\right|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}} \\
& \leq C(\delta) \sum_{i=1}^{k} \int_{M}\left|\nabla v_{i}\right| d \mu \\
& =C(\delta) \sum_{i=1}^{k} \int_{M}|\nabla u| \rho_{i}+|u|\left|\nabla \rho_{i}\right| d \mu \\
& \leq C(\delta) \int_{M}|\nabla u| d \mu+C(\delta) C^{\prime}\left(M_{0}\right) \int_{M}|u| d \mu \tag{2.2}
\end{align*}
$$

for a constant $C^{\prime}\left(M_{0}\right)$ such that $\left|\nabla \rho_{i}\right| \leq C^{\prime}\left(M_{0}\right)$, for every $i \in\{1, \ldots, k\}$. This clearly gives a uniform bound on $C_{S}(1, n)$ for all the hypersurfaces in $\mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, depending only on $M_{0}$ (in particular, on its second fundamental form $\mathrm{B}_{0}$, as we said in the previous section) and $\delta>0$.

Let now see an alternate line, based on the graph representation of the hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ over $M_{0}$.
For every $C^{1}$ function $u: M \rightarrow \mathbb{R}$, we have

$$
\left(\int_{M}|u(y)|^{\frac{n}{n-1}} d \mu(y)\right)^{\frac{n-1}{n}}=\left(\int_{M_{0}}|u(x+\psi(x) \nu(x))|^{\frac{n}{n-1}} J \Psi(x) d \mu_{0}(x)\right)^{\frac{n-1}{n}}
$$

where $J \Psi$ is the (tangential) Jacobian of the map $\Psi: M_{0} \rightarrow M$ given by $\Psi(x)=x+\psi(x) \nu(x)$ (by the area formula, see [22, Chapter 2, Section 8]), which is given by

$$
J \Psi(x)=\sqrt{\operatorname{det}\left(d \Psi_{x}^{T} \circ d \Psi_{x}\right)}
$$

and it is an easy check that, at every point $x \in M_{0}$, there holds

$$
\frac{1}{C\left(\mathrm{~B}_{0}, \delta\right)} \leq J \Psi \leq C\left(\mathrm{~B}_{0}, \delta\right),
$$

for some constant $C\left(\mathrm{~B}_{0}, \delta\right)>0$, where $\mathrm{B}_{0}$ is the second fundamental form of $M_{0}$. Moreover, $C\left(\mathrm{~B}_{0}, \delta\right)$ goes to 1 as $\delta \rightarrow 0$. Notice that the fact that $\mathrm{B}_{0}$ appears here can be seen from the expression of $d \Psi$, that is

$$
d \Psi(x)=\operatorname{Id}+\nabla \psi(x) \otimes \nu+\psi(x) d \nu(x)=\operatorname{Id}+\nabla \psi(x) \otimes \nu+\psi(x) \mathrm{B}_{0}(x)
$$

by the Gauss-Weingarten relations (1.4).
Then, by applying the Sobolev inequality holding for $M_{0}$, we have

$$
\begin{aligned}
\left(\int_{M_{0}}|u(x+\psi(x) \nu(x))|^{\frac{n}{n-1}} d \mu_{0}(x)\right)^{\frac{n-1}{n}} & \leq C\left(M_{0}, \mathrm{~B}_{0}, \delta\right) \int_{M_{0}}|\nabla[u(x+\psi(x) \nu(x))]| d \mu_{0}(x) \\
& =C\left(M_{0}, \mathrm{~B}_{0}, \delta\right) \int_{M}|\nabla u(y)| J \Psi^{-1}(y) d \mu(y) \\
& \leq C\left(M_{0}, \mathrm{~B}_{0}, \delta\right) \int_{M}|\nabla u(y)| d \mu(y) .
\end{aligned}
$$

Hence,

$$
\left(\int_{M}|u|^{\frac{n}{n-1}} d \mu\right)^{\frac{n-1}{n}} \leq C\left(M_{0}, \mathrm{~B}_{0}, \delta\right) \int_{M}|\nabla u| d \mu .
$$

As before, this means that the constant $C\left(M_{0}, \mathrm{~B}_{0}, \delta\right)$ is a uniform bound on $C_{S}(1, n)$ for all the hypersurfaces in $\mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, moreover, since $C\left(M_{0}, \mathrm{~B}_{0}, \delta\right) \rightarrow 1$, as $\delta \rightarrow 0$, it also shows the continuous dependence of $C_{S}(1, n)$ under the $C^{1}$-convergence of the hypersurfaces.
Theorem 2.1. Let $M_{0} \subseteq \mathbb{R}^{n+1}$ be a smooth, compact hypersurface, embedded in $\mathbb{R}^{n+1}$. Then, there exist uniform bounds, depending only on $M_{0}$ and $\delta$ (more precisely, on the " $C^{1}$-structure" of the immersion of $M_{0}$ in $\mathbb{R}^{n+1}$, its dimension and its second fundamental form), for all the hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ on:
(i) the volume of $M$,
(ii) the Sobolev constants for $p \in[1, n)$ of the embeddings $W^{1, p}(M) \hookrightarrow L^{p^{*}}(M)$,
(iii) the Sobolev constants for $p \in(n, \infty]$ of the embeddings $W^{1, p}(M) \hookrightarrow C^{0,1-n / p}(M)$,
(iv) the constants in the Poincaré-Wirtinger inequalities on $M$, for $p \in[1,+\infty]$,
(v) the Sobolev constant of the embedding $W^{1, n}(M) \hookrightarrow B M O(M)$,
(vi) all the constants in the embeddings of the fractional Sobolev spaces $W^{s, p}(M)$,
(vii) all the constants in the Gagliardo-Nirenberg interpolation inequalities on $M$.

Moreover, all these bounds go to the corresponding constants for $M_{0}$, as $\delta \rightarrow 0$.
Proof.
(i) This is trivial due to the $C^{1}$-closedness of $M$ to $M_{0}$.
(ii) As explained at the beginning of the section, we can estimate the constant in the Sobolev inequality for $p \in[1, n)$, by means of $C_{S}(1, n)$, which is uniformly bounded for all the hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, by the above discussion.
(iii) If $p>n$, we show that there exists a uniform constant $C=C\left(p, n, M_{0}, \mathrm{~B}_{0}, \delta\right)$ such that

$$
\begin{equation*}
\|u\|_{C^{0, \gamma}(M)} \leq C\|u\|_{W^{1, p}(M)} \tag{2.3}
\end{equation*}
$$

with $\gamma=1-n / p$ and $\|u\|_{C^{0, \gamma}}=\sup _{M}|u|+\sup _{x \neq y} \frac{u(x)-u(y)}{|x-y| \gamma}$.
As before, given the partition of unity $\rho_{i}$ and the cubes $Q_{i}$, the following holds

$$
\sup _{y \in M}|u(y)| \leq \sup _{y \in M \cap Q_{i}} \sum_{i=1}^{k}\left|u \rho_{i}\right| .
$$

Then, for every $C^{1}$ function $v: M \rightarrow \mathbb{R}$ with compact support in $M \cap Q_{i}$, setting $\nu_{i}=\nu\left(p_{i}\right)$, we have

$$
\sup _{y \in M \cap Q_{i}}|v|=\sup _{x \in T_{p_{i}} M_{0}}\left|v\left(x+\theta_{i}(x) \nu_{i}\right)\right| \leq C\|\nabla v\|_{L^{p}\left(T_{p_{i}} M_{0}\right)} \leq C\|\nabla v\|_{L^{p}(M)}
$$

with $C=C\left(p, n, M_{0}, \mathrm{~B}_{0}, \delta\right)$, where the inequalities follows by applying the Sobolev inequality for $p>n$ in $T_{p_{i}} M_{0} \approx \mathbb{R}^{n}$, then arguing as in obtaining estimate (2.1). Then, setting $v_{i}=u \rho_{i}$ and estimating as in getting inequality (2.2), we conclude

$$
\begin{align*}
\sup _{M}|u| & \leq C(\delta) \sum_{i=1}^{k}\left(\int_{M}\left|\nabla v_{i}\right|^{p} d \mu\right)^{1 / p} \\
& \leq C(\delta) \sum_{i=1}^{k}\left(\int_{M}|\nabla u|^{p} \rho_{i}^{p}+|u|^{p}\left|\nabla \rho_{i}\right|^{p} d \mu\right)^{1 / p} \\
& \leq C(\delta)\left(\int_{M}|\nabla u|^{p} d \mu\right)^{1 / p}+C(\delta) C^{\prime}\left(M_{0}\right)\left(\int_{M}|u|^{p} d \mu\right)^{1 / p} . \tag{2.4}
\end{align*}
$$

Regarding the seminorm $[u]_{C^{0, \gamma}}=\sup _{x \neq y} \frac{u(x)-u(y)}{|x-y|^{\gamma}}$, given two points $y, y^{*} \in M$, we have

$$
\begin{equation*}
\left|u\left(y^{*}\right)-u(y)\right|=\left|\sum_{i=1}^{k} v_{i}\left(y^{*}\right)-v_{i}(y)\right| \leq \sum_{i=1}^{k}\left|v_{i}\left(y^{*}\right)-v_{i}(y)\right| \tag{2.5}
\end{equation*}
$$

hence, given a $C^{1}$ function $v: M \rightarrow \mathbb{R}$ with compact support in $M \cap Q_{i}$, we have

$$
\begin{align*}
\left|v\left(y^{*}\right)-v(y)\right| & =\left|v\left(x^{*}+\theta_{i}\left(x^{*}\right) \nu_{i}\left(x^{*}\right)\right)-v\left(x+\theta_{i}(x) \nu_{i}(x)\right)\right| \\
& \leq C\left(n, p, M_{0}\right)\left|x^{*}+\theta_{i}\left(x^{*}\right) \nu_{i}\left(x^{*}\right)-\left(x+\theta_{i}(x) \nu_{i}(x)\right)\right|^{\gamma}\|\nabla v\|_{L^{p}\left(T_{p_{i}} M_{0}\right)} \\
& \leq C\left(n, p, M_{0}\right)\left|y^{*}-y\right|^{\gamma}\|\nabla v\|_{L^{p}(M)} \tag{2.6}
\end{align*}
$$

where the first inequality follows by arguing as in Theorem 5.6.4 in [14]). Then, collecting inequalities (2.5) and (2.6), we conclude

$$
\left|u\left(y^{*}\right)-u(y)\right| \leq \sum\left|v_{i}\left(y^{*}\right)-v_{i}(y)\right| \leq C\left(p, n, \delta, M_{0}\right)\left|y^{*}-y\right|^{\gamma}\|\nabla u\|_{W^{1, p}(M)}
$$

which together with inequality (2.4) give the desired estimate (2.3).
(iv) The conclusion for the Poincaré-Wirtinger inequality, for any $1 \leq p \leq \infty$,

$$
\|u-\widetilde{u}\|_{L^{p}(M)} \leq C\|\nabla u\|_{L^{p}(M)},
$$

where $\widetilde{u}=f_{M} u d \mu$ follows by the one in $\mathbb{R}^{n}$ (Theorem 5.8.1 in [14]) and arguing exactly as for the Sobolev inequalities.
(v) As shown in Section 5.8 .1 of [14], applying Poincaré-Wirtinger with $p=1$, we get

$$
\int_{M}|u-\widetilde{u}| d \mu \leq C\left(p, n, \delta, M_{0}\right) \int_{M}|\nabla u| d \mu \leq C\left(p, n, \delta, M_{0}\right)\left(\int_{M}|\nabla u|^{n}\right)^{\frac{1}{n}}
$$

hence, the embedding $W^{1, n}(M) \hookrightarrow B M O(M)$ holds with auniform constant.
(vi) As for the "usual" (with integer order) Sobolev spaces, all the constants in the embeddings of the fractional Sobolev spaces are also uniform for this family. The proof is along the same line, localizing with a partition of unity and using the inequalities holding in $\mathbb{R}^{n}$ (see [20] and [21]).
(vii) Finally, we want to show that for any $q, r$ real numbers $1 \leq q \leq \infty, 1 \leq r \leq \infty$ and $j, m$ integers $0 \leq j<m$, there exists a constant $C$ depending only on $n, j, m, r, q, \theta, M_{0}$ and $\delta$ such that the following interpolation inequalities hold

$$
\begin{equation*}
\left\|\nabla^{j} u\right\|_{L^{p}(M)} \leq C\left(\left\|\nabla^{m} u\right\|_{L^{r}(M)}+\|u\|_{L^{r}(M)}\right)^{\theta}\|u\|_{L^{q}(M)}^{1-\theta}, \tag{2.7}
\end{equation*}
$$

where

$$
\frac{1}{p}=\frac{j}{n}+\theta\left(\frac{1}{r}-\frac{m}{n}\right)+\frac{1-\theta}{q}
$$

for all $\theta \in[j / m, 1]$ such that $p$ is nonnegative, with the exception of the case $r=\frac{n}{m-j} \neq 1$ for which the inequality is not valid for $\theta=1$.
Moreover, if $u: \partial F \rightarrow \mathbb{R}$ is a smooth function with $f_{\partial F} u d \mu=0$, inequality (2.7) simplifies to

$$
\left\|\nabla^{j} u\right\|_{L^{p}(\partial F)} \leq C\left\|\nabla^{m} u\right\|_{L^{r}(\partial F)}^{\theta}\|u\|_{L^{q}(\partial F)}^{1-\theta} .
$$

We can obtain these inequalities by following the proof of Theorem 3.70 of [5] (see also Proposition 5.1 of [19]), noticing that in such proof one only needs a bound on the volume, the Sobolev embedding theorems (that in our case hold with uniform constants, as we saw above) and some "universal" inequalities in which the constants do not depend on the hypersurfaces at all [5, Theorem 3.69].

Remark 2.2 (The fractional Sobolev spaces $W^{s, p}(M)$ ).
At point (vi) of the theorem above we considered the fractional Sobolev space $W^{s, p}$ on the hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, which are usually defined via local charts for $M$ and partitions of unity, that is, getting back to the definition with the Gagliardo $W^{s, p}$-seminorms in $\mathbb{R}^{n}$ (we refer to $[4,12,20,21]$, for details). They can be also defined equivalently by considering directly on $M$ the Gagliardo $W^{s, p}$-seminorm of a function $f \in L^{p}(M)$, for $s \in(0,1)$, as follows

$$
[f]_{W^{s, p}(M)}^{p}=\int_{M} \int_{M} \frac{|f(x)-f(y)|^{p}}{|x-y|^{2+s p}} d \mu(x) d \mu(y)
$$

and setting $\|f\|_{W^{s, p}(M)}=\|f\|_{L^{p}(M)}+[f]_{W^{s, p}(M)}$. Moreover, the constants giving the equivalence of the two norms obtained by localization or by this direct definition are uniform for all $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$. Indeed, the localization method of Section 1 , is "uniform" for all $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, meaning that the number of necessary local charts is fixed and the diffeomorphisms between $\mathbb{R}^{n}$ and "corresponding" (associated to correlated local charts, that is, being a graph on the same piece of $M_{0}$, as in our construction) local "pieces" of any different hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, are uniformly close each other in $C^{1}$-norm.

## 3. Geometric Calderón-Zygmund inequalities

Theorem 3.1. Let $M_{0} \subseteq \mathbb{R}^{n+1}$ be a smooth, compact hypersurface, embedded in $\mathbb{R}^{n+1}$ and $1<p<$ $+\infty$. Then, if $\delta>0$ is small enough, there exists a constant $C=C\left(M_{0}, p, \delta\right)$ such that the following geometric Calderon-Zygmund inequality holds,

$$
\begin{equation*}
\|\mathrm{B}\|_{L^{p}(M)} \leq C\left(1+\|\mathrm{H}\|_{L^{p}(M)}\right) \tag{3.1}
\end{equation*}
$$

for every $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$.
Proof. In order to show inequality (3.1), we use the graph representation of the hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ over $M_{0}$, for $\delta$ small enough, introduced in the first section. Thus, since $M$ is locally the graph of a function $f: U \subseteq T_{p_{i}} M \rightarrow \mathbb{R}$ on the tangent hyperplane to $M_{0}$ at the point $p_{i} \in M_{0}$, we can assume that $T_{p_{i}} M=\mathbb{R}^{n}$ and $M$ is given by $M \cap Q_{i}=\{(x, f(x))$ : $\left.x \in U \subset \mathbb{R}^{n}\right\}$, moreover, we can also assume that $U$ is a ball $B_{2 R} \subseteq \mathbb{R}^{n}$ of radius $2 R>0$, centered at the origin. The second fundamental form B and mean curvature H of $M$ are then expressed by formulas (1.2) and (1.3),

$$
\begin{gathered}
\mathrm{B}=\frac{\operatorname{Hess} f}{\sqrt{1+|\nabla f|^{2}}} \\
\mathrm{H}=\frac{\Delta f}{\sqrt{1+|\nabla f|^{2}}}-\frac{\operatorname{Hess} f(\nabla f, \nabla f)}{\left(\sqrt{1+|\nabla f|^{2}}\right)^{3}} .
\end{gathered}
$$

We let $\rho: \mathbb{R}^{n} \rightarrow[0,1]$ a cut-off function with compact support in $B_{2 R}$ and equal to 1 on $B_{R}$ and we set $A_{R}=\left\{(x, f(x)): x \in B_{R}\right\}, A_{2 R}=\left\{(x, f(x)): x \in B_{2 R}\right\}$, then

$$
\begin{equation*}
\|\mathrm{B}\|_{L^{p}\left(A_{R}\right)}^{p}=\int_{B_{R}}|\mathrm{~B}|^{p} \sqrt{1+|\nabla f|^{2}} d x \leq C \int_{B_{R}} \rho^{p} \mid \text { Hess }\left.f\right|^{p} d x \leq C \int_{\mathbb{R}^{n}} \mid \rho \text { Hess }\left.f\right|^{p} d x \tag{3.2}
\end{equation*}
$$

and

$$
\begin{aligned}
\int_{\mathbb{R}^{n}}|\rho \operatorname{Hess} f|^{p} d x & \leq C \int_{\mathbb{R}^{n}}|\operatorname{Hess}(\rho f)|^{p} d x+C \int_{\mathbb{R}^{n}}|2\langle\nabla \rho \mid \nabla f\rangle|^{p} d x+C \int_{\mathbb{R}^{n}}|f \operatorname{Hess} \rho|^{p} d x \\
& \leq C \int_{\mathbb{R}^{n}}|\operatorname{Hess}(\rho f)|^{p} d x+Q(f, \nabla f, \rho, \nabla \rho, \operatorname{Hess} \rho),
\end{aligned}
$$

where $Q$ is the sum of second and third integral. Hence, by the standard Calderon-Zygmund estimates in $\mathbb{R}^{n}$ (see [16], for instance), we get

$$
\begin{aligned}
\int_{\mathbb{R}^{n}} \mid \rho \text { Hess }\left.f\right|^{p} & \leq C \int_{\mathbb{R}^{n}}|\Delta(\rho f)|^{p} d x+Q \leq \int_{\mathbb{R}^{n}}|\rho \Delta f|^{p} d x+Q \\
& \leq C \int_{\mathbb{R}^{n}}\left|\rho \mathrm{H} \sqrt{1+|\nabla f|^{2}}+\frac{\rho \operatorname{Hess} f(\nabla f, \nabla f)}{1+|\nabla f|^{2}}\right|^{p} d x+Q \\
& \leq C \int_{\mathbb{R}^{n}}|\rho \mathrm{H}|^{p} d x+C \int_{\mathbb{R}^{n}}|\rho \mathrm{Hess} f(\nabla f, \nabla f)|^{p} d x+Q \\
& \leq C \int_{\mathbb{R}^{n}}|\rho \mathrm{H}|^{p} d x+C|\nabla f|^{2 p} \int_{\mathbb{R}^{n}}|\rho \mathrm{Hess} f|^{p} d x+Q
\end{aligned}
$$

where the constant $C$ depends only on $M_{0}$ and $\delta$ and $Q=Q(f, \nabla f, \rho, \nabla \rho$, Hess $\rho)$, thus this latter is also depending only $M_{0}$ and $\delta$.

If $\delta>0$ is small enough, then $C|\nabla f|^{2 p}<1 / 2$ and we get

$$
\int_{\mathbb{R}^{n}}|\rho \mathrm{Hess} f|^{p} \leq 2 C \int_{\mathbb{R}^{n}}|\rho \mathrm{H}|^{p} d x+2 Q \leq 2 C \int_{B_{2 R}}|\mathrm{H}|^{p} d x+2 Q \leq 2 C\|\mathrm{H}\|_{L^{p}\left(A_{R}\right)}^{p}+2 Q
$$

which clearly implies, by formula (3.2),

$$
\|\mathrm{B}\|_{L^{p}\left(A_{R}\right)} \leq C\left(1+\|\mathrm{H}\|_{L^{p}(M)}\right) .
$$

Since the number of sets like $A_{R}$ covering $M$ is fixed, we have the thesis.
We have an analogous theorem for Schauder estimates.
Theorem 3.2. Let $M_{0} \subseteq \mathbb{R}^{n+1}$ be a smooth, compact hypersurface, embedded in $\mathbb{R}^{n+1}$ and $\alpha \in(0,1]$. Then, if $\delta>0$ is small enough, there exists a constant $C=C\left(M_{0}, \alpha, \delta\right)$ such that the following geometric Schauder estimate holds,

$$
\|\mathrm{B}\|_{C^{0, \alpha}(M)} \leq C\left(1+\|\mathrm{H}\|_{C^{0, \alpha}(M)}\right)
$$

for every $M \in \mathfrak{C}_{\delta}^{1, \alpha}\left(M_{0}\right)$.
Proof. Assuming that $M \in \mathfrak{C}_{\delta}^{1, \alpha}\left(M_{0}\right)$ with $\alpha \in(0,1]$, that is $f \in C^{1, \alpha}\left(B_{R}\right)$ (hence $\nabla f \in$ $C^{0, \alpha}\left(B_{R}\right)$ ), we have

$$
\begin{equation*}
\|\mathrm{B}\|_{C^{0, \alpha}\left(A_{R}\right)} \leq C\left\|\frac{\operatorname{Hess} f}{\sqrt{1+|\nabla f|^{2}}}\right\|_{C^{0, \alpha}\left(B_{R}\right)} \leq C\|f\|_{C^{2, \alpha}\left(B_{R}\right)} \tag{3.3}
\end{equation*}
$$

Hence, by the standard Schauder estimates in $B_{2 R}$ (see [16], for instance), we get

$$
\begin{aligned}
\|f\|_{C^{2, \alpha}\left(B_{R}\right)} & \leq C\|\Delta f\|_{C^{0, \alpha}\left(B_{2 R}\right)}+Q\left(\|f\|_{C^{1, \alpha}\left(B_{2 R}\right)}\right) \\
& \leq C\left\|\mathrm{H} \sqrt{1+|\nabla f|^{2}}+\frac{\operatorname{Hess} f(\nabla f, \nabla f)}{1+|\nabla f|^{2}}\right\|_{C^{0, \alpha}\left(B_{2 R}\right)}+Q\left(\|f\|_{C^{1, \alpha}\left(B_{2 R}\right)}\right) \\
& \leq C\|\mathrm{H}\|_{C^{0, \alpha}\left(B_{2 R}\right)}+C\|\nabla f\|_{C^{0, \alpha}\left(B_{2 R}\right)}^{2}\|\operatorname{Hess} f\|_{C^{0, \alpha}\left(B_{2 R}\right)}+Q\left(\|f\|_{C^{1, \alpha}\left(B_{2 R}\right)}\right) \\
& \leq C\|\mathrm{H}\|_{C^{0, \alpha}\left(B_{2 R}\right)}+C\|\nabla f\|_{C^{0, \alpha}\left(B_{2 R}\right)}^{2}\|f\|_{C^{2, \alpha}\left(B_{2 R}\right)}+Q\left(\|f\|_{C^{1, \alpha}\left(B_{2 R}\right)}\right)
\end{aligned}
$$

where the constant $C$ depends only on $M_{0}$ and $\delta$.
Then, if $\delta>0$ is small enough, we have $C\|\nabla f\|_{C^{0, \alpha}\left(B_{2 R}\right)}^{2}<1 / 2$ and we get

$$
\|f\|_{C^{2, \alpha}\left(B_{R}\right)} \leq C\|\mathrm{H}\|_{C^{0, \alpha}\left(B_{2 R}\right)}+Q \leq C\|\mathrm{H}\|_{C^{0, \alpha}(M)}+Q
$$

which clearly implies, by formula (3.3),

$$
\|\mathrm{B}\|_{C^{0, \alpha}\left(A_{R}\right)} \leq C\left(1+\|\mathrm{H}\|_{C^{0, \alpha}(M)}\right),
$$

where the constant $C$ depends only on $M_{0}$ and $\delta$. Since the family of sets like $A_{R}$ covers all $M$, this inequality holds on all $M \in \mathfrak{C}_{\delta}^{1, \alpha}\left(M_{0}\right)$ and we have the thesis.

We now consider families of $n$-dimensional graph hypersurfaces in $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ over $M_{0}$ as above, with a uniform bound $\|\mathrm{H}\|_{L^{p}(M)} \leq C_{\mathrm{H}}$ with $p \geq n$, for every $M$ in such family (by Theorem 3.2, if $\delta>0$ is small enough, this implies $\left.\|\mathrm{B}\|_{L^{p}(M)} \leq C_{\mathrm{B}}\right)$ or $\|\mathrm{B}\|_{L^{\infty}(M)} \leq C_{\mathrm{B}}$.

As in the previous section, we consider a finite family of hypercubes $Q_{i}$ centered at $p_{i} \in$ $M_{0}$, an associated partition of unity $\rho_{i}$ and functions $\theta_{i}: T_{p_{i}} M_{0} \rightarrow \mathbb{R}$ such that $\left\|\theta_{i}\right\|_{C^{1}\left(T_{p_{i}} M_{0}\right)} \leq$
$2 \delta$, for every $i \in\{1, \ldots, k\}$ and $\delta$ small enough. Hence, for every $C^{2}$-function $u: M \rightarrow \mathbb{R}$ we have

$$
\begin{equation*}
\left\|\nabla^{2} u\right\|_{L^{p}(M)}^{p} \leq C \sum_{i=1}^{k}\left\|\nabla^{2}\left(u \rho_{i}\right)\right\|_{L^{p}\left(M \cap Q_{i}\right)}^{p} \tag{3.4}
\end{equation*}
$$

Then, for every $C^{2}$ function $v: M \rightarrow \mathbb{R}$, with compact support in $M \cap Q_{i}$, we have, setting $\nu_{i}=\nu\left(p_{i}\right)$,

$$
\begin{aligned}
\int_{M \cap Q_{i}}\left|\nabla^{2} v(y)\right|^{p} d \mu(y) & =\int_{T_{p_{i}} M_{0} \cap Q_{i}}\left|\left(\nabla^{2} v\right)\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} \sqrt{1+\left|\nabla \theta_{i}(x)\right|^{2}} d x \\
& \leq(1+2 \delta) \int_{T_{p_{i}} M_{0}}\left|\left(\nabla^{2} v\right)\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} d x
\end{aligned}
$$

We now compute the last integral using on $M \cap Q_{i}$ the coordinates given by $T_{p_{i}} M_{0} \approx \mathbb{R}^{n}$, noticing that in such coordinates the local embedding of $M$ is simply given by $x \mapsto \varphi(x)=$ $x+\theta_{i}(x) \nu_{i}$ and the metric and the Christoffel symbols $\Gamma_{\ell m}^{s}$ of the connection $\nabla$ can be expressed as

$$
g_{\ell m}(x)=\delta_{\ell m}+\frac{\partial \theta_{i}}{\partial x_{\ell}}(x) \frac{\partial \theta_{i}}{\partial x_{m}}(x) \quad \text { hence, } \quad \Gamma_{\ell m}^{s}(x)=G_{\ell m}^{s}\left(\operatorname{Hess} \theta_{i}(x), \nabla \theta_{i}(x)\right)
$$

by formula (1.1), where $G_{\ell m}^{s}$ are smooth functions which are linear in $\operatorname{Hess} \theta_{i}(x)$. It is then easy to see, by recalling the first formula (1.4), that we can bound the Hessian Hess $\theta_{i}(x)$ with $\mathrm{B}(x)$ as follows (notice that by the same formula, immediately holds also $|\mathrm{B}(x)| \leq$ $\left.C\left(\left|\nabla \theta_{i}\right|\right)\left|\operatorname{Hess} \theta_{i}(x)\right|\right)$,

$$
\left|\frac{\partial^{2} \theta_{i}}{\partial x_{\ell} \partial x_{m}}\right|=\left|\frac{\partial^{2} \varphi}{\partial x_{\ell} \partial x_{m}}\right|=\left|\Gamma_{\ell m}^{s} \frac{\partial \varphi}{\partial x_{s}}-h_{\ell m} \nu\right| \leq\left|G_{\ell m}^{s}\left(\operatorname{Hess} \theta_{i}, \nabla \theta_{i}\right)\right|\left|\nabla \theta_{i}\right|+|\mathrm{B}|
$$

hence, being $\left|\nabla \theta_{i}\right| \leq \delta$, we conclude

$$
\left|\operatorname{Hess} \theta_{i}(x)\right| \leq C\left|\operatorname{Hess} \theta_{i}(x)\right|\left|\nabla \theta_{i}(x)\right|+C|\mathrm{~B}(x)|
$$

with a constant $C$ depending only on $M_{0}$ and $\delta$, which implies, if $\delta$ is small enough such that $C\left|\nabla \theta_{i}\right|<1 / 2$,

$$
\left|\operatorname{Hess} \theta_{i}(x)\right| \leq C|\mathrm{~B}(x)|
$$

This clearly implies the estimate

$$
\left|\Gamma_{\ell m}^{s}(x)\right| \leq C|\mathrm{~B}(x)|,
$$

then, computing schematically, we have

$$
\begin{equation*}
\left(\nabla^{2} v\right)\left(x+\theta_{i}(x) \nu_{i}\right)=\operatorname{Hess}_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right)-\Gamma(x) * \nabla_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right) \tag{3.5}
\end{equation*}
$$

hence,

$$
\begin{aligned}
\left|\left(\nabla^{2} v\right)\left(x+\theta_{i}(x) \nu_{i}\right)\right| & \leq C\left|\operatorname{Hess}_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right)\right|+C|\mathrm{~B}(x)|\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right|\left|\nabla \theta_{i}(x)\right| \\
& \leq C\left|\operatorname{Hess}_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right)\right|+C \delta|\mathrm{~B}(x)|\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right| .
\end{aligned}
$$

Applying the Calderón-Zygmund inequality in $T_{p_{i}} M_{0} \approx \mathbb{R}^{n}$, we get

$$
\begin{aligned}
\int_{\mathbb{R}^{n}}\left|\left(\nabla^{2} v\right)\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} d x \leq & C \int_{\mathbb{R}^{n}}\left|\operatorname{Hess}_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} d x \\
& +C \delta^{p} \int_{\mathbb{R}^{n}}|\mathrm{~B}(x)|^{p}\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} d x \\
\leq & C \int_{\mathbb{R}^{n}}\left|\Delta_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} d x \\
& +C \int_{M \cap Q_{i}}|v(y)|^{p} \mu(y)+C \delta^{p} \int_{M \cap Q_{i}}|\mathrm{~B}|^{p}|\nabla v(y)|^{p} d \mu(y) .
\end{aligned}
$$

Contracting equation (3.5) with the inverse of the metric and estimating, we have

$$
\left|\Delta_{x}^{T_{p_{i}} M_{0}} v\left(x+\theta_{i}(x) \nu_{i}\right)\right| \leq C\left|(\Delta v)\left(x+\theta_{i}(x) \nu_{i}\right)\right|+C|\mathrm{~B}(x)|\left|\nabla v\left(x+\theta_{i}(x) \nu_{i}\right)\right|
$$

thus, by the previous inequality

$$
\begin{aligned}
\int_{M \cap Q_{i}}\left|\nabla^{2} v(y)\right|^{p} d \mu(y) \leq & C \int_{\mathbb{R}^{n}}\left|(\Delta v)\left(x+\theta_{i}(x) \nu_{i}\right)\right|^{p} d x+C \int_{M \cap Q_{i}}|v(y)|^{p} \mu(y) \\
& +C \delta^{p} \int_{M \cap Q_{i}}|\mathrm{~B}|^{p}|\nabla v(y)|^{p} d \mu(y) \\
\leq & C \int_{M \cap Q_{i}}|\Delta v(y)|^{p} d \mu(y)+C \int_{M \cap Q_{i}}|v(y)|^{p} \mu(y) \\
& +C \delta^{p} \int_{M \cap Q_{i}}|\mathrm{~B}|^{p}|\nabla v(y)|^{p} d \mu(y) .
\end{aligned}
$$

Getting back to inequality (3.4), we obtain

$$
\begin{align*}
\left\|\nabla^{2} u\right\|_{L^{p}(M)}^{p} & \leq C \sum_{i=1}^{k}\left\|\nabla^{2}\left(u \rho_{i}\right)\right\|_{L^{p}\left(M \cap Q_{i}\right)}^{p} \\
& \leq C \sum_{i=1}^{k} \int_{M \cap Q_{i}}\left|\Delta\left(u \rho_{i}\right)\right|^{p} d \mu+C \int_{M \cap Q_{i}}\left|u \rho_{i}\right|^{p} d \mu+C \delta^{p} \int_{M \cap Q_{i}}|\mathrm{~B}|^{p}\left|\nabla\left(u \rho_{i}\right)\right|^{p} d \mu \\
& \leq C \sum_{i=1}^{k} \int_{M \cap Q_{i}}|\Delta u|^{p} d \mu+C \int_{M \cap Q_{i}}\left(|u|^{p}+|\nabla u|^{p}\right) d \mu \\
& \leq C \int_{M}|\Delta u|^{p} d \mu+C \int_{M}\left(|u|^{p}+|\nabla u|^{p}\right) d \mu \tag{3.6}
\end{align*}
$$

with $C=C\left(M_{0}, \rho_{i}, \nabla \rho_{i}\right.$, Hess $\left.\rho_{i}, p, \delta,\|\mathrm{~B}\|_{L^{\infty}(M)}\right)$. Interpolating the integral of $|\nabla u|^{p}$ and taking into account the uniform Sobolev inequalities of the previous section, we conclude that for any $p \in(1,+\infty)$, if $\delta>0$ is small enough, there hold

$$
\begin{equation*}
\left\|\nabla^{2} u\right\|_{L^{p}(M)} \leq C\left\|\Delta^{2} u\right\|_{L^{p}(M)}+C\|u\|_{L^{p}(M)} \tag{3.7}
\end{equation*}
$$

and

$$
\begin{equation*}
\|u\|_{W^{2, p}(M)} \leq C\left\|\Delta^{2} u\right\|_{L^{p}(M)}+C\|u\|_{L^{p}(M)} \tag{3.8}
\end{equation*}
$$

where the constant $C$ depends only on $M_{0}, p, \delta$ and $\|\mathrm{B}\|_{L^{\infty}(M)}$.

Remark 3.3. Notice that if $p<n$, we can modify the chain of inequalities (3.6) as follows,

$$
\begin{aligned}
\left\|\nabla^{2} u\right\|_{L^{p}(M)}^{p} \leq & C \sum_{i=1}^{k}\left\|\nabla^{2}\left(u \rho_{i}\right)\right\|_{L^{p}\left(M \cap Q_{i}\right)}^{p} \\
\leq & C \sum_{i=1}^{k} \int_{M \cap Q_{i}}\left|\Delta\left(u \rho_{i}\right)\right|^{p} d \mu+C \int_{M \cap Q_{i}}\left|u \rho_{i}\right|^{p} d \mu+C \delta^{p} \int_{M \cap Q_{i}}|\mathrm{~B}|^{p}\left|\nabla\left(u \rho_{i}\right)\right|^{p} d \mu \\
\leq & C \sum_{i=1}^{k} \int_{M \cap Q_{i}}\left|\Delta\left(u \rho_{i}\right)\right|^{p} d \mu+C \int_{M \cap Q_{i}}\left|u \rho_{i}\right|^{p} d \mu \\
& +C \delta^{p}\left(\int_{M \cap Q_{i}}|\mathrm{~B}|^{n} d \mu\right)^{p / n}\left(\int_{M \cap Q_{i}}\left|\nabla\left(u \rho_{i}\right)\right|^{n p /(n-p)} d \mu\right)^{(n-p) / n} \\
\leq & C \sum_{i=1}^{k} \int_{M \cap Q_{i}}\left|\Delta\left(u \rho_{i}\right)\right|^{p} d \mu+C \int_{M \cap Q_{i}}\left|u \rho_{i}\right|^{p} d \mu \\
& +C \delta^{p}\|\mathrm{~B}\|_{L^{n}\left(M \cap Q_{i}\right)}^{p}\left\|\nabla^{2}\left(u \rho_{i}\right)\right\|_{L^{p}\left(M \cap Q_{i}\right)}^{p} .
\end{aligned}
$$

Hence, arguing as before, it is easy to conclude that inequalities (3.7) and (3.8) hold with a constant $C=C\left(M_{0}, p, \delta,\|\mathrm{~B}\|_{L^{n}(M)}\right)$, if $\delta>0$ is small enough.

With a similar argument, computing as in Theorem 3.1, we have analogous Schauder estimates for $C^{2, \alpha}$ functions $u: M \rightarrow \mathbb{R}$, with $M \in \mathfrak{C}_{\delta}^{1, \alpha}\left(M_{0}\right)$ and $\delta>0$ is small enough,

$$
\begin{equation*}
\|u\|_{C^{2, \alpha}(M)} \leq C\left\|\Delta^{2} u\right\|_{C^{0, \alpha}(M)}+C\|u\|_{C^{0, \alpha}(M)} \tag{3.9}
\end{equation*}
$$

where the constant $C$ depends only on $M_{0}, \alpha \in(0,1], \delta$ and $\|\mathrm{B}\|_{C^{0, \alpha}}$.

Remark 3.4. By localization, computing in coordinates, it is easy to generalize estimates (3.7), (3.8) and (3.9) also to tensors, under the same hypotheses. The same holds also for all the estimates of the previous section (see [19] for an example of how this can be done).

### 3.1. Geometric higher order Calderón-Zygmund estimates.

We let $M_{0}$ as above and $p>1$, we want to deal with $\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}$, assuming that we have a uniform bound $\|\mathrm{H}\|_{L^{q}(M)} \leq C_{\mathrm{H}}$ with $q>n$, where $M$ is an $n$-dimensional graph hypersurfaces over $M_{0}$ in $\mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ as above, if $\delta>0$ is small enough, which implies $\|\mathrm{B}\|_{L^{q}(M)} \leq C_{\mathrm{B}}$, by Theorem (3.1).

Using (1.5) and taking into account Remark 3.4, we have

$$
\begin{align*}
&\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}=\left\|\nabla_{i_{1}} \ldots \nabla_{i_{k}} \mathrm{~B}\right\|_{L^{p}(M)} \\
& \leq C\left\|\Delta \nabla_{i_{3}} \ldots \nabla_{i_{k}} \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla_{i_{3}} \ldots \nabla_{i_{k}} \mathrm{~B}\right\|_{L^{p}(M)} \\
&= C\left\|g^{\ell m} \nabla_{\ell} \nabla_{m} \nabla_{i_{3}} \ldots \nabla_{i_{k}} \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)} \\
& \leq C\left\|g^{\ell m} \nabla_{\ell} \nabla_{i_{3}} \nabla_{m} \ldots \nabla_{i_{k}} \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)} \\
&+\left\|g^{\ell m} \nabla_{\ell}\left(\operatorname{Riem} \star \nabla_{i_{4}} \ldots \nabla_{i_{k}} \mathrm{~B}\right)_{i_{3} m}\right\|_{L^{p}(M)} \\
& \leq C\left\|g^{\ell m} \nabla_{\ell} \nabla_{i_{3}} \nabla_{i_{4}} \nabla_{m} \ldots \nabla_{i_{k}} \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)} \\
&+\left\|g^{\ell m} \nabla_{\ell}\left(\operatorname{Riem} \star \nabla_{i_{4}} \ldots \nabla_{i_{k}} \mathrm{~B}\right)_{i_{3} m}\right\|_{L^{p}(M)} \\
&+\left\|g^{\ell m} \nabla_{\ell} \nabla_{i_{3}}\left(\operatorname{Riem} \star \nabla_{i_{5}} \ldots \nabla_{i_{k}} \mathrm{~B}\right)_{i_{4} m}\right\|_{L^{p}(M)} \\
& \leq C\left\|g^{\ell m} \nabla_{\ell} \nabla_{i_{3}} \nabla_{i_{4}} \ldots \nabla_{i_{k}} \nabla_{m} \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)} \\
&+C \sum_{s=0}^{k-2}\left\|\nabla^{s} \operatorname{Riem} \star \nabla^{k-2-s} \mathrm{~B}\right\|_{L^{p}(M)} \\
&+C g^{\ell m} \nabla_{i_{3}} \nabla_{\ell} \nabla_{i_{4}} \ldots \nabla_{i_{k}} \nabla_{m} \mathrm{~B}\left\|_{L^{p}(M)}+C\right\| \nabla^{k-2} \mathrm{~B} \|_{L^{p}(M)} \\
& \leq \nabla^{s=0} \operatorname{Riem} \star \nabla^{k-2-s} \mathrm{~B} \|_{L^{p}(M)} \\
& \leq C\left\|g^{\ell m} \nabla_{i_{3}} \nabla_{i_{4}} \ldots \nabla_{i_{k}} \nabla_{\ell} \nabla_{m} \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)} \\
&+C \sum_{s=0}^{k-2}\left\|\nabla^{s} \operatorname{Riem} \star \nabla^{k-2-s} \mathrm{~B}\right\|_{L^{p}(M)} \\
&= C\left\|\nabla^{k-2} \Delta \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)} \\
&+C \sum_{s=0}^{k-2}\left\|\nabla^{s} \mathrm{Riem} \star \nabla^{k-2-s} \mathrm{~B}\right\|_{L^{p}(M)} \tag{3.10}
\end{align*}
$$

where the symbol $\star$ means a sum of terms each one given by some contraction with the inverse of the metric $g^{i j}$.
By the formula (1.7) for the Riemann tensor, we can write

$$
\begin{aligned}
\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)} & \leq C\left\|\nabla^{k-2} \Delta \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}+C \sum_{s=0}^{k-2}\left\|\nabla^{s} \mathrm{~B}^{2} \star \nabla^{k-2-s} \mathrm{~B}\right\|_{L^{p}(M)} \\
& \leq C\left\|\nabla^{k-2} \Delta \mathrm{~B}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}+C \sum_{\substack{s, r, t=0 \\
s+r+t=k-2}}^{k-2}\left\|\nabla^{s} \mathrm{~B} \star \nabla^{r} \mathrm{~B} \star \nabla^{t} \mathrm{~B}\right\|_{L^{p}(M)}
\end{aligned}
$$

Now, by Simons' identity (1.6), we have

$$
\nabla^{k-2} \Delta \mathrm{~B}=\nabla^{k} \mathrm{H}+\nabla^{k-2}\left(\mathrm{HB}^{2}\right)-\nabla^{k-2}\left(|\mathrm{~B}|^{2} \mathrm{~B}\right)
$$

hence

$$
\left\|\nabla^{k-2} \Delta \mathrm{~B}\right\|_{L^{p}(M)} \leq\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}+C \sum_{\substack{s, r, t=0 \\ s+r+t=k-2}}^{k-2}\left\|\nabla^{s} \mathrm{~B} \star \nabla^{r} \mathrm{~B} \star \nabla^{t} \mathrm{~B}\right\|_{L^{p}(M)} .
$$

Using this estimate in inequality (3.10), we conclude

$$
\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)} \leq C\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}+C \sum_{\substack{s, r, t=0 \\ s+r+t=k-2}}^{k-2}\left\|\nabla^{s} \mathrm{~B} \star \nabla^{r} \mathrm{~B} \star \nabla^{t} \mathrm{~B}\right\|_{L^{p}(M)} .
$$

We now estimate any of the term in the last sum as follows: assuming that $p(k+1)>n$, otherwise we estimate every term $\nabla^{s} \mathrm{~B} \star \nabla^{r} \mathrm{~B} \star \nabla^{t} \mathrm{~B}$ in $L^{(n+k) /(k+1)}(M)$ and then bound with this latter its norm in $L^{p}(M)$ (the volumes are equibounded for all $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ ), we have

$$
\begin{equation*}
\left\|\nabla^{s} \mathrm{~B} \star \nabla^{r} \mathrm{~B} \star \nabla^{t} \mathrm{~B}\right\|_{L^{p}(M)} \leq C\left\|\nabla^{s} \mathrm{~B}\right\|_{L^{\alpha p}(M)}\left\|\nabla^{r} \mathrm{~B}\right\|_{L^{\beta p}(M)}\left\|\nabla^{t} \mathrm{~B}\right\|_{L^{\gamma p}(M)}, \tag{3.11}
\end{equation*}
$$

with

$$
\alpha=\frac{k+1}{s+1}, \quad \beta=\frac{k+1}{r+1}, \quad \gamma=\frac{k+1}{t+1}
$$

hence, $1 / \alpha+1 / \beta+1 / \gamma=1$. Moreover, using the interpolation estimates (2.7) (extended to tensors - see Remark 3.4), we have

$$
\begin{aligned}
& \left\|\nabla^{s} \mathrm{~B}\right\|_{L^{p \alpha}(M)} \leq C\left(\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+\|\mathrm{B}\|_{L^{p}(M)}\right)^{\theta_{\alpha}}\|\mathrm{B}\|_{L^{q}(M)}^{1-\theta_{\alpha}}, \\
& \left\|\nabla^{s} \mathrm{~B}\right\|_{L^{p \beta}(M)} \leq C\left(\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+\|\mathrm{B}\|_{L^{p}(M)}\right)^{\theta_{\beta}}\|\mathrm{B}\|_{L^{q}(M)}^{1-\theta_{\beta}} \\
& \left\|\nabla^{s} \mathrm{~B}\right\|_{L^{p \gamma}(M)} \leq C\left(\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+\|\mathrm{B}\|_{L^{p}(M)}\right)^{\theta_{\gamma}}\|\mathrm{B}\|_{L^{q}(M)}^{1-\theta_{\gamma}}
\end{aligned}
$$

with

$$
\begin{aligned}
& \frac{1}{p \alpha}=\frac{s}{n}+\theta_{\alpha}\left(\frac{1}{p}-\frac{k}{n}\right)+\frac{1-\theta_{\alpha}}{q} \\
& \frac{1}{p \beta}=\frac{r}{n}+\theta_{\beta}\left(\frac{1}{p}-\frac{k}{n}\right)+\frac{1-\theta_{\beta}}{q} \\
& \frac{1}{p \gamma}=\frac{t}{n}+\theta_{\gamma}\left(\frac{1}{p}-\frac{k}{n}\right)+\frac{1-\theta_{\gamma}}{q}
\end{aligned}
$$

hence,

$$
\frac{1}{p}=\frac{1}{p \alpha}+\frac{1}{p \beta}+\frac{1}{p \gamma}=\frac{k-2}{n}+\left(\theta_{\alpha}+\theta_{\beta}+\theta_{\gamma}\right)\left(\frac{1}{p}-\frac{k}{n}\right)+\frac{3-\theta_{\alpha}-\theta_{\beta}-\theta_{\gamma}}{q},
$$

which implies, letting $\Theta=\left(\theta_{\alpha}+\theta_{\beta}+\theta_{\gamma}\right)$,

$$
\frac{1}{p}=\frac{k-2}{n}+\Theta\left(\frac{1}{p}-\frac{k}{n}\right)+\frac{3-\Theta}{q}<\frac{k-2}{n}+\Theta\left(\frac{1}{p}-\frac{k}{n}\right)+\frac{3-\Theta}{n}=\frac{k+1}{n}+\Theta\left(\frac{1}{p}-\frac{k+1}{n}\right) .
$$

As we assumed $p(k+1)>n$, it follows $\Theta<1$.
Thus, putting these estimates in inequality (3.11), we conclude
$\left\|\nabla^{s} \mathrm{~B} \star \nabla^{r} \mathrm{~B} \star \nabla^{t} \mathrm{~B}\right\|_{L^{p}(M)} \leq C\left(\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+\|\mathrm{B}\|_{L^{p}(M)}\right)^{\Theta}\|\mathrm{B}\|_{L^{q}(M)}^{3-\Theta} \leq C\left(\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+\|\mathrm{B}\|_{L^{p}(M)}\right)^{\Theta}$
as we said that $\|\mathrm{B}\|_{L^{q}(M)}$ is uniformly bounded for all $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$. Hence, by means of Young inequality, as $\Theta<1$, we estimate

$$
\begin{aligned}
\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)} & \leq C\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}+C\left(\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+\|\mathrm{B}\|_{L^{p}(M)}\right)^{\Theta} \\
& \leq C\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}+C \varepsilon\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}+C\|\mathrm{~B}\|_{L^{p}(M)}+C
\end{aligned}
$$

and choosing $\varepsilon>0$ such that $C \varepsilon<1 / 2$, after "absorbing" the term $C \varepsilon\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}$ in the left hand side and estimating $\|\mathrm{B}\|_{L^{p}(M)}$ with $C\left(1+\|\mathrm{H}\|_{L^{p}(M)}\right)$, we obtain

$$
\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)} \leq C\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}+C\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}+C\|\mathrm{H}\|_{L^{p}(M)}+C .
$$

The term $\left\|\nabla^{k-2} \mathrm{~B}\right\|_{L^{p}(M)}$ can be treated analogously, by interpolation between $\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)}$ and $\|\mathrm{B}\|_{L^{p}(M)}$ (it is actually easier to be dealt with), hence we finally have the estimate

$$
\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)} \leq C\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}+C\|\mathrm{H}\|_{L^{p}(M)}+C .
$$

In particular, if we have a uniform bound $\|\mathrm{H}\|_{L^{\infty}(M)} \leq C_{\mathrm{H}}$, there holds

$$
\left\|\nabla^{k} \mathrm{~B}\right\|_{L^{p}(M)} \leq C\left(1+\left\|\nabla^{k} \mathrm{H}\right\|_{L^{p}(M)}\right)
$$

and

$$
\|\mathrm{B}\|_{W^{k, p}(M)} \leq C\left(1+\|\mathrm{H}\|_{W^{k, p}(M)}\right) .
$$

for any $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$, with $\delta>0$ small enough.

## 4. Other inequalities

Let $M_{0}$ be a smooth and compact hypersurface embedded in $\mathbb{R}^{n+1}$, bounding a domain $E_{0}$ and $\varepsilon>0$ the width of a tubular neighborhood $N_{\varepsilon}$ of $M_{0}$. For any $\delta \in(0, \varepsilon)$, we consider the family of domains

$$
\mathcal{C}_{\delta}^{1}\left(E_{0}\right)=\left\{E=\Psi\left(E_{0}\right): \begin{array}{l}
\Psi: \overline{E_{0}} \rightarrow \bar{E} \text { is a diffeomorphism with }\|\Psi-\mathrm{Id}\|_{C^{1}\left(E_{0}\right)}<\delta \\
\Psi(x)=x+\psi(x) \nu_{0}(x) \text { for every } x \in M_{0} \text { and }\|\psi\|_{C^{1}\left(M_{0}\right)}<\delta
\end{array}\right\}
$$

where $\nu_{0}$ is the unit normal vector field pointing outward of $M_{0}$.
Then, the Jacobian of the map $\Psi: \overline{E_{0}} \rightarrow \bar{E}$ (and also the tangencial one of its restriction to $M_{0}$ ) is bounded from above and from below by some constants which depend only on $\delta$ and the second fundamental form of $M_{0}$ (see Section 2 for details).

It clearly follows that if $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$, then $M=\partial E=\Psi\left(M_{0}\right) \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$. Moreover, if $M \in \mathfrak{C}_{\delta^{\prime}}^{1}\left(M_{0}\right)$, then there exists a smooth function $\psi: M_{0} \rightarrow \mathbb{R}$ with $\|\psi\|_{C^{1}\left(M_{0}\right)}<\delta^{\prime}$, such that $M=\left\{x+\psi(x) \nu(x): x \in M_{0}\right\}$, then we can construct a smooth diffeomorphism $\Psi: \overline{E_{0}} \rightarrow \bar{E}$ as follows ( $E$ is the domain bounded by $M$ ):

$$
\Psi(x)= \begin{cases}x & \text { if } x \in E_{0} \backslash N_{\varepsilon} \\ x+\Theta\left(d_{0}(x) / \varepsilon\right) \psi\left(\pi_{0}(x)\right) \nabla d_{0}(x) & \text { if } x \in \bar{E}_{0} \cap N_{\varepsilon}\end{cases}
$$

where $d_{0}$ is the signed distance function from $M_{0}$ (which is negative in $E_{0}$ ) and $t \mapsto \Theta(t)$ is a smooth monotone nonincreasing function, defined on $\mathbb{R}$, such that it is equal to 1 if $t \leq 0$ and to 0 if $t \geq 1 / 2$, with $\left|\Theta^{\prime}(t)\right| \leq 3$, for every $t \in \mathbb{R}$. So, it follows

$$
\|\Psi-\operatorname{Id}\|_{C^{1}\left(E_{0}\right)}=\left\|\Theta\left(d_{0}(\cdot) / \varepsilon\right) \psi\left(\pi_{0}(\cdot)\right) \nabla d_{0}(\cdot)\right\|_{C^{1}\left(E_{0}\right)} \leq C\left(\varepsilon, M_{0},\|\Theta\|_{C^{1}(\mathbb{R})}\right)\|\psi\|_{C^{1}\left(M_{0}\right)} .
$$

Hence, fixed any $\delta \in(0, \varepsilon)$, depending the constant $C$ only on $M_{0}$ and $\varepsilon$, possibly choosing $\delta^{\prime}$ small enough, the set $E$ belongs to $\mathcal{C}_{\delta}^{1}\left(E_{0}\right)$.

We now discuss some uniform inequalities involving also "the interiors" of the hypersurfaces.

### 4.1. Trace inequalities.

Letting $E_{0}, M_{0}, \varepsilon>0$ and $\delta>0$ as above and any $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$ (with associated smooth diffeomorphism $\Psi: \overline{E_{0}} \rightarrow \bar{E}$ ), it is well known that, for $s>1 / 2$, the trace of any function $u \in H^{s}(E)$ (a real function on $M=\partial E$, which we still simply denote by $u$, that coincides with the restriction of $u$ to $M$, if $u \in C^{0}(\bar{E})$ ) is well defined and that the following trace inequality holds (see [24, Proposition 4.4.5]),

$$
\begin{equation*}
\|u\|_{H^{s-1 / 2}(M)} \leq C_{E}\|u\|_{H^{s}(E)} \tag{4.1}
\end{equation*}
$$

(see also $[14,18])$. In particular, for $s=1$, we have that for all the function $u \in H^{1}(E)$, there holds

$$
\|u\|_{H^{1 / 2}(M)}^{2} \leq C_{E} \int_{E} u^{2}+|\nabla u|^{2} d x,
$$

which implies

$$
\|u-\widetilde{u}\|_{H^{1 / 2}(M)}^{2} \leq C_{E} \int_{E}|\nabla u|^{2} d x
$$

where $\widetilde{u}=f_{E} u d x$.
We want to show that these inequalities hold with uniform constants $C=C\left(M_{0}, s, n, \delta\right)$, for every $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$.
As in Section 2, we use the graph representation of the hypersurfaces $M \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$ over $M_{0}$ in order to pass from a Sobolev norm over $M$ to the same norm over $M_{0}$, that is, being $\|\psi\|_{C^{1}\left(M_{0}\right)}$ bounded by a constant depending on $\delta$ and the second fundamental form of $M_{0}$, we have

$$
\begin{equation*}
\|u\|_{H^{s-1 / 2}(M)} \leq C\left(M_{0}, \mathrm{~B}_{0}, s, \delta\right)\|u\|_{H^{s-1 / 2}\left(M_{0}\right)}, \tag{4.2}
\end{equation*}
$$

where $B_{0}$ is the second fundamental form of $M_{0}$. Then, by means of trace inequality (4.1) for $E_{0}$ (and $M_{0}$ ), we have

$$
\begin{equation*}
\|u\|_{H^{s-1 / 2}\left(M_{0}\right)} \leq C_{E_{0}}\|u\|_{H^{s}\left(E_{0}\right)} . \tag{4.3}
\end{equation*}
$$

Finally, by the boundedness of the Jacobian of $\Psi$ (from both sides) and of $\| \Psi$ - Id $\|_{C^{1}\left(E_{0}\right)}$ by constants depending on $\delta$, we get

$$
\begin{equation*}
\|u\|_{H^{s}\left(E_{0}\right)} \leq C\left(E_{0}, s, \delta\right)\|u\|_{H^{s}(E)} \tag{4.4}
\end{equation*}
$$

hence, putting together inequalities (4.2), (4.3) and (4.4), we have that the constant $C_{E}$ in the trace inequality (4.1) is uniform, for every $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$.

### 4.2. Inequalities for harmonic extensions.

We let $E_{0}, M_{0}, \varepsilon>0$ and $\delta>0$ as above and $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$ (with associated smooth diffeomorphism $\left.\Psi: \overline{E_{0}} \rightarrow \bar{E}\right)$, with $M=\partial E \in \mathfrak{C}_{\delta}^{1}\left(M_{0}\right)$.
We denote by $u: E \rightarrow \mathbb{R}$ the harmonic extension of a function $f: M \rightarrow \mathbb{R}$ in $H^{s}(M)$, for $s \geq 1 / 2$. We aim to show that the following inequality (see [24, Proposition 5.1.7])

$$
\begin{equation*}
\|u\|_{H^{s+1 / 2}(E)} \leq C_{E}\|f\|_{H^{s}(M)} \tag{4.5}
\end{equation*}
$$

holds with a uniform constant $C=C\left(E_{0}, s, \delta\right)$, for every $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$. Arguing as above, we end up with the following inequalities:

$$
\begin{aligned}
\|u\|_{H^{s+1 / 2}(E)} & \leq C\left(E_{0}, s, \delta\right)\|u\|_{H^{s+1 / 2}\left(E_{0}\right)} \\
\|u\|_{H^{s+1 / 2}\left(E_{0}\right)} & \leq C_{E_{0}}\|f\|_{H^{s}\left(M_{0}\right)} \\
\|f\|_{H^{s}\left(M_{0}\right)} & \leq C\left(M_{0}, \mathrm{~B}_{0}, s, \delta\right)\|f\|_{H^{s}(M)}
\end{aligned}
$$

Putting them together, we have that the constant $C_{E}$ in the "extension" inequality (4.5) is uniform, for every $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$.

We notice that, in the particular case $s=1 / 2$, we obtain for all $f \in H^{1 / 2}(M)$,

$$
\int_{E}|\nabla u|^{2} d x \leq C\left(E_{0}, \delta\right)\|f\|_{H^{1 / 2}(M)}^{2}
$$

for every $E \in \mathcal{C}_{\delta}^{1}\left(E_{0}\right)$.

## 5. Some remarks

We collect here some remarks about the conclusions of the previous sections.

- All the constants depend on the geometric properties of $M_{0}$, in particular on the maximal width of a tubular neighbourhood, its volume and its second fundamental form. Hence, uniformly controlling such quantities gives uniform estimates for larger families of hypersurfaces, see [7-9,11,17] for a deeper and detailed discussion).
- Notice that for Sobolev, Poincaré, interpolation, trace and "harmonic extension" inequalities, we do not ask $\delta>0$ to be small, but just $\delta<\varepsilon$, while for the Calderón-Zygmund-type inequalities, that we worked out in Section 3, a smallness condition on $\delta$ is necessary for the conclusions.
- All the inequalities holds uniformly also for families of immersed-only hypersurfaces (non necessarily embedded), if they can be expressed as graphs on a fixed compact, smooth hypersurface, possibly immersed-only too.
- It is easy to see that everything we did still works also if the ambient is a flat, complete Riemannian manifold, in particular in any flat torus $\mathbb{T}^{n}$. With some effort, the results can be generalized to graph hypersurfaces in any complete Riemannian manifold, then the constants also depends on the geometry (in particular, on the curvature) of such an ambient space.


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