

# ELLIPTIC SYSTEMS

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## 1 Introduction

Elliptic equations model the behaviour of *scalar* quantities  $u$ , such as temperature or gravitational potential, which are in an equilibrium situation subject to certain imposed boundary conditions. In his first four lectures, John Urbas discussed *linear*<sup>1</sup> elliptic equations. In his lectures on the minimal surface equation, Graham Williams discussed the minimal surface equation, a *quasi-linear*<sup>2</sup> elliptic equation in divergence form. Neil Trudinger and Tim Cranny will discuss *fully nonlinear*<sup>3</sup> elliptic equations.

Elliptic systems model *vector-valued* quantities in an equilibrium situation subject to certain imposed boundary conditions. Examples are a vector-field describing the molecular orientation of a liquid crystal, and the displacement of an elastic body under an external force.

Solutions of elliptic *equations* are typically as smooth as the data allows (e.g. are  $C^\infty$  if the given data is  $C^\infty$ ). Solutions of elliptic *systems* typically have singularities.

We use as reference [G] the book *Multiple Integrals in the Calculus of Variations* by M. Giaquinta.

## 2 A Model, Harmonic Map, Problem

Suppose  $\Omega \subset \mathbb{R}^n$  is an elastic membrane, “stretched” via the function  $w$  over a part of the  $n$ -dimensional sphere  $S^n \subset \mathbb{R}^{n+1}$ , where  $w$  is specified on the boundary  $\partial\Omega$ . As a simple approximation to the physical situation, we can regard  $w$  as a minimiser of the *Dirichlet energy*

$$\frac{1}{2} \int_{\Omega} |Dw|^2, \quad (1)$$

amongst all maps  $w: \Omega \rightarrow \mathbb{R}^{n+1}$  such that

$$|w| = 1, \quad w|_{\partial\Omega} \text{ specified.}$$

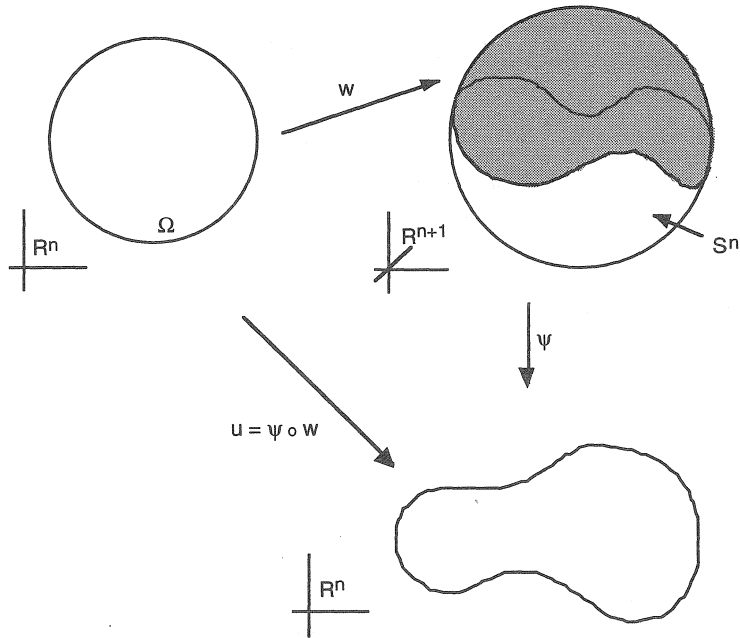
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<sup>1</sup>The unknown function  $u$  and its first and second derivatives occur linearly. The *coefficients* of  $u$  and its derivatives may be nonlinear, but usually smooth, functions of the domain variables  $x_1, \dots, x_n$ .

<sup>2</sup>Linear in the second derivatives of  $u$ , but not necessarily linear in  $u$  or its first derivatives.

<sup>3</sup>Not even linear in the second derivatives of  $u$ .

<sup>4</sup>Where  $|Dw|^2 = \sum_{i,\alpha} |D_i w^\alpha|^2$ . The  $\frac{1}{2}$  is merely a convenient normalisation constant.



A simpler related problem, without the constraint  $|w| = 1$ , is obtained as follows. Let  $\psi : S^n \rightarrow \mathbb{R}^n$  be stereographic projection from the north pole. If  $w[\Omega]$  avoids a neighbourhood of the south pole then  $u = \psi \circ w$  solves the problem:

Minimise

$$E(u) = \frac{1}{2} \int_{\Omega} a(u) |Du|^2,$$

amongst all maps  $u : \Omega \rightarrow \mathbb{R}^n$  such that

$$u|_{\partial\Omega} \text{ specified.}$$

Here  $a(u)$  is a smooth *positive* function (which is determined<sup>5</sup> by  $\psi$ ).

We will consider this simpler problem

**Euler Lagrange System** We now derive the Euler Lagrange system for minimisers of  $E$ . Arguing formally, if  $u$  is a minimiser of  $E$  (subject to fixing the boundary values of  $u$ ), then for all  $\phi \in C_c^1(\Omega; \mathbb{R}^n)$ <sup>6</sup>

$$\begin{aligned} 0 &= \left. \frac{d}{dt} \right|_{t=0} \frac{1}{2} \int_{\Omega} a(u + t\phi) |D(u + t\phi)|^2 \\ &= \int_{\Omega} a(u) D_i u^\alpha D_i \phi^\alpha + \frac{1}{2} D_\alpha a(u) \phi^\alpha |Du|^2 \\ &= \int_{\Omega} a(u) Du D\phi + B(u) |Du|^2 \phi. \end{aligned}$$

<sup>5</sup> $a(u) = |\nabla\psi|^{-2}$ , where  $\nabla\psi$  is the tangential gradient, defined in a natural manner.

<sup>6</sup> $C_c^1(\Omega; \mathbb{R}^n)$  consists of all compactly supported  $C^1$  functions  $\phi : \Omega \rightarrow \mathbb{R}^n$ .

We sum over repeated indices in the second line, and in the last line we repress the indices.

If  $u$  satisfies the above integral equation for all  $\phi \in C_c^1(\Omega; \mathbb{R}^n)$ , we say that  $u$  is a *weak solution* of the system

$$D_i(a(u)D_i u^\alpha) = \frac{1}{2}D_\alpha a(u)|Du|^2 \quad (2)$$

for  $\alpha = 1, \dots, n$ .<sup>7</sup> We abbreviate this to

$$D(a(u)Du) = B(u)|Du|^2. \quad (3)$$

If  $u$  is  $C^1$  then being weak solution is the same as satisfying (3) in the usual sense.

Important features to note are the positivity of  $a(u)$ , which makes the system *elliptic*,<sup>8</sup> and the quadratic nature of  $|Du|^2$  on the right.<sup>9</sup>

**Solutions with Singularities** In the theory of elliptic P.D.E's, you considered the class of  $W^{1,2}(\Omega)$  functions largely for technical reasons.<sup>10</sup> It was “simple” to show the existence of weak solutions in this class, and then one considered the question of regularity of solutions. In the vector-valued setting, solutions need not be smooth, and it becomes even more natural to work in the  $W^{1,2}$  setting.

Thus we define

$$W^{1,2}(\Omega; \mathbb{R}^N)$$

to be the class of functions  $u: \Omega \rightarrow \mathbb{R}^N$  such that each component function belongs to  $W^{1,2}(\Omega)$ .

Note that the energy  $E(u)$  is well defined for arbitrary functions  $u \in W^{1,2}(\Omega; \mathbb{R}^n)$ . In particular, the function  $x/|x|$  has partial derivatives which “behave like”  $1/|x|$ , and so  $x/|x| \in W^{1,2}(B_1(0); \mathbb{R}^n)$  if  $n \geq 3$ . But note that  $x/|x|$  has a singularity at the origin.

Let  $\Omega = B_1(0)$ . The function

$$w(x) = (x/|x|, 0)$$

maps  $B_1(0)$  “radially” onto the equator of  $S^n \subset \mathbb{R}^{n+1}$ . The function  $x/|x|$ , and hence  $w$ , is a  $W^{1,2}$  function if  $n \geq 3$ . One can show that if  $n \geq 7$  then  $w$

<sup>7</sup>The fact that the number of “dependent” variables  $u_1, \dots, u_n$  and the number of “independent” variables  $x_1, \dots, x_n$  are the same is just a consequence of this particular problem. It is not the case in general.

<sup>8</sup>More generally, if instead of  $a(u)D_i u^\alpha D_i \phi^\alpha$  we had  $\sum_{\alpha=1, \dots, N} A_{ij}^{\alpha\beta} D_i u^\alpha D_j \phi^\beta$ , then we say the system is *elliptic* if  $A_{ij}^{\alpha\beta} \xi_i^\alpha \xi_j^\beta \geq \lambda |\xi|^2$  for some constant  $\lambda > 0$  and all  $\xi \in \mathbb{R}^{n+N}$ . In many physical problems it is important to have a weaker form of ellipticity, namely  $A_{ij}^{\alpha\beta} \xi_i^\alpha \xi_j^\beta \geq \lambda |\xi|^2$  for some constant  $\lambda > 0$  and all  $\xi \in \mathbb{R}^n, \eta \in \mathbb{R}^N$ .

<sup>9</sup>An exponent less than two is “easier” to handle; an exponent greater than two is more difficult. But two is the “natural” exponent for many problems, as is the case here.

<sup>10</sup>See also my lectures on measure theory.

has least energy amongst all functions mapping  $B_1(0)$  onto the unit sphere and having the same boundary values as  $w$ . Similarly, if  $n \geq 7$ ,  $u = \psi \circ w$  minimises  $E(u)$  in (2) amongst all maps having the same boundary values. In particular,  $u$  satisfies the system of equations (2), i.e. (3). If  $3 \leq n < 7$  then  $u$  is no longer a minimiser, but it still satisfies the system (3). If  $n = 2$  it turns out that solutions of (3), and in particular minimisers of  $E(u)$ , are smooth.

We have just noted that a solution of (3) may have a singularity. If  $u(x)$  is a solution, then clearly so is  $u(x-a)$  for any  $a \in \mathbb{R}^n$ . Since a sum of solutions is also solution, we obtain solutions with any finite number of singularities.

In general, a solution of (3) is said to be *stationary*, or an *equilibrium solution*, for the energy  $E$ . Thus minimisers are solutions of the Euler Lagrange system, but not necessarily conversely.<sup>11</sup> Since the energy is the Dirichlet Energy (for  $w$ , and also for  $u$  if we choose the appropriate metric), stationary functions for this particular problem are called *harmonic*.

### 3 A Simpler Model Problem

Our intention is to provide a reasonably complete analysis for solutions of systems of the form (3), but with *zero* right side. Thus we consider systems of the form

$$D(a(u)Du) = 0, \tag{4}$$

which may or may not be an Euler Lagrange system.

Systems of the type (4) were the first type of *nonlinear* elliptic system to be analysed. (In the next Section we briefly remark on *linear* elliptic systems.) If the right side is *nonzero*, as in (3), then the problem is considerably more complicated. In particular, minimisers will have “nicer” properties than merely stationary solutions. See [G] for more details.

We remark (4) may also have singular solutions. For example,  $x/|x|$  is a weak solution of (4) if

$$A_{ij}^{\alpha\beta}(u) = \delta_{ij}\delta_{\alpha\beta} + \left( \delta_{\beta j} + \frac{4}{n-2} \frac{u^j u^\beta}{1+|u|^2} \right) \left( \delta_{\alpha i} + \frac{4}{n-2} \frac{u^i u^\alpha}{1+|u|^2} \right),$$

where  $n = N \geq 3$ . See [G, p. 57]. Note that the  $A$  are  $C^\infty$ , in fact analytic. The system of equations in this case *is* an Euler Lagrange system for a certain energy functional. Moreover, for sufficiently large  $n$ ,  $x/|x|$  is the (unique) minimiser of this particular energy functional.

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<sup>11</sup>The analogy is that a function  $E$  defined on  $\mathbb{R}^k$  can have equilibrium points which are not minimisers.

## 4 Linear Elliptic Systems

For completeness, we briefly discuss linear elliptic systems. Suppose  $\Omega \subset \mathbb{R}^n$  and

$$u: \Omega \rightarrow \mathbb{R}^N.$$

We say  $u$  satisfies a *linear elliptic system* in *integral form* if

$$\int_{\Omega} \sum_{\substack{i=1, \dots, n \\ \alpha=1, \dots, N}} A_{ij}^{\alpha\beta}(x) D_i u^\alpha D_j \phi^\beta = 0 \quad (5)$$

for all  $\phi \in C_c^1(\Omega; \mathbb{R}^N)$ . The  $A_{ij}^{\alpha\beta}(x)$  are required to satisfy the *ellipticity condition*

$$A_{ij}^{\alpha\beta}(x) \xi_i^\alpha \xi_j^\beta \geq \lambda |\xi|^2$$

for some constant  $\lambda > 0$  and all  $\xi \in \mathbb{R}^{nN}$ . Note that the coefficients  $A_{ij}^{\alpha\beta}(x)$  depend only on  $x$  and not on  $u$ . The summation sign is usually dropped, and we even suppress all indices and write

$$\int_{\Omega} A(x) Du D\phi = 0. \quad (6)$$

The ellipticity condition is then written

$$A\xi\xi \geq \lambda|\xi|^2.$$

Assuming the  $A_{ij}^{\alpha\beta}(x)$  are bounded, it is straightforward to show by an approximation argument that we may take  $\phi \in W_0^{1,2}(\Omega; \mathbb{R}^N)$  in (5). Recall that  $W_0^{1,2}(\Omega; \mathbb{R}^N)$  consists of those  $W^{1,2}(\Omega; \mathbb{R}^N)$  functions which are zero on  $\partial\Omega$  in a natural way.

Motivated by integration by parts, we usually write the system as

$$D_j \left( A_{ij}^{\alpha\beta}(x) D_i u^\alpha \right) = 0 \quad (7)$$

for  $\beta = 1, \dots, N$ . This abbreviates to

$$D(A(x)Du) = 0. \quad (8)$$

If  $u \in W^{1,2}(\Omega; \mathbb{R}^N)$  satisfies (5) (i.e. (6)) we say  $u$  is a *weak solution* of the system (7) (i.e. (8)). If  $A(x)$  and  $u$  are  $C^1$ , then it follows from integration by parts that a weak solution is a solution in the classical pointwise sense.

The theory of linear elliptic systems is similar to the theory of linear equations. In particular, one obtains an analogous Schauder theory (for  $C^{k,\alpha}$  solutions) and Sobolev theory (for  $W^{k,2}$  solutions).<sup>12</sup> The main difference is that if the functions  $A_{ij}^{\alpha\beta}(x)$  are merely bounded, then there exist solutions with singularities. This is *not* the case for a single equation. See [G, p. 54]

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<sup>12</sup>Although the details can be considerably more complicated, at least when one considers other than *second-order* elliptic systems.

## 5 Regularity Results, Summary

We now consider the question of *partial regularity* (i.e. smoothness) of solutions of (4).

More precisely, suppose  $u \in W^{1,2}(\Omega; \mathbb{R}^N)$  and

$$D(A(u)Du) = 0, \tag{9}$$

where

1.  $|A(z)| \leq M \dots \forall z \in \mathbb{R}^N$ ,
2.  $A\xi\xi \geq \lambda|\xi|^2 \dots \forall \xi \in \mathbb{R}^{nN}$ , where  $\lambda > 0$ ,
3.  $A \in C^0(\mathbb{R}^N)$  is uniformly continuous.

More precisely, we are using an abbreviated notation as in the previous section. By  $u$  satisfying the system (9) we mean that the corresponding integral equations (as in (5) or (6) but with  $A_{ij}^{\alpha\beta}(u)$  instead of  $A_{ij}^{\alpha\beta}(x)$ ), are satisfied for all test functions  $\phi \in W_0^{1,2}(\Omega; \mathbb{R}^N)$

We will see that  $u \in C_0^\alpha(\Omega_0)$  for some open  $\Omega_0 \subset \Omega$ , where  $\Omega \setminus \Omega_0$  is a set of dimension  $\leq n - 2$  (in a sense to be explained later). If  $A$  is smoother than  $C^0$ , then  $u$  is correspondingly smoother in  $\Omega_0$ . In particular, if  $A$  is  $C^\infty$  then  $u \in C_0^\infty(\Omega_0)$ .

More can be proved. It is only necessary that  $A$  be continuous, not uniformly continuous. Moreover,  $\Omega \setminus \Omega_0$  is in fact a set of dimension  $p$  for some  $p < n - 2$ , and is empty if  $n = 2$ .

The idea of the proof is that if the graph of a solution  $u$  is sufficiently “flat” in the  $L^2$  sense near  $x_0 \in \Omega$ , then in fact  $u$  is smooth in a neighbourhood of  $x_0$ . We will see that the “flatness” condition holds at all except a “small” set of points.

The key technical point in the proof is to consider the quantity

$$U(x_0, R) = \int_{B_R(x_0)} |u - (u)_{x_0, R}|^2,$$

for  $B_R(x_0) \subset \Omega$ . This measures the  $L^2$  mean oscillation of  $u$  in  $B_R(x_0)$ . Here  $\int$  denotes the average, and is obtained by dividing by the volume  $\omega_n R^n$  of  $B_R(x_0)$ . The quantity  $(u)_{x_0, R}$  is the average of  $u$  in  $B_R(x_0)$  and is given by

$$(u)_{x_0, R} = \int_{B_R(x_0)} u.$$

We will see that if  $U(x_0, R)$  is sufficiently small then in fact  $U(x_0, r)$  approaches zero like a power of  $r$ . From this, one deduces the Hölder continuity of  $u$  in a neighbourhood of  $x_0$ . One also shows that except for a set of  $x_0$  of dimension  $n - 2$ ,  $U(x_0, R)$  is *indeed* small for some  $R = R(x_0)$ .

## 6 Some Important Preliminaries

We discuss a number of fundamental results that are used in the proof of partial regularity.

### 6.1 Integral Characterisation of Hölder Continuity

**Theorem** *If  $\Omega$  has Lipschitz boundary, then*

$$u \in C^{0,\alpha}(\overline{\Omega})^{13} \iff \int_{B_R(x_0)} |u - (u)_{x_0,R}|^2 \leq cR^{n+2\alpha}$$

for all  $B_R(x_0) \subset \Omega$ , and some constant  $c$ .

*Remark* More precisely, if the integral condition holds, then the *precise representative*  $u^*$  of  $u$ , defined by

$$u^*(x_0) = \lim_{R \rightarrow 0} \int_{B_R(x_0)} u,$$

satisfies  $u^* \in C^{0,\alpha}(\overline{\Omega})$ . Since  $u^* = u$  a.e., and changing  $u$  on a set of measure zero does not change the integral, this is the best one can expect.

**PROOF:** If  $u$  is Hölder continuous, the integral inequality is straightforward. For the other direction, one works from the definition of  $u^*$ , see [G; Ch. III,1]. ■

### 6.2 Energy (or Caccioppoli) Inequality

**Theorem** *If  $u$  is a solution of (9) and  $B_R(x_0) \subset \Omega$ , then*

$$\int_{B_{R/2}(x_0)} |Du|^2 \leq \frac{c}{R^2} \int_{B_R(x_0)} |u|^2.$$

*Philosophy* The important point here is that we are bounding the  $L^2$  norm of the *derivative* of  $u$  in some ball in terms of the  $L^2$  norm of  $u$  in a larger ball. Such an estimate is not true for arbitrary functions  $u$ , but it *is* typical of solutions of elliptic equations or systems that we can often bound integrals of higher derivatives in terms of integrals of lower derivatives, usually over a slightly larger set.

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<sup>13</sup>Suppose  $0 < \alpha \leq 1$ . Then

$$u \in C^{0,\alpha}(\overline{\Omega}) \iff |u(x) - u(y)| \leq M|x - y|^\alpha$$

for some  $M > 0$  and all  $x, y \in \Omega$ . Note that if  $\alpha > 1$  then the derivative of  $u$  would be everywhere zero, and so  $u$  is constant!

Conversely, bounding integrals of lower derivatives in terms of integrals of higher derivatives is something we can do for *arbitrary* functions, by means of Sobolev or Poincaré inequalities. In particular, note the *Poincaré inequality*

$$\int_{B_R(x_0)} |u - (u)_{x_0,R}|^2 \leq cR^2 \int_{B_R(x_0)} |Du|^2.$$

PROOF: Since the proof is one of the simplest examples of a test function argument, we sketch it here.

As is usual in P.D.E.'s, in the following,  $c$  denotes a constant which may change from line to line. But it will only depend on the dimension and constants such as  $M$  and  $\lambda$  which appear at the beginning of Section 5.

Let  $\phi = \eta^2 u$ , where  $\eta$  is smooth,  $\eta \geq 0$ ,  $\eta = 1$  on  $B_{R/2}(x_0)$ ,  $\eta = 0$  outside  $B_R(x_0)$ , and  $|D\eta| \leq 3/R$ . Substituting this in the integral form of (9),

$$\begin{aligned} 0 &= \int A Du D\phi \\ &= \int A Du (\eta^2 Du + 2\eta u D\eta) \end{aligned}$$

Hence

$$\int \eta^2 A Du Du = - \int 2A \eta D\eta u Du.$$

Hence

$$\begin{aligned} \lambda \int \eta^2 |Du|^2 &\leq c \int \eta |D\eta| |u| |Du| \\ &\leq \epsilon \int \eta^2 |Du|^2 + c(\epsilon) \int |D\eta|^2 |u|^2, \end{aligned}$$

by Young's inequality<sup>14</sup>. Taking  $\epsilon = \lambda/2$ ,

$$\int_{B_{R/2}(x_0)} |Du|^2 \leq \frac{c}{R^2} \int_{B_R(x_0)} |u|^2,$$

as required. ■

### 6.3 A Decay estimate for Solutions of Constant Coefficient Systems

**Theorem** Suppose  $u$  satisfies (9) where the  $A$  are constant and  $\Omega = B_1(0)$  for simplicity of notation. Then for  $0 < r \leq 1$ ,

$$U(0, r) \leq cr^2 U(0, 1)$$

for some constant  $c$ .

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<sup>14</sup>See the last Section of my measure theory notes.



PROOF: We may assume  $r \leq 1/4$ , since if  $r > 1/4$  we can take  $c \geq 4^{n+2}$ .

Then

$$\begin{aligned}
 r^{-2}U(0, r) &= \omega_n^{-1} r^{-2-n} \int_{B_r(0)} |u - (u)_r|^2 \\
 &\leq cr^{-n} \int_{B_r(0)} |Du|^2 \quad \text{Poincaré's inequality} \\
 &\leq c \sup_{B_r(0)} |Du|^2 \\
 &\leq c \int_{B_{1/2}(0)} |Du|^2 \quad \text{a standard elliptic estimate} \\
 &\leq c \int_{B_1(0)} |u - (u)_1|^2 \quad \text{by Caccioppoli's inequality}
 \end{aligned}$$

The “standard elliptic estimate” above is that one can typically bound higher norms (here  $L^\infty$ ) of solutions and their derivatives in terms of lower norms (here  $L^2$ ) over a larger domain. “Caccioppoli’s inequality” is applied to the solution  $u - (u)_1$ .

This gives the result. ■

## 7 Outline of Proof of Partial Regularity

**Lemma** *Suppose  $u$  is a solution of (9). Then there exist constants  $\epsilon > 0$  and  $\tau \in (0, 1)$  such that*

$$U(x_0, r) < \epsilon$$

*implies*

$$U(x_0, \tau r) < \frac{1}{2}U(x_0, r).$$

PROOF: Suppose  $\tau \in (0, 1)$  and the conclusion of the lemma is false for each  $\epsilon > 0$  (the intention is to obtain a contradiction if  $\tau$  is sufficiently small).

Then there exist balls  $B_{r_k}(x_k) \subset \Omega$  such that

$$U(x_k, r_k) = \lambda_k^2 \rightarrow 0 \tag{10}$$

but

$$U(x_k, \tau r_k) \geq \frac{1}{2}\lambda_k^2. \tag{11}$$

Rescale to the unit ball by setting

$$v_k(z) = \frac{u(x_k + r_k z) - a_k}{\lambda_k}$$

for  $z \in B_1(0)$ , where  $a_k = (u)_{x_k, r_k}$ .

Then, using the integral form of (9),

$$\int A(\lambda_k v_k + a_k) Dv_k D\phi = 0$$

for all  $\phi \in W_0^{1,2}(B_1(0); \mathbb{R}^N)$ .

Moreover, from (10) and (11),

$$\begin{aligned} (v_k)_1 &= 0 \\ \int_{B_1} |v_k|^2 &= 1 \\ \int_{B_\tau} |v_k - (v_k)_\tau|^2 &\geq 1/2. \end{aligned}$$

From Caccioppoli's inequality,  $\int_{B_1} |Dv_k|^2$  is bounded independently of  $k$ . This allows one to pass to a subsequence of the  $v_k$  which converges *weakly* in  $W^{1,2}$ , *strongly* in  $L^2$  and *pointwise a.e.*, to some function  $v$ . Moreover,  $a_k \rightarrow a$ , say. From this it is not difficult to show that  $v$  will satisfy the "limit" equation

$$\int A(a) Dv D\phi = 0$$

for all  $\phi \in W_0^{1,2}(B_1(0); \mathbb{R}^N)$ .

From the decay estimate for constant coefficient equations,

$$\int_{B_\tau} |v - (v)_\tau|^2 < c\tau^2 \int_{B_1} |v - (v)_1|^2 = c\tau^2.$$

On the other hand,

$$\int_{B_\tau} |v - (v)_\tau|^2 \geq \frac{1}{2},$$

using continuity of the  $L^2$  norm under  $L^2$  convergence in both lines.

This is a contradiction for sufficiently small  $\tau$ . ■

The Lemma is now used as follows. The inequality  $U(x_0, r) < \epsilon$  must hold in an open subset of  $\Omega$ . Moreover, it can be iterated to show

$$U(x_0, \tau^j r) < \left(\frac{1}{2}\right)^j U(x_0, r).$$

This, together with the integral characterisation of Hölder continuity and elementary arguments, shows  $u \in C^{0,\alpha}(\Omega_0)$  for some  $\alpha$ . Higher smoothness follows by fairly standard iteration techniques (although  $C^{0,\alpha}$  to  $C^{1,\alpha}$  is not *quite* so standard).

The estimate on the dimension of  $\Omega \setminus \Omega_0$  follows from noting

$$U(x_0, r) \leq cr^{2-n} \int_{B_r(x_0)} |Du|^2$$

by Poincaré's inequality, and the fact (using a Vitali covering argument) that the right side approaches zero except on a set  $E$  with  $\mathcal{H}^{n-2}(E) = 0$ .