## Part III, Chapter 12

## Local inverse and functional inequalities

Inverse inequalities rely on the fact that all the norms are equivalent in finite-dimensional normed vector spaces, e.g., in the local (polynomial) space $P_{K}$ generated from the reference finite element. The term 'inverse' refers to the fact that high-order Sobolev (semi)norms are bounded by lower-order (semi)norms, but the constants involved in these estimates either tend to zero or to infinity as the meshsize goes to zero. Our purpose is then to study how the norm-equivalence constants depend on the local meshsize and the polynomial degree of the reference finite element. We also derive some local functional inequalities valid in infinite-dimensional spaces. All of these inequalities are regularly invoked in this book. In the whole chapter, we consider the same setting as in Chapter 11, i.e., $(\widehat{K}, \widehat{P}, \widehat{\Sigma})$ is the reference finite element, $\left(\mathcal{T}_{h}\right)_{h \in \mathcal{H}}$ is a shape-regular sequence of affine meshes, $\boldsymbol{T}_{K}: \widehat{K} \rightarrow K$ is the geometric mapping for every mesh cell $K \in \mathcal{T}_{h}$, and the local finite element $\left(K, P_{K}, \Sigma_{K}\right)$ is generated by using the transformation $\psi_{K}(v):=\mathbb{A}_{K}\left(v \circ \boldsymbol{T}_{K}\right)$ with $\mathbb{A}_{K} \in \mathbb{R}^{q \times q}$ s.t. $\left\|\mathbb{A}_{K}\right\|_{\ell^{2}}\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}} \leq c$ (which follows from (11.12) and the regularity of the mesh sequence).

### 12.1 Inverse inequalities in cells

Lemma 12.1 (Bound on Sobolev seminorm). Let $l \in \mathbb{N}$ be s.t. $\widehat{P} \subset$ $W^{l, \infty}\left(\widehat{K} ; \mathbb{R}^{q}\right)$. There is c s.t. for every integer $m \in\{0: l\}$, all $p, r \in[1, \infty]$, all $v \in P_{K}$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$, the following holds true:

$$
\begin{equation*}
|v|_{W^{l, p}\left(K ; \mathbb{R}^{q}\right)} \leq c h_{K}^{m-l+d\left(\frac{1}{p}-\frac{1}{r}\right)}|v|_{W^{m, r}\left(K ; \mathbb{R}^{q}\right)} . \tag{12.1}
\end{equation*}
$$

Proof. (1) Since all the norms in the finite-dimensional space $\widehat{P}$ are equivalent, there exists $\widehat{c}$, only depending on $\widehat{K}, l$, and $q$, such that $\|\widehat{v}\|_{W^{l, \infty}\left(\widehat{K} ; \mathbb{R}^{q}\right)} \leq$ $\widehat{c}\|\widehat{v}\|_{L^{1}\left(\widehat{K} ; \mathbb{R}^{q}\right)}$ for all $\widehat{v} \in \widehat{P}$, which in turn means that for all $p, r \in[1, \infty]$,

$$
\begin{equation*}
\|\widehat{v}\|_{W^{l, p}\left(\widehat{K} ; \mathbb{R}^{q}\right)} \leq \widehat{c}\|\widehat{v}\|_{L^{r}\left(\widehat{K} ; \mathbb{R}^{q}\right)}, \quad \forall \widehat{v} \in \widehat{P} \tag{12.2}
\end{equation*}
$$

(2) Let now $v \in P_{K}$. Since $P_{K}:=\psi_{K}^{-1}(\widehat{P}), \widehat{v}:=\psi_{K}(v)$ is in $\widehat{P}$. Let $j \in\{0: l\}$. Using Lemma 11.7 , (12.2), the assumption $\left\|\mathbb{A}_{K}\right\|_{\ell^{2}}\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}} \leq c$, and the regularity of the mesh sequence implies that (the value of $c$ changes at each occurrence)

$$
\begin{aligned}
|v|_{W^{j, p}\left(K ; \mathbb{R}^{q}\right)} & \leq c\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}}\left\|\mathbb{J}_{K}^{-1}\right\|_{\ell^{2}}^{j}\left|\operatorname{det}\left(\mathbb{J}_{K}\right)\right|^{\frac{1}{p}}\|\widehat{v}\|_{W^{j, p}\left(\widehat{K} ; \mathbb{R}^{q}\right)} \\
& \leq c\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}}\left\|\mathbb{J}_{K}^{-1}\right\|_{\ell^{2}}^{j}\left|\operatorname{det}\left(\mathbb{J}_{K}\right)\right|^{\frac{1}{p}}\|\widehat{v}\|_{L^{r}\left(\widehat{K} ; \mathbb{R}^{q}\right)} \\
& \leq c\left\|\mathbb{A}_{K}\right\|_{\ell^{2}}\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}}\left\|\mathbb{J}_{K}^{-1}\right\|_{\ell^{2}}^{j}\left|\operatorname{det}\left(\mathbb{J}_{K}\right)\right|^{\frac{1}{p}-\frac{1}{r}}\|v\|_{L^{r}\left(K ; \mathbb{R}^{q}\right)} \\
& \leq c h_{K}^{-j+d\left(\frac{1}{p}-\frac{1}{r}\right)}\|v\|_{L^{r}\left(K ; \mathbb{R}^{q}\right)} .
\end{aligned}
$$

Taking $j=l$ proves (12.1) for $m=0$.
(3) Let now $m \in\{0: l\}$. Let $\alpha$ be a multi-index of length $l$, i.e., $|\alpha|=l$. One can find two multi-indices $\beta$ and $\gamma$ such that $\alpha=\beta+\gamma$ with $|\gamma|=m$ and $|\beta|=l-m$. It follows from Step (2) that

$$
\begin{aligned}
& \left\|\partial^{\alpha} v\right\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)}=\left\|\partial^{\beta}\left(\partial^{\gamma} v\right)\right\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)} \leq\left|\partial^{\gamma} v\right|_{W^{l-m, p}\left(K ; \mathbb{R}^{q}\right)} \\
& \leq c h_{K}^{m-l+d\left(\frac{1}{p}-\frac{1}{r}\right)}\left\|\partial^{\gamma} v\right\|_{L^{r}\left(K ; \mathbb{R}^{q}\right)} \leq c h_{K}^{m-l+d\left(\frac{1}{p}-\frac{1}{r}\right)}|v|_{W^{m, r}\left(K ; \mathbb{R}^{q}\right)},
\end{aligned}
$$

which proves (12.1) for every integer $m \in\{0: l\}$.
Remark 12.2 (Scale invariance). Inverse inequalities are invariant when $K$ is dilated by any factor $\lambda>0$. Indeed, the left-hand side of (12.1) scales as $\lambda^{-l+\frac{d}{p}}$ and the right-hand side as $\lambda^{m-l+d\left(\frac{1}{p}-\frac{1}{q}\right)} \lambda^{-m+\frac{d}{q}}=\lambda^{-l+\frac{d}{p}}$. This fact is useful to verify the correctness of the exponent of $h_{K}$ in (12.1).

Example 12.3 (Bound on gradient). Lemma 12.1 with $l:=1, m:=0$ yields

$$
\|\nabla v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)} \leq c h_{K}^{-1}\|v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)}
$$

for all $p \in[1, \infty]$, all $v \in P_{K}$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$.
Example 12.4 ( $L^{p}$ vs. $L^{q}$-norms). Lemma 12.1 with $m:=0, l:=0$ yields

$$
\begin{equation*}
\|v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)} \leq c h_{K}^{d\left(\frac{1}{p}-\frac{1}{r}\right)}\|v\|_{L^{r}\left(K ; \mathbb{R}^{q}\right)} \tag{12.3}
\end{equation*}
$$

for all $p, r \in[1, \infty]$, all $v \in P_{K}$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$.
Proposition 12.5 (dof-based norm). There is c s.t.

$$
\begin{equation*}
c\|v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)} \leq|K|^{\frac{1}{p}}\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}}\left(\max _{i \in \mathcal{N}}\left|\sigma_{K, i}(v)\right|\right) \leq c^{-1}\|v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)} \tag{12.4}
\end{equation*}
$$

for all $p \in[1, \infty]$, all $v \in P_{K}$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$.

Proof. See Exercise 12.3.
Example 12.6 (dof-based norm). For any Lagrange finite element with nodes $\left(\boldsymbol{a}_{K, i}\right)_{i \in \mathcal{N}},\|v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)}$ is uniformly equivalent to

$$
h_{K}^{\frac{d}{p}} \max _{i \in \mathcal{N}}\left\|v\left(\boldsymbol{a}_{K, i}\right)\right\|_{\ell^{2}\left(\mathbb{R}^{q}\right)}
$$

where $|K|^{\frac{1}{p}}$ has been replaced by $h_{K}^{\frac{d}{p}}$ owing to regularity of the mesh sequence. For the Raviart-Thomas $\mathbb{R} \mathbb{T}_{k, d}$ element (see Chapter 14), inspection of the dofs shows that $\|\boldsymbol{v}\|_{\boldsymbol{L}^{p}(K)}$ is uniformly equivalent to

$$
h_{K}^{\frac{1}{p}} \max _{F \in \mathcal{F}_{K}}\left\|\boldsymbol{v} \cdot \boldsymbol{n}_{F}\right\|_{L^{p}(F)}+\left\|\Pi_{K}^{k-1}(\boldsymbol{v})\right\|_{\boldsymbol{L}^{p}(K)},
$$

where $\boldsymbol{n}_{F}$ is the unit normal vector orienting the face $F$ of $K$, and $\Pi_{K}^{k-1}$ is the $\boldsymbol{L}^{2}(K)$-orthogonal projection onto $\mathbb{P}_{k-1, d}(k \geq 1)$. For the Nédélec $\mathbb{N}_{k, d}$ element (see Chapter 15), $\|\boldsymbol{v}\|_{\boldsymbol{L}^{p}(K)}$ is uniformly equivalent to

$$
h_{K}^{\frac{2}{p}} \max _{E \in \mathcal{E}_{K}}\left\|\boldsymbol{v} \cdot \boldsymbol{\tau}_{E}\right\|_{L^{p}(E)}+h_{K}^{\frac{1}{p}} \max _{F \in \mathcal{F}_{K}}\left\|\Pi_{K}^{k-1}(\boldsymbol{v}) \times \boldsymbol{n}_{F}\right\|_{\boldsymbol{L}^{p}(F)}+\left\|\Pi_{K}^{k-2}(\boldsymbol{v})\right\|_{\boldsymbol{L}^{p}(K)},
$$

where $\boldsymbol{\tau}_{E}$ is the unit tangent vector orienting the edge $E$ of $K$ and $\Pi_{K}^{k-2}$ is the $\boldsymbol{L}^{2}(K)$-orthogonal projection onto $\mathbb{P}_{k-2, d}(k \geq 2)$.

Sharp estimates of the constant $c$ appearing in the above inverse inequalities can be important in various contexts. For instance, the $h p$-finite element analysis requires to know how $c$ behaves with respect to the polynomial degree; see, e.g., Schwab [177]. It turns out that estimating $c$ in terms of the polynomial degree can be done in some particular cases. One of the earliest known inverse inequalities with a sharp estimate on $c$ is the Markov inequality proved in the 1890s by Andrey Markov and Vladimir Markov for univariate polynomials over the interval $[-1,1]$.
Lemma 12.7 (Markov inequality). Let $k, l \in \mathbb{N}$ with $l \leq k$ and $k \geq 1$. The following holds true for every univariate polynomial $v \in \mathbb{P}_{k, 1}$ :

$$
\begin{equation*}
\left\|v^{(l)}\right\|_{L^{\infty}(-1,1)} \leq C_{\infty, k, l}\|v\|_{L^{\infty}(-1,1)} \tag{12.5}
\end{equation*}
$$

with $C_{\infty, k, l}:=\frac{k^{2}\left(k^{2}-1^{2}\right) \ldots\left(k^{2}-(l-1)^{2}\right)}{1 \cdot 3 \ldots(2 l-1)}$.
Setting $l:=1$ in (12.5) gives $\left\|v^{\prime}\right\|_{L^{\infty}(-1,1)} \leq C_{\infty, k}\|v\|_{L^{\infty}(-1,1)}$ with $C_{\infty, k}:=$ $k^{2}$. This type of result can be extended to the multivariate case in any dimension. In particular, it is shown in Wilhelmsen [200] that

$$
\begin{equation*}
\|\nabla v\|_{\boldsymbol{L}^{\infty}(\widehat{K})} \leq \frac{4 k^{2}}{\operatorname{width}(\widehat{K})}\|v\|_{L^{\infty}(\widehat{K})}, \quad \forall v \in \mathbb{P}_{k, d} \tag{12.6}
\end{equation*}
$$

for all compact convex sets $\widehat{K}$ in $\mathbb{R}^{d}$ with nonempty interior, where width $(\widehat{K})$ is the width of $\widehat{K}$, i.e., the minimal distance between two parallel supporting hyperplanes of $\widehat{K}$; see also Kroó and Révész [129].

Results are also available for the $L^{2}$-Markov inequality in the univariate and multivariate cases; see Harari and Hughes [112], Schwab [177], Kroó [128], Özişik et al. [155]. For instance, it is shown in [177, Thm. 4.76] that

$$
\begin{equation*}
\left\|v^{\prime}\right\|_{L^{2}(-1,1)} \leq C_{2, k}\|v\|_{L^{2}(-1,1)}, \quad \forall v \in \mathbb{P}_{k, 1} \tag{12.7}
\end{equation*}
$$

with $C_{2, k}:=k\left((k+1)\left(k+\frac{1}{2}\right)\right)^{\frac{1}{2}}$. Sharp estimates of the constant $C_{2, k}$ can be derived by computing the largest eigenvalue of the stiffness matrix $\mathcal{A}$ of order $(k+1)$ with entries $\mathcal{A}_{m n}:=\int_{-1}^{1}\left(\tilde{L}_{m}\right)^{\prime}(t)\left(\tilde{L}_{n}\right)^{\prime}(t) \mathrm{d} t$ for all $m, n \in\{0: k\}$, where $\tilde{L}_{m}:=\left(\frac{2 m+1}{2}\right)^{\frac{1}{2}} L_{m}, L_{m}$ being the Legendre polynomial from Definition 6.1, i.e., $\left\{\tilde{L}_{m}\right\}_{m \in\{0: k\}}$ is an $L^{2}$-orthonormal basis of $\mathbb{P}_{k, 1}$. For instance, it is found in [155] that $C_{2,1}=3, C_{2,2}=15, C_{2,3}=\frac{45+\sqrt{1605}}{2}$, and $C_{2,4}=\frac{105+3 \sqrt{805}}{2}$. The multivariate situation is slightly more complicated, but when $\widehat{K}$ is the unit triangle or the unit square, it is shown in [177] that

$$
\begin{equation*}
\|\nabla v\|_{L^{2}(\widehat{K})} \leq c k^{2}\|v\|_{L^{2}(\widehat{K})}, \quad \forall v \in \mathbb{P}_{k, 2} \tag{12.8}
\end{equation*}
$$

where $c$ is uniform with respect to $k$. By numerically evaluating the largest eigenvalue of the stiffness matrix assembled from an $L^{2}$-orthonormal basis of $\mathbb{P}_{k, 2}$ on the reference triangle $\widehat{K}$, it is shown in [155] that

$$
\begin{equation*}
\|\nabla v\|_{L^{2}(K)} \leq C_{2, k} \frac{|\partial K|}{|K|}\|v\|_{L^{2}(K)}, \quad k \in\{1,2,3,4\} \tag{12.9}
\end{equation*}
$$

for every triangle $K$, with $C_{2,1}:=\sqrt{6} \sim 2.449, C_{2,2}:=3 \sqrt{\frac{5}{2}} \sim 4.743, C_{2,3} \sim$ 7.542 , and $C_{2,4} \sim 10.946$. Values of $C_{2, k}$ for tetrahedra with $k \in\{1: 4\}$ are also given in [155].

### 12.2 Inverse inequalities on faces

Let $\mathcal{F}_{K}$ be the collection of the faces of a mesh cell $K \in \mathcal{T}_{h}$.
Lemma 12.8 (Discrete trace inequality). Assume that $\widehat{P} \subset L^{\infty}\left(\widehat{K} ; \mathbb{R}^{q}\right)$. There is c s.t. the following holds true:

$$
\begin{equation*}
\|v\|_{L^{p}\left(F ; \mathbb{R}^{q}\right)} \leq c h_{K}^{-\frac{1}{p}+d\left(\frac{1}{p}-\frac{1}{r}\right)}\|v\|_{L^{r}\left(K ; \mathbb{R}^{q}\right)} \tag{12.10}
\end{equation*}
$$

for all $p, r \in[1, \infty]$, all $v \in P_{K}$, all $K \in \mathcal{T}_{h}$, all $F \in \mathcal{F}_{K}$, and all $h \in \mathcal{H}$.

Proof. Let $\widehat{v}:=\psi_{K}(v)$. Then $\|v\|_{L^{p}\left(F ; \mathbb{R}^{q}\right)} \leq\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}}\left(\frac{|F|}{|\widehat{F}|}\right)^{\frac{1}{p}}\|\widehat{v}\|_{L^{p}\left(\widehat{F} ; \mathbb{R}^{q}\right)}$. Using norm equivalence in $\widehat{P}$, we infer that $\|\widehat{v}\|_{L^{p}\left(\widehat{F} ; \mathbb{R}^{q}\right)} \leq \widehat{c}\|\widehat{v}\|_{L^{p}\left(\widehat{K} ; \mathbb{R}^{q}\right)}$. Hence, $\|v\|_{L^{p}\left(F ; \mathbb{R}^{q}\right)} \leq c^{\prime}\left\|\mathbb{A}_{K}\right\|_{\ell^{2}}\left\|\mathbb{A}_{K}^{-1}\right\|_{\ell^{2}}\left(\left.\frac{|F|}{|\widehat{F}|}\left|\frac{|\widehat{K}|}{}\right| \frac{1}{p} \right\rvert\,\right)^{\frac{1}{p}}\|v\|_{L^{p}\left(K ; \mathbb{R}^{q}\right)}$. The regularity of the mesh sequence yields (12.10) if $p=r$. The result for $r \neq p$ follows from (12.3).

Again, it can be important to have an accurate estimate of the constant $c$ appearing in the discrete trace inequality (12.10). For instance, this constant is invoked to determine a minimal threshold on the stability parameter that is used to enforce boundary conditions weakly in the boundary penalty method and the discontinuous Galerkin method for elliptic PDEs; see Chapters 37 and 38. It is indeed possible to estimate $c$ in the Hilbertian setting (with $p=q=2$ ), when $K$ is a simplex or a cuboid. We start with the case of the cuboid; see Canuto and Quarteroni [57], Bernardi and Maday [22].

Lemma 12.9 (Discrete trace inequality in cuboid). Let $K$ be a cuboid in $\mathbb{R}^{d}$ and let $F \in \mathcal{F}_{K}$. The following holds true for all $v \in \mathbb{Q}_{k, d}$ :

$$
\begin{equation*}
\|v\|_{L^{2}(F)} \leq(k+1)|F|^{\frac{1}{2}}|K|^{-\frac{1}{2}}\|v\|_{L^{2}(K)} . \tag{12.11}
\end{equation*}
$$

Proof. We first consider the reference hypercube $\widehat{K}:=[-1,1]^{d}$ and the face $\widehat{F}:=\left\{\widehat{x}_{d}=-1\right\}$. Recall the rescaled Legendre polynomials $\tilde{L}_{m}:=$ $\left(\frac{2 m+1}{2}\right)^{\frac{1}{2}} L_{m}$, i.e., $\left\{\tilde{L}_{m}\right\}_{m \in\{0: k\}}$ is an $L^{2}$-orthonormal basis of $\mathbb{Q}_{k, 1}=\mathbb{P}_{k, 1}$. An $L^{2}$-orthonormal basis of $\mathbb{Q}_{k, d}$ is obtained by constructing the tensor product of this one-dimensional basis. Let $\widehat{v} \in \mathbb{Q}_{k, d}$ and write

$$
\widehat{v}(\widehat{\boldsymbol{x}})=\sum_{i_{1} \in\{0: k\}} \ldots \sum_{i_{d} \in\{0: k\}} \widehat{v}_{i_{1} \ldots i_{d}} \tilde{L}_{i_{1}}\left(\widehat{x}_{1}\right) \ldots \tilde{L}_{i_{d}}\left(\widehat{x}_{d}\right) .
$$

Let $V \in \mathbb{R}^{(k+1)^{d}}$ be the coordinate vector of $\widehat{v}$ in this tensor-product basis. Using orthonormality, we infer that

$$
\int_{\widehat{F}} \widehat{v}(\widehat{\boldsymbol{x}})^{2} \mathrm{~d} \widehat{s}=V^{\top} \mathcal{T} V
$$

where the $(k+1)^{d} \times(k+1)^{d}$ symmetric matrix $\mathcal{T}$ is block-diagonal with $(k+1)^{d-1}$ diagonal blocks all equal to the rank-one matrix $\mathcal{U}:=U U^{\top}$ where $U=\left(\tilde{L}_{0}(-1), \ldots, \tilde{L}_{k}(-1)\right)^{\top}$. As a result, the largest eigenvalue of $\mathcal{T}$ is

$$
\lambda_{\max }(\mathcal{T})=\lambda_{\max }(\mathcal{U})=\|U\|_{\ell^{2}\left(\mathbb{R}^{k+1}\right)}^{2}=\sum_{m \in\{0: k\}} \frac{2 m+1}{2}=\frac{(k+1)^{2}}{2}
$$

Since $V^{\top} V=\|\widehat{v}\|_{L^{2}(\widehat{K})}^{2}$ by orthonormality of the basis, we infer that

$$
\|\widehat{v}\|_{L^{2}(\widehat{F})}^{2} \leq \lambda_{\max }(\mathcal{T})\|\widehat{v}\|_{L^{2}(\widehat{K})}^{2}=\frac{1}{2}(k+1)^{2}\|\widehat{v}\|_{L^{2}(\widehat{K})}^{2} .
$$

Finally, we obtain (12.11) by mapping the above estimate back to the cuboid $K$ and by observing that $|\widehat{K}|=2|\widehat{F}|$.
Lemma 12.10 (Discrete trace inequality in simplices). Let $K$ be $a$ simplex in $\mathbb{R}^{d}$ and let $F \in \mathcal{F}_{K}$. The following holds true for all $v \in \mathbb{P}_{k, d}$ :

$$
\begin{equation*}
\|v\|_{L^{2}(F)} \leq\left((k+1)(k+d) d^{-1}\right)^{\frac{1}{2}}|F|^{\frac{1}{2}}|K|^{-\frac{1}{2}}\|v\|_{L^{2}(K)} . \tag{12.12}
\end{equation*}
$$

Proof. See Warburton and Hesthaven [196].

### 12.3 Functional inequalities in meshes

This section presents two important functional inequalities: the PoincaréSteklov inequality for functions having zero mean-value over a mesh cell and the multiplicative trace inequality for functions having a trace at the boundary of a mesh cell.

### 12.3.1 Poincaré-Steklov inequality in cells

Lemma 12.11 (Poincaré-Steklov). Let $K \in \mathcal{T}_{h}$ and assume that $K$ is a convex set. Then for all $v \in H^{1}(K)$ with $\underline{v}_{K}:=\frac{1}{|K|} \int_{K} v \mathrm{~d} x$, we have

$$
\begin{equation*}
\left\|v-\underline{v}_{K}\right\|_{L^{2}(K)} \leq \pi^{-1} h_{K}|v|_{H^{1}(K)} . \tag{12.13}
\end{equation*}
$$

Proof. This is a paraphrase of Lemma 3.24.
Lemma 12.12 (Fractional Poincaré-Steklov). Let $p \in[1, \infty), r \in(0,1)$, and let $K \in \mathcal{T}_{h}$. Then for all $v \in W^{r, p}(K)$ with $\underline{v}_{K}:=\frac{1}{|K|} \int_{K} v \mathrm{~d} x$, we have

$$
\begin{equation*}
\left\|v-\underline{v}_{K}\right\|_{L^{p}(K)} \leq h_{K}^{s}\left(\frac{h_{K}^{d}}{|K|}\right)^{\frac{1}{p}}|v|_{W^{r, p}(K)} \tag{12.14}
\end{equation*}
$$

Proof. This is a paraphrase of Lemma 3.26.
Corollary 12.13 (Polynomial approximation). Assume that the mesh sequence $\left(\mathcal{T}_{h}\right)_{h \in \mathcal{H}}$ is shape-regular. Let $k \in \mathbb{N}$. There is c s.t. for every real numbers $r \in[0, k+1]$ and $p \in[1, \infty)$ if $r \notin \mathbb{N}$ and $p \in[1, \infty]$ if $r \in \mathbb{N}$, every integer $m \in\{0:\lfloor r\rfloor\}$ (where $\lfloor r\rfloor$ denotes the largest integer $n \in \mathbb{N}$ s.t. $n \leq r$ ), all $v \in W^{r, p}(K)$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$,

$$
\begin{equation*}
\inf _{q \in \mathbb{P}_{k, d}}|v-q|_{W^{m, p}(K)} \leq c h_{K}^{r-m}|v|_{W^{r, p}(K)} \tag{12.15}
\end{equation*}
$$

where the mesh cells are supposed to be convex sets if $r \geq 1$.

Proof. If $m=r$, there is nothing to prove, so let us assume that $m<r$. If $r \in(0,1)$, we have $m=0$, and (12.15) follows from the fractional PoincaréSteklov (12.14) and the regularity of the mesh sequence. If $r=1$, we only need to consider the case $m=0$ (since otherwise $m=1=r$ ), and (12.15) follows from the Poincaré-Steklov inequality (12.13) and the convexity of $K$. If $k=0$, the proof is complete. Otherwise, $k \geq 1$ and let us assume now that $r>1$. Let $\ell \in \mathbb{N}$ be s.t. $\ell:=\lceil r\rceil-1$ (where $\lceil r\rceil$ denotes the smallest integer $n \in \mathbb{N}$ s.t. $n \geq r$ ). Notice that we have $m \leq \ell \leq k$ and $1 \leq \ell$. The key idea is to take $q:=\pi_{\ell}(v) \in \mathbb{P}_{\ell, d} \subset \mathbb{P}_{k, d}$ since $\ell \leq k$, where $\pi_{\ell}(v)$ is defined by $\int_{K} \partial^{\alpha}\left(v-\pi_{\ell}(v)\right) \mathrm{d} x=0$ for all $\alpha \in \mathbb{N}^{d}$ of length at most $\ell$ (see Exercise 11.8), and then to invoke the above Poincaré-Steklov inequalities in $K$. Since $\partial^{\alpha}\left(v-\pi_{\ell}(v)\right)$ has zero mean-value on $K$ for every multi-index $\alpha \in \mathbb{N}^{d}$ of length $m$ with $0 \leq m \leq \ell-1$, repeated applications of the Poincaré-Steklov inequality (12.13) (and the convexity of $K$ ) imply that

$$
\left|v-\pi_{\ell}(v)\right|_{W^{m, p}(K)} \leq c h_{K}^{\ell-m}\left|v-\pi_{\ell}(v)\right|_{W^{\ell, p}(K)} .
$$

Since $\partial^{\alpha}\left(v-\pi_{\ell}(v)\right)$ has zero mean-value on $K$ for any multi-index $\alpha \in \mathbb{N}^{d}$ of length $\ell$ as well, we can apply one more time either (12.13) or (12.14) to the right-hand side. If $r \in \mathbb{N}$, we invoke the convexity of $K$ and apply (12.13) to obtain (12.15). If $r \notin \mathbb{N}$, we apply (12.14) and invoke the regularity of the mesh sequence to obtain (12.15).
Remark 12.14 (Comparison). The estimate (12.15) is similar in spirit to the Bramble-Hilbert lemma (Lemma 11.9), except that in Lemma 11.9 it is not known how the constant $c$ depends on $K$. This difficulty was circumvented in Theorem 11.13 by using that all the mesh cells are generated from a fixed reference cell. This assumption is not used in the proof of (12.15), which instead assumes the mesh cells to be convex sets. The estimate (12.15) can be extended to (connected) cells that can be partitioned into a uniformly finite number of convex subsets (e.g., simplices). The key point to establish this result is that the Poincaré-Steklov inequality (12.13) can be generalized to such sets; see Remark 22.11.

### 12.3.2 Multiplicative trace inequality

Let $K \in \mathcal{T}_{h}$ and let $F \in \mathcal{F}_{K}$ be a face of $K$. Consider a function $v \in W^{1, p}(K)$. Then $v$ has a trace in $L^{p}(F)$ (see Theorem 3.10). The following result gives an estimate of $\|v\|_{L^{p}(F)}$ in terms of powers of $\|v\|_{L^{p}(K)}$ and $\|\nabla v\|_{L^{p}(K)}$ (hence the name multiplicative).
Lemma 12.15 (Multiplicative trace inequality). Let $\left(\mathcal{T}_{h}\right)_{h \in \mathcal{H}}$ be a shape-regular sequence of affine simplicial meshes in $\mathbb{R}^{d}$. There is $c$ s.t. for all $p \in[1, \infty]$, all $v \in W^{1, p}(K)$, all $K \in \mathcal{T}_{h}$, all $F \in \mathcal{F}_{K}$, and all $h \in \mathcal{H}$,

$$
\begin{equation*}
\|v\|_{L^{p}(F)} \leq c\|v\|_{L^{p}(K)}^{1-\frac{1}{p}}\left(h_{K}^{-\frac{1}{p}}\|v\|_{L^{p}(K)}^{\frac{1}{p}}+\|\nabla v\|_{L^{p}(K)}^{\frac{1}{p}}\right) . \tag{12.16}
\end{equation*}
$$

Proof. Let $K \in \mathcal{T}_{h}$ and $v \in W^{1, p}(K)$. Assume first that $p \in[1, \infty)$. Let $F$ be a face of $K$ and let $\boldsymbol{z}_{F}$ be the vertex of $K$ opposite to $F$. Consider the Raviart-Thomas function $\boldsymbol{\theta}_{F}(\boldsymbol{x}):=\frac{|F|}{d|K|}\left(\boldsymbol{x}-\boldsymbol{z}_{F}\right)$ (see $\S 14.1$ ). One can verify that the normal component of $\boldsymbol{\theta}_{F}$ is equal to 1 on $F$ and 0 on the other faces of $K$. Since $\nabla \cdot \boldsymbol{\theta}_{F}=\frac{|F|}{|K|}$, we infer using the divergence theorem that

$$
\begin{aligned}
\|v\|_{L^{p}(F)}^{p} & =\int_{\partial K}|v|^{p}\left(\boldsymbol{\theta}_{F} \cdot \boldsymbol{n}\right) \mathrm{d} s=\int_{K} \nabla \cdot\left(|v|^{p} \boldsymbol{\theta}_{F}\right) \mathrm{d} x \\
& =\int_{K}\left(|v|^{p} \nabla \cdot \boldsymbol{\theta}_{F}+p v|v|^{p-2} \boldsymbol{\theta}_{F} \cdot \nabla v\right) \mathrm{d} x \\
& =\frac{|F|}{|K|}\|v\|_{L^{p}(K)}^{p}+\frac{p}{d} \frac{|F|}{|K|} \int_{K} v|v|^{p-2}\left(\boldsymbol{x}-\boldsymbol{z}_{F}\right) \cdot \nabla v \mathrm{~d} x .
\end{aligned}
$$

Using Hölder's inequality and introducing the length $\ell \frac{\perp}{F}$ defined as the largest length of an edge of $K$ having $\boldsymbol{z}_{F}$ as an endpoint, we infer that

$$
\|v\|_{L^{p}(F)}^{p} \leq \frac{|F|}{|K|}\|v\|_{L^{p}(K)}^{p}+\frac{p}{d} \frac{|F| \ell \ell_{F}^{\perp}}{|K|}\|v\|_{L^{p}(K)}^{p-1}\|\nabla v\|_{L^{p}(K)}
$$

which implies the bound (12.16) using the regularity of the mesh sequence and the fact that $p^{\frac{1}{p}} \leq e^{\frac{1}{e}}<\frac{3}{2}$. Finally, the bound for $p=\infty$ is obtained by passing to the limit $p \rightarrow \infty$ in (12.16) since $c$ is uniform w.r.t. $p$ and since $\lim _{p \rightarrow \infty}\|\cdot\|_{L^{p}(K)}=\|\cdot\|_{L^{\infty}(K)}$.

Remark 12.16 (Literature). The idea of using a Raviart-Thomas function to prove (12.16) can be traced to Monk and Süli [146, App. B] and Carstensen and Funken [62, Thm. 4.1]. See also Ainsworth [5, Lem. 10] and Veeser and Verfürth [193, Prop. 4.2].

Remark 12.17 (Application). Let $\mathcal{I}_{K}: V(K) \rightarrow P_{K}$ be an interpolation operator s.t. $W^{1, p}(K) \hookrightarrow V(K), p \in[1, \infty]$, and $\left|v-\mathcal{I}_{K}(v)\right|_{W^{m, p}(K)} \leq$ $c h_{K}^{r-m}|v|_{W^{r, p}(K)}$ for all $r \in\{1: k+1\}, k \geq 0, m \in\{0,1\}$, all $v \in W^{r, p}(K)$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$. The multiplicative trace inequality (12.16) can then be used to estimate the approximation properties of $\mathcal{I}_{K}$ in $L^{p}(F)$. Combining (12.16) with the above estimate on $\left|v-\mathcal{I}_{K}(v)\right|_{W^{m, p}(K)}$ gives

$$
\left\|v-\mathcal{I}_{K}(v)\right\|_{L^{p}(F)} \leq c h_{K}^{r-\frac{1}{p}}|v|_{W^{r, p}(K)}
$$

When $\mathcal{I}_{K}:=\mathcal{I}_{K}^{\mathrm{b}}$ is the $L^{2}$-orthogonal projection built using $\mathbb{P}_{k, d}$ (see $\S 11.5 .3$ ), it is shown in Chernov [67, Thm. 1.1] that $c$ decays like $k^{-r+\frac{1}{2}}$ for $p=2$.

Remark 12.18 (Nonsimplicial cells). Lemma 12.15 can be extended to nonsimplicial cells s.t. one can find a vector-valued function $\boldsymbol{\theta}_{F}$ with normal component equal to 1 on $F$ and 0 on the other faces, and satisfying $h_{K}\left\|\nabla \cdot \boldsymbol{\theta}_{F}\right\|_{L^{\infty}(K)}+\left\|\boldsymbol{\theta}_{F}\right\|_{\boldsymbol{L}^{\infty}(K)} \leq c$ uniformly w.r.t. $F, K$, and $h$.

Remark 12.19 (Fractional trace inequality). The multiplicative trace inequality from Lemma 12.15 can be extended to functions in fractional Sobolev spaces. Let $p \in(1, \infty)$ and $s \in\left(\frac{1}{p}, 1\right)$ (we exclude the case $s=1$ since it is already covered by Lemma 12.15). Functions in $W^{s, p}(K)$ have traces in $L^{p}(F)$ for every face $F$ of $K$ (see Theorem 3.10). Then one can show (see Exercise 12.6 or Ciarlet [73, Prop. 3.1] and the work by the authors [97, Lem. 7.2]) that there is $c$ s.t. for all $v \in W^{s, p}(K)$, all $K \in \mathcal{T}_{h}$, all $F \in \mathcal{F}_{K}$, and all $h \in \mathcal{H}$,

$$
\begin{equation*}
\|v\|_{L^{p}(F)} \leq c\left(h_{K}^{-\frac{1}{p}}\|v\|_{L^{p}(K)}+h_{K}^{s-\frac{1}{p}}|v|_{W^{s, p}(K)}\right) . \tag{12.17}
\end{equation*}
$$

The constant $c$ is uniform w.r.t. $s$ and $p$ as long as $s p$ is bounded from below away from 1 , but $c$ can grow unboundedly as $s p \downarrow 1$.

## Exercises

Exercise 12.1 ( $\ell^{p}$ vs. $\ell^{r}$ ). Let $p, r$ be two nonnegative real numbers. Let $\left\{a_{i}\right\}_{i \in I}$ be a finite sequence of nonnegative numbers. Set $\|a\|_{\ell^{p}\left(\mathbb{R}^{I}\right)}:=$ $\left(\sum_{i \in I} a_{i}^{p}\right)^{\frac{1}{p}}$ and $\|a\|_{\ell^{r}\left(\mathbb{R}^{I}\right)}:=\left(\sum_{i \in I} a_{i}^{r}\right)^{\frac{1}{r}}$. (i) Prove that $\|a\|_{\ell^{p}\left(\mathbb{R}^{I}\right)} \leq\|a\|_{\ell^{r}\left(\mathbb{R}^{I}\right)}$ for $r \leq p$. (Hint: set $\theta_{i}:=a_{i}^{r} /\|a\|_{\ell^{r}\left(\mathbb{R}^{I}\right)}^{r}$.) (ii) Prove that $\|a\|_{\ell^{p}\left(\mathbb{R}^{I}\right)} \leq$ $\operatorname{card}(I)^{\frac{r-p}{p r}}\|a\|_{\ell^{r}\left(\mathbb{R}^{I}\right)}$ for $r>p$.

Exercise 12.2 ( $L^{p}$-norm of shape functions). Let $\theta_{K, i}, i \in \mathcal{N}$, be a local shape function. Let $p \in[1, \infty]$. Assume that $\left(\mathcal{T}_{h}\right)_{h \in \mathcal{H}}$ is shape-regular. Prove that $\left\|\theta_{K, i}\right\|_{L^{p}(K)}$ is equivalent to $h_{K}^{d / p}$ uniformly w.r.t. $K \in \mathcal{T}_{h}$ and $h \in \mathcal{H}$.

Exercise 12.3 (dof norm). Prove Proposition 12.5. (Hint: use Lemma 11.7.)
Exercise 12.4 (Inverse inequality). (i) Let $k \geq 1, p \in[1, \infty]$, let $\widehat{K}:=$ $\left\{\left(\widehat{x}_{1}, \ldots, \widehat{x}_{d}\right) \in(0,1)^{d} \mid \sum_{i \in\{1: d\}} \widehat{x}_{i} \leq 1\right\}$, and set $\widehat{c}_{k, p}:=\sup _{\widehat{v} \in \mathbb{P}_{k, d}} \frac{\|\nabla \widehat{v}\|_{L^{p}(\widehat{K})}}{\| \widehat{v} L_{L^{p}(\widehat{K})}}$. Explain why $\widehat{c}_{k, p}$ is finite. (ii) Let $K$ be a simplex in $\mathbb{R}^{d}$ and let $\rho_{K}$ denote the diameter of its largest inscribed ball. Show that $\|\nabla v\|_{L^{p}(K)} \leq \widehat{c}_{k, p} \frac{\sqrt{2}}{\rho_{K}}\|v\|_{L^{p}(K)}$ for all $v \in \mathbb{P}_{k, d} \circ \boldsymbol{T}_{K}$, where $\boldsymbol{T}_{K}: \widehat{K} \rightarrow K$ is the geometric mapping. (Hint: use (9.8a) and Lemma 11.1.)

Exercise 12.5 (Markov inequality). (i) Justify that the constant $C_{2, k}$ in the Markov inequality (12.7) can be determined as the largest eigenvalue of the stiffness matrix $\mathcal{A}$. (ii) Compute numerically the constant $C_{2, k}$ for $k \in\{1,2,3\}$.

Exercise 12.6 (Fractional trace inequality). Prove (12.17). (Hint: use a trace inequality in $W^{s, p}(\widehat{K})$.)

Exercise 12.7 (Mapped polynomial approximation). Let $(\widehat{K}, \widehat{P}, \widehat{\Sigma})$ be a reference finite element such $\mathbb{P}_{k, d} \subset \widehat{P}, k \in \mathbb{N}$. Let $\mathcal{T}_{h}$ be a member of a shape-regular mesh sequence. Let $\boldsymbol{T}_{K}(\widehat{K})=K \in \mathcal{T}_{h}$ and let $\left(K, P_{K}, \Sigma_{K}\right)$ be the finite element generated by the geometric mapping $\boldsymbol{T}_{K}$ and the functional transformation $\psi_{K}(v):=\mathbb{A}_{K}\left(v \circ \boldsymbol{T}_{K}\right)$. Recall that $P_{K}=\psi_{K}^{-1}(\widehat{P})$. Show that there is $c$ s.t.

$$
\begin{equation*}
\inf _{q \in P_{K}}|v-q|_{W^{m, p}(K)} \leq c h_{K}^{r-m}|v|_{W^{r, p}(K)}, \tag{12.18}
\end{equation*}
$$

for all $r \in[0, k+1]$, all $p \in[1, \infty)$ if $r \notin \mathbb{N}$ or all $p \in[1, \infty]$ if $r \in \mathbb{N}$, every integer $m \in\{0:\lfloor r\rfloor\}$, all $v \in W^{r, p}(K)$, all $K \in \mathcal{T}_{h}$, and all $h \in \mathcal{H}$, where the mesh cells are supposed to be convex sets if $r \geq 1$. (Hint: use Lemma 11.7 and Corollary 12.13.)

Exercise 12.8 (Trace inequality). Let $U$ be a Lipschitz domain in $\mathbb{R}^{d}$. Prove that there are $c_{1}(U)$ and $c_{2}(U)$ such that $\|v\|_{L^{p}(\partial U)} \leq c_{1}(U)\|v\|_{L^{p}(U)}+$ $\left.c_{2}(U)\|\nabla v\|_{L^{p}(U)}^{\frac{1}{p}}\|v\|_{L^{p}(U)}^{1-\frac{1}{p}}\right)$ for all $p \in[1, \infty)$ and all $v \in W^{1, p}(U)$. (Hint: accept as a fact that there exists a smooth vector field $N \in C^{1}(\bar{U})$ and $c_{0}(U)>0$ such that $(\boldsymbol{N} \cdot \boldsymbol{n})_{\mid \partial U} \geq c_{0}(U)$ and $\|\boldsymbol{N}(\boldsymbol{x})\|_{\ell^{2}\left(\mathbb{R}^{d}\right)}=1$ for all $\boldsymbol{x} \in U$.)

Exercise 12.9 (Weighted inverse inequalities). Let $k \in \mathbb{N}$. (i) Prove that $\left\|\left(1-t^{2}\right)^{\frac{1}{2}} v^{\prime}\right\|_{L^{2}(-1,1)} \leq(k(k+1))^{\frac{1}{2}}\|v\|_{L^{2}(-1,1)}$ for all $v \in \mathbb{P}_{k, 1}$. (Hint: let $\tilde{L}_{m}:=\left(\frac{2 m+1}{2}\right)^{1 / 2} L_{m}, L_{m}$ being the Legendre polynomial from Definition 6.1, and prove that $\int_{-1}^{1}\left(1-t^{2}\right)\left(\tilde{L}_{m}\right)^{\prime}(t)\left(\tilde{L}_{n}\right)^{\prime}(t) \mathrm{d} t=\delta_{m n} m(m+1)$ for every integers $m, n \in\{0: k\}$.) (ii) Prove that $\|v\|_{L^{2}(-1,1)} \leq(k+2)\left\|\left(1-t^{2}\right)^{\frac{1}{2}} v\right\|_{L^{2}(-1,1)}$ for all $v \in \mathbb{P}_{k, 1}$. (Hint: consider a Gauss-Legendre quadrature with $l_{\mathcal{Q}}:=$ $k+2$ and use the fact that the rightmost Gauss-Legendre node satisfies $\left.\xi_{l_{\mathcal{Q}}} \leq \cos \left(\frac{\pi}{2 l_{\mathcal{Q}}}\right).\right)$ Note: see also Verfürth [195].

