## iravity: Newtonian, post-Newtonian Relativistic

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## Outline of the Lectures*

## Part 1: Newtonian Gravity

- Foundations
- Equations of hydrodynamics
- Spherical and nearly spherical bodies
- Motion of extended fluid bodies


## Part 2: Newtonian Celestial Mechanics

- Two-body Kepler problem
- Perturbed Kepler problem
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)


## Outline of the Lectures*

## Part 3: General Relativity

- Einstein equivalence principle
- GR field equations

Part 4: Post-Newtonian \& post-Minkowskian theor

- Formulation
- Near-zone physics
- Wave-zone physics
- Radiation reaction
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)


## Gravity

Newtonian, Post-Newtonian, Relativistic


Eric Poisson and Clifford M. Will

CAMBRIDGE
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)

## Foundations of Newtonian Gravity

Newton's 2 nd law and the law of gravitation:

$$
\begin{aligned}
m_{I} \boldsymbol{a} & =\boldsymbol{F} \\
\boldsymbol{F} & =-G m_{G} M \boldsymbol{r} / r^{3}
\end{aligned}
$$

The principle of equivalence:

$$
\begin{aligned}
\boldsymbol{a} & =-\frac{m_{G}}{m_{I}} \frac{G M \boldsymbol{r}}{r^{3}} \\
\text { If } m_{G} & =m_{I}(1+\eta)
\end{aligned}
$$

Then, comparing the acceleration of two different bodies or materials

$$
\Delta \boldsymbol{a}=\boldsymbol{a}_{1}-\boldsymbol{a}_{2}=-\left(\eta_{1}-\eta_{2}\right) \frac{G M \boldsymbol{r}}{r^{3}}
$$

## The Weak Equivalence Principle (WEP)

400 CE Ioannes Philiponus: "...let fall from the same heic
two weights of which one is many times as heavy as the other .... the difference in time is a very small one"
1553 Giambattista Benedetti
proposed equality
1586 Simon Stevin experiments
1589-92 Galileo Galilei
Leaning Tower of Pisa?
1670-87 Newton
pendulum experiments
1889, 1908 Baron R. von Eötvös
torsion balance experiments (10-9)
1990-2010 UW (Eöt-Wash)
10-13
2010 Atom inteferometers
matter waves vs macroscopic object


Bodies fall in a gravitational field with an acceleration that is independent of mass, composition or internal structure

## Tests of the Weak Equivalence Principle



## Newtonian equations of Hydrodynamics

Writing $\quad m \boldsymbol{a}=m \boldsymbol{\nabla} U$, Equation of motion

$$
U=G M / r, \text { Field equation }
$$

Generalize to multiple sources (sum over M's) and continuous matt

$$
\begin{array}{|rlrl}
\begin{array}{rlrl}
\rho \frac{d v}{d t} & =\rho \boldsymbol{\nabla} U-\nabla p, & & \text { Euler equation of motion } \\
\frac{\partial \rho}{\partial t}+\nabla \cdot(\rho \boldsymbol{v}) & =0, & & \text { Continuity equation } \\
\nabla^{2} U & =-4 \pi G \rho, & & \text { Poisson field equation } \\
\frac{d}{d t}:=\frac{\partial}{\partial t}+\boldsymbol{v} \cdot \boldsymbol{\nabla}, & \text { Total or Lagrangian derivative } \\
p=p(\rho, T, \ldots) & & \text { Equation of state }
\end{array} \\
\hline
\end{array}
$$

Formal solution of Poisson's field equation:
Write $\quad U(t, \boldsymbol{x})=G \int G\left(\boldsymbol{x}, \boldsymbol{x}^{\prime}\right) \rho\left(t, \boldsymbol{x}^{\prime}\right) d^{3} x^{\prime}$,
Green function $\nabla^{2} G\left(\boldsymbol{x}, \boldsymbol{x}^{\prime}\right)=-4 \pi \delta\left(\boldsymbol{x}-\boldsymbol{x}^{\prime}\right) \Rightarrow G\left(\boldsymbol{x}, \boldsymbol{x}^{\prime}\right)=1 /\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|$

$$
U(t, \boldsymbol{x})=G \int \frac{\rho\left(t, \boldsymbol{x}^{\prime}\right)}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime}
$$

## Rules of the road

Consequences of the continuity equation: for any $f(x, t)$ :

$$
\begin{aligned}
\frac{d}{d t} \int \rho(t, \boldsymbol{x}) f(t, \boldsymbol{x}) d^{3} x & =\int\left(\rho \frac{\partial f}{\partial t}+f \frac{\partial \rho}{\partial t}\right) d^{3} x \\
& =\int\left(\rho \frac{\partial f}{\partial t}-f \boldsymbol{\nabla} \cdot(\rho \boldsymbol{v})\right) d^{3} x \\
& =\int\left(\rho \frac{\partial f}{\partial t}+\rho \boldsymbol{v} \cdot \boldsymbol{\nabla} f\right) d^{3} x-\oint f \rho \boldsymbol{v} \cdot d \boldsymbol{S} \\
& =\int \rho \frac{d f}{d t} d^{3} x .
\end{aligned}
$$

Useful rules:

$$
\begin{aligned}
\frac{\partial}{\partial t} \int \rho\left(t, \boldsymbol{x}^{\prime}\right) f\left(t, \boldsymbol{x}, \boldsymbol{x}^{\prime}\right) d^{3} x^{\prime} & =\int \rho^{\prime}\left(\frac{\partial f}{\partial t}+\boldsymbol{v}^{\prime} \cdot \nabla^{\prime} f\right) d^{3} x^{\prime}, \\
\frac{d}{d t} \int \rho\left(t, \boldsymbol{x}^{\prime}\right) f\left(t, \boldsymbol{x}, \boldsymbol{x}^{\prime}\right) d^{3} x^{\prime} & =\int \rho^{\prime}\left(\frac{\partial f}{\partial t}+\boldsymbol{v} \cdot \nabla f+\boldsymbol{v}^{\prime} \cdot \nabla^{\prime} f\right) d^{3} x^{\prime} \\
& =\int \rho^{\prime} \frac{d f}{d t} d^{3} x^{\prime}
\end{aligned}
$$

## Global conservation laws

$$
\begin{aligned}
M & :=\int \rho(t, \boldsymbol{x}) d^{3} x=\mathrm{constant} \\
\boldsymbol{P} & :=\int \rho(t, \boldsymbol{x}) \boldsymbol{v} d^{3} x=\mathrm{constant} \\
E & :=\mathcal{T}(t)+\Omega(t)+E_{\mathrm{int}}(t)=\mathrm{constant} \\
\boldsymbol{J} & :=\int \rho \boldsymbol{x} \times \boldsymbol{v} d^{3} x=\mathrm{constant} \\
\boldsymbol{R}(t) & :=\frac{1}{M} \int \rho(t, \boldsymbol{x}) \boldsymbol{x} d^{3} x=\frac{\boldsymbol{P}}{M}\left(t-t_{0}\right)+\boldsymbol{R}_{0}
\end{aligned}
$$

$$
\begin{array}{r}
d(\epsilon \mathcal{V})+p d \mathcal{V}=0 \\
\nabla \cdot \boldsymbol{v}=\mathcal{V}^{-1} d \mathcal{V} / d t
\end{array}
$$

$$
\begin{aligned}
& \mathcal{T}(t):=\frac{1}{2} \int \rho v^{2} d^{3} x \\
& \Omega(t):=-\frac{1}{2} G \int \frac{\rho \rho^{\prime}}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime} d^{3} x,
\end{aligned}
$$

$$
E_{\text {int }}(t):=\int \epsilon d^{3} x
$$

$$
\begin{aligned}
\frac{d}{d t} \int \rho \boldsymbol{v} d^{3} x & =\int(\rho \boldsymbol{\nabla} U-\nabla p) d^{3} x \\
& =-G \iint \rho \rho^{\prime} \frac{\boldsymbol{x}-\boldsymbol{x}^{\prime}}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|^{3}} d^{3} x d^{3} x^{\prime}-\oint p \boldsymbol{n} d^{2} S \\
& =0
\end{aligned}
$$

## Spherical and nearly spherical bodies

## Spherical symmetry

$$
\begin{aligned}
& \frac{1}{r^{2}} \frac{\partial}{\partial r}\left(r^{2} \frac{\partial U}{\partial r}\right)=-4 \pi G \rho(t, r) \\
& \frac{\partial U}{\partial r}=-\frac{G m(t, r)}{r^{2}} \quad m(t, r):=\int_{0}^{r} 4 \pi \rho\left(t, r^{\prime}\right) r^{\prime 2} d r^{\prime}
\end{aligned}
$$

$$
U(t, r)=\frac{G m(t, r)}{r}+4 \pi G \int_{r}^{R} \rho\left(t, r^{\prime}\right) r^{\prime} d r^{\prime}
$$

Outside the body $U=G M / r$

## Spherical and nearly spherical bodies

Non-spherical bodies: the external field $\left|\boldsymbol{x}^{\prime}\right|<|\boldsymbol{x}|$
Taylor expansion:

$$
\begin{aligned}
\frac{1}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} & =\frac{1}{r}-x^{\prime j} \partial_{j}\left(\frac{1}{r}\right)+\frac{1}{2} x^{\prime j} x^{\prime k} \partial_{j} \partial_{k}\left(\frac{1}{r}\right)-\cdots \\
& =\sum_{\ell=0}^{\infty} \frac{(-1)^{\ell}}{\ell!} x^{\prime L} \partial_{L}\left(\frac{1}{r}\right)
\end{aligned}
$$

Then the Newtonian potential outside the body becomes

$$
\begin{gathered}
U_{\mathrm{ext}}(t, \boldsymbol{x})=G \sum_{\ell=0}^{\infty} \frac{(-1)^{\ell}}{\ell!} I^{\langle L\rangle} \partial_{\langle L\rangle}\left(\frac{1}{r}\right), \\
I^{\langle L\rangle}(t):=\int \rho\left(t, \boldsymbol{x}^{\prime}\right) x^{\prime\langle L\rangle} d^{3} x^{\prime} \\
x^{L}:=x^{i} x^{j} \ldots(\text { L times }) \\
\partial_{L}:=\partial_{i} \partial_{j} \ldots \text { (L times) } \\
\langle\ldots\rangle:=\text { symmetric tracefree product }
\end{gathered}
$$

## Symmetric tracefree (STF) tensors

 $A^{\langle i j k \cdots}$ Symmetric on all indices, and $\delta_{i j} A^{\langle i j k \ldots\rangle}=0$Example: gradients of $1 / r$

$$
\begin{aligned}
\partial_{j} r^{-1} & =-n_{j} r^{-2}, \\
\partial_{j k} r^{-1} & =\left(3 n_{j} n_{k}-\delta_{j k}\right) r^{-3}, \\
\partial_{j k n} r^{-1} & =-\left[15 n_{j} n_{k} n_{n}-3\left(n_{j} \delta_{k n}+n_{k} \delta_{j n}+n_{n} \delta_{j k}\right)\right] r^{-4} \\
\partial_{L} r^{-1} & =\partial_{\langle L\rangle} r^{-1}=(-1)^{\ell}(2 \ell-1)!!\frac{n_{\langle L\rangle}}{r^{\ell+1}}
\end{aligned}
$$

General formula for $n<l>$ :

$$
\begin{array}{r}
n^{\langle L\rangle}=\sum_{p=0}^{[\ell / 2]}(-1)^{p} \frac{(2 \ell-2 p-1)!!}{(2 \ell-1)!!}\left[\delta^{2 P} n^{L-2 P}+\operatorname{sym}(q)\right] \\
q:=\ell!/[(\ell-2 p)!(2 p)!!]
\end{array}
$$

## Symmetric tracefree (STF) tensors

Link between $\mathrm{n}<$ L> and spherical harmonics

$$
\begin{aligned}
& e_{\langle L\rangle}{ }^{\langle L\rangle}=\frac{\ell!}{(2 \ell-1)!!} P_{\ell}(\boldsymbol{e} \cdot \boldsymbol{n}) \\
& n^{\langle L\rangle}:=\frac{4 \pi \ell!}{(2 \ell+1)!!} \sum_{m=-\ell}^{\ell} \mathcal{Y}_{\ell m}^{\langle L\rangle} Y_{\ell m}(\theta, \phi) \\
& \begin{array}{l}
\mathcal{Y}_{10}^{\langle z\rangle}=\sqrt{\frac{3}{4 \pi}}, \quad \mathcal{Y}_{11}^{\langle x\rangle}=-\sqrt{\frac{3}{8 \pi}}, \quad \mathcal{Y}_{11}^{\langle y\rangle}=i \sqrt{\frac{3}{8 \pi}}, \\
\mathcal{Y}_{20}^{\langle x x\rangle}=-\sqrt{\frac{5}{16 \pi}}, \quad \mathcal{Y}_{20}^{\langle y y\rangle}=-\sqrt{\frac{5}{16 \pi}}, \quad \mathcal{Y}_{20}^{\langle z\rangle}=2 \sqrt{\frac{5}{16 \pi}},
\end{array}
\end{aligned}
$$

Average of $\mathrm{n}<$ <> over a sphere:
$\left\langle\left\langle n^{L}\right\rangle\right\rangle:=\frac{1}{4 \pi} \oint n^{L} d \Omega= \begin{cases}\frac{1}{(2 \ell+1)!!}\left(\delta^{L / 2}+\operatorname{sym}[(\ell-1)!!]\right) & \ell=\text { even } \\ 0 & \ell=\text { odd }\end{cases}$

## Spherical and nearly spherical bodies

Example: axially symmetric body

$$
\begin{aligned}
& I_{A}^{\langle L\rangle}=-m_{A} R_{A}^{\ell}\left(J_{\ell}\right)_{A} e^{\langle L\rangle} \\
& J_{\ell}:=-\sqrt{\frac{4 \pi}{2 \ell+1}} \frac{1}{M R^{\ell}} \int \rho(t, \boldsymbol{x}) r^{\ell} Y_{\ell 0}^{*}(\theta, \phi) d^{3} x
\end{aligned}
$$

$$
U_{\mathrm{ext}}(t, \boldsymbol{x})=\frac{G M}{r}\left[1-\sum_{\ell=2}^{\infty} J_{\ell}\left(\frac{R}{r}\right)^{\ell} P_{\ell}(\cos \theta)\right]
$$

Note that:


$$
J_{2}=\frac{C-A}{M R^{2}}
$$

## Motion of extended fluid bodies

## Main assumptions:

- Bodies small compared to typical separation ( $R \ll r$ )
- "isolated" -- no mass flow

- adiabatic response to tidal deformations -- nearly spherical


## External problem:

- determine motions of bodies as functions (or functionals) of internal parameters Internal problem:
- given motions, determine evolution of internal parameters Solve the two problems self-consistently or iteratively

Example: Earth-Moon system -- orbital motion raises tides, tidally deformed fields affect motions


## Motion of extended fluid bodies

## Basic definitions

$$
\begin{aligned}
m_{A} & :=\int_{A} \rho(t, \boldsymbol{x}) d^{3} x \\
\boldsymbol{r}_{A}(t) & :=\frac{1}{m_{A}} \int_{A} \rho(t, \boldsymbol{x}) \boldsymbol{x} d^{3} x
\end{aligned}
$$

$$
\begin{gathered}
d m_{A} / d t=0 \\
\boldsymbol{v}_{A}(t):=\frac{d \boldsymbol{r}_{A}}{d t}=\frac{1}{m_{A}} \int_{A} \rho \boldsymbol{v} d^{3} x \\
\boldsymbol{a}_{A}(t):=\frac{d \boldsymbol{v}_{A}}{d t}=\frac{1}{m_{A}} \int_{A} \rho \frac{d \boldsymbol{v}}{d t} d^{3} x
\end{gathered}
$$

Is the center of mass unique?

- pure convenience, should not wander outside the body
- not physically measurable
- almost impossible to define in GR

$$
\begin{aligned}
m_{A} \boldsymbol{a}_{A}= & -G \int_{A} \int_{A} \rho \rho^{\prime} \frac{\boldsymbol{x}-\boldsymbol{x}^{\prime}}{\boldsymbol{x}-\left.\boldsymbol{x}^{\prime}\right|^{3}} d^{3} x d^{3} x^{\prime} \\
& -G \int_{A} \rho\left[\sum_{B \neq A} \int_{B} \rho^{\prime} \frac{\boldsymbol{x}-\boldsymbol{x}^{\prime}}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|^{3}} d^{3} x^{\prime}\right] d^{3} x
\end{aligned}
$$

Define:

$$
\begin{aligned}
\boldsymbol{x} & :=\boldsymbol{r}_{A}(t)+\overline{\boldsymbol{x}} \\
\boldsymbol{x}^{\prime} & :=\boldsymbol{r}_{B}(t)+\overline{\boldsymbol{x}}^{\prime} \\
\boldsymbol{r}_{A B} & :=\boldsymbol{r}_{A}-\boldsymbol{r}_{B}
\end{aligned}
$$

## Motion of extended fluid bodies

N-body point mass terms

$$
\begin{aligned}
a_{A}^{j}= & G \sum_{B \neq A}\left\{-\frac{m_{B}}{r_{A B}^{2}} n_{A B}^{j}\right. \\
& +\sum_{\ell=2}^{\infty} \frac{1}{\ell!}\left[(-1)^{\ell} I_{B}^{\langle L\rangle}+\frac{m_{B}}{m_{A}} I_{A}^{\langle L\rangle}\right] \partial_{j L}^{A}\left(\frac{1}{r_{A B}}\right) \quad \begin{array}{c}
\text { other bodies } \\
\text { own moments }
\end{array} \\
& \left.+\frac{1}{m_{A}} \sum_{\ell=2}^{\infty} \sum_{\ell^{\prime}=2}^{\infty} \frac{(-1)^{\ell^{\prime}}}{\ell!\ell^{\prime}!} I_{A}^{\langle L\rangle} I_{B}^{\left\langle L^{\prime}\right\rangle} \partial_{j L L^{\prime}}^{A}\left(\frac{1}{r_{A B}}\right)\right\}
\end{aligned}
$$

Two-body system with only body 2 having non-zero ${ }^{\text {<L> }}$

$$
\begin{aligned}
\boldsymbol{r} & :=\boldsymbol{r}_{1}-\boldsymbol{r}_{2}, \quad r:=|\boldsymbol{r}| \\
\boldsymbol{R} & :=\left(m_{1} \boldsymbol{r}_{1}+m_{2} \boldsymbol{r}_{2}\right) / m \\
m & :=m_{1}+m_{2} \\
\mu & :=m_{1} m_{2} / m
\end{aligned}
$$

$$
a^{j}=-\frac{G m}{r^{2}} n^{j}+G m \sum_{\ell=2}^{\infty} \frac{(-1)^{\ell}}{\ell!} \frac{I_{2}^{\langle L\rangle}}{m_{2}} \partial_{j L}\left(\frac{1}{r}\right)
$$

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## Part 1: Newtonian Gravity

- Foundations
- Equations of hydrodynamics
- Spherical and nearly spherical bodies
- Motion of extended fluid bodies


## Part 2: Newtonian Celestial Mechanics

- Two-body Kepler problem
- Perturbed Kepler problem
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## Motion of extended fluid bodies

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$$
\begin{aligned}
a_{A}^{j}= & G \sum_{B \neq A}\left\{-\frac{m_{B}}{r_{A B}^{2}} n_{A B}^{j}\right. \\
& +\sum_{\ell=2}^{\infty} \frac{1}{\ell!}\left[(-1)^{\ell} I_{B}^{\langle L\rangle}+\frac{m_{B}}{m_{A}} I_{A}^{\langle L\rangle}\right] \partial_{j L}^{A}\left(\frac{1}{r_{A B}}\right) \quad \begin{array}{c}
\text { other bodies } \\
\text { own moments }
\end{array} \\
& \left.+\frac{1}{m_{A}} \sum_{\ell=2}^{\infty} \sum_{\ell^{\prime}=2}^{\infty} \frac{(-1)^{\ell^{\prime}}}{\ell!\ell^{\prime}!} I_{A}^{\langle L\rangle} I_{B}^{\left\langle L^{\prime}\right\rangle} \partial_{j L L^{\prime}}^{A}\left(\frac{1}{r_{A B}}\right)\right\}
\end{aligned}
$$

Two-body system with only body 2 having non-zero ${ }^{\text {<L> }}$

$$
\begin{aligned}
\boldsymbol{r} & :=\boldsymbol{r}_{1}-\boldsymbol{r}_{2}, \quad r:=|\boldsymbol{r}| \\
\boldsymbol{R} & :=\left(m_{1} \boldsymbol{r}_{1}+m_{2} \boldsymbol{r}_{2}\right) / m \\
m & :=m_{1}+m_{2} \\
\mu & :=m_{1} m_{2} / m
\end{aligned}
$$

$$
a^{j}=-\frac{G m}{r^{2}} n^{j}+G m \sum_{\ell=2}^{\infty} \frac{(-1)^{\ell}}{\ell!} \frac{I_{2}^{\langle L\rangle}}{m_{2}} \partial_{j L}\left(\frac{1}{r}\right)
$$

## The two-body Kepler problem

- set center of mass at the origin $(X=0)$
- ignore all multipole moments (spherical bodies or point masses)
- define $\boldsymbol{r}:=\boldsymbol{r}_{1}-\boldsymbol{r}_{2}, r:=|\boldsymbol{r}|, m:=m_{1}+m_{2}, \mu:=m_{1} m_{2} / m$
- reduces to effective one-body problem

$$
\boldsymbol{a}=-\frac{G m}{r^{2}} \boldsymbol{n}
$$

Energy and angular momentum conserved:

$$
\begin{aligned}
E & =\frac{1}{2} m_{1} v_{1}^{2}+\frac{1}{2} m_{2} v_{2}^{2}-G \frac{m_{1} m_{2}}{\left|\boldsymbol{r}_{1}-\boldsymbol{r}_{2}\right|} \\
& =\frac{1}{2} \mu v^{2}-G \frac{\mu m}{r} \\
L & =m_{1} \boldsymbol{r}_{1} \times \boldsymbol{v}_{1}+m_{2} \boldsymbol{r}_{2} \times \boldsymbol{v}_{2}
\end{aligned}
$$

$$
=\mu \boldsymbol{r} \times \boldsymbol{v}
$$

orbital plane is fixed

## Effective one-body problem

Make orbital plane the $x-y$ plane

$$
\begin{aligned}
\boldsymbol{r} \times \boldsymbol{v} & =r^{2} \frac{d \phi}{d t}:=h \boldsymbol{e}_{z} \\
\boldsymbol{v} & =\frac{d \boldsymbol{r}}{d t}=\dot{r} \boldsymbol{n}+r \dot{\phi} \boldsymbol{\lambda}
\end{aligned}
$$

From energy conservation:


$$
\begin{aligned}
\dot{r}^{2} & =2\left[\varepsilon-V_{\mathrm{eff}}(r)\right] \\
V_{\mathrm{eff}}(r) & =\frac{h^{2}}{r^{2}}-\frac{G m}{r}
\end{aligned}
$$

Reduce to quadratures (integrals)

$$
\begin{aligned}
t-t_{i} & = \pm \int_{r_{i}}^{r} \frac{d r^{\prime}}{\sqrt{2\left[\varepsilon-V_{\mathrm{eff}}\left(r^{\prime}\right)\right]}} \\
\phi-\phi_{i} & =h \int_{t_{i}}^{t} \frac{d t^{\prime}}{r\left(t^{\prime}\right)^{2}}
\end{aligned}
$$



## Keplerian orbit solutions

Radial acceleration, or d/dt of energy equation:

$$
\ddot{r}-\frac{h^{2}}{r^{3}}=-\frac{G m}{r^{2}}
$$

Find the orbit in space: convert from t to $\phi$ :

$$
\begin{aligned}
& d / d t=\dot{\phi} d / d \phi=\left(h / r^{2}\right) d / d \phi \\
& \frac{d^{2}}{d \phi^{2}}\left(\frac{1}{r}\right)+\frac{1}{r}=\frac{G m}{h^{2}}
\end{aligned}
$$

$$
\frac{1}{r}=\frac{1}{p}(1+e \cos f)
$$

$f:=\phi-\omega$ true anomaly
$p:=h^{2} / G m$ semilatus rectum

Elliptical orbits (e<1, a>0)

$$
\begin{aligned}
& r_{\text {peri }}=\frac{p}{1+e}, \\
& r_{\text {apo }}=\frac{p}{1-e}, \\
& a=\frac{1}{2}\left(r_{\text {peri }}+r_{\text {apo }}\right)=\omega+\pi \\
& 1-e^{2}
\end{aligned}
$$

$$
\phi_{\text {in }}-\phi_{\text {out }}=\pi-2 \arcsin (1 / e)
$$

## Keplerian orbit solutions

Useful relationships

$$
\begin{aligned}
\dot{r} & =\frac{h e}{p} \sin f \\
v^{2} & =\frac{G m}{p}\left(1+2 e \cos f+e^{2}\right)=G m\left(\frac{2}{r}-\frac{1}{a}\right) \\
E & =-\frac{G \mu m}{2 a} \\
e^{2} & =1+\frac{2 h^{2} E}{\mu(G m)^{2}} \\
P & =2 \pi\left(\frac{a^{3}}{G m}\right)^{1 / 2} \quad \text { for closed orbits }
\end{aligned}
$$

Alternative solution

$$
r=a(1-e \cos u)
$$

$$
n(t-T)=u-e \sin u
$$

$$
\begin{aligned}
\tan \frac{f}{2} & =\sqrt{\frac{1+e}{1-e}} \tan \frac{u}{2} \\
n & =2 \pi / P
\end{aligned}
$$

$u=$ eccentric anomaly
$\mathrm{f}=$ true anomaly
$\mathrm{n}=$ mean motion

## Dynamical symmetry in the Kepler problem

- a and e are constant (related to E and h)
- orbital plane is constant (related to direction of h)
- $\omega$ is constant -- a hidden, dynamical symmetry

$$
\begin{aligned}
& \text { Runge-Lenz vector } \\
& \begin{aligned}
\boldsymbol{A} & :=\frac{\boldsymbol{v} \times \boldsymbol{h}}{G m}-\boldsymbol{n} \\
& =e\left(\cos \omega \boldsymbol{e}_{x}+\sin \omega \boldsymbol{e}_{y}\right) \\
& =\text { constant }
\end{aligned}
\end{aligned}
$$

## Comments:

- responsible for the degeneracy of hydrogen energy levels
- added symmetry occurs only for $1 / r$ and $r^{2}$ potentials
- deviation from $1 / r$ potential generically causes $\mathrm{d} \omega / \mathrm{dt}$


## Keplerian orbit in space

Six orbit elements:

- $\mathrm{i}=$ inclination relative to reference plane:

$$
\cos \iota=\hat{\boldsymbol{h}} \cdot \boldsymbol{e}_{Z}
$$

- $\Omega=$ angle of ascending node

$$
\cos \Omega=-\frac{\hat{\boldsymbol{h}} \cdot \boldsymbol{e}_{Y}}{\sin \iota}
$$

- $\omega=$ angle of pericenter

$$
\sin \omega=\frac{\boldsymbol{A} \cdot \boldsymbol{e}_{z}}{e \sin \iota}
$$

- $e=|A|$
- $a=h^{\wedge} 2 / G m\left(1-e^{2)}\right.$
- $T=$ time of pericenter passage

$$
T=t-\int_{0}^{f} \frac{r^{2}}{h} d f
$$



# Osculating orbit elements and the perturbed Kepler problem 

$$
\boldsymbol{a}=-\frac{G m \boldsymbol{r}}{r^{3}}+\boldsymbol{f}(\boldsymbol{r}, \boldsymbol{v}, t)
$$

Same $\mathbf{x} \& \mathbf{v}$

## Define:

$$
\begin{aligned}
& \boldsymbol{r}:= r \boldsymbol{n}, \quad r:=p /(1+e \cos f), \quad p=a\left(1-e^{2}\right) \\
& \boldsymbol{v}:= \frac{h e \sin f}{p} \boldsymbol{n}+\frac{h}{r} \boldsymbol{\lambda}, \quad h:=\sqrt{G m p} \\
& \boldsymbol{n}:= {[\cos \Omega \cos (\omega+f)-\cos \iota \sin \Omega \sin (\omega+f)] \boldsymbol{e}_{X} } \\
&+[\sin \Omega \cos (\omega+f)+\cos \iota \cos \Omega \sin (\omega+f)] \boldsymbol{e}_{Y} \\
&+\sin \iota \sin (\omega+f) \boldsymbol{e}_{Z} \\
& \boldsymbol{\lambda}:= {[-\cos \Omega \sin (\omega+f)-\cos \iota \sin \Omega \cos (\omega+f)] \boldsymbol{e}_{X} } \\
&+[-\sin \Omega \sin (\omega+f)+\cos \iota \cos \Omega \cos (\omega+f)] \boldsymbol{e}_{Y} \\
&+\sin \iota \cos (\omega+f) \boldsymbol{e}_{Z} \\
& \hat{\boldsymbol{h}}:= \boldsymbol{n} \times \boldsymbol{\lambda}=\sin \iota \sin \Omega \boldsymbol{e}_{X}-\sin \iota \cos \Omega \boldsymbol{e}_{Y}+\cos \iota \boldsymbol{e}_{Z} \\
& \mathrm{e}, \mathrm{a}, \omega, \Omega, \mathbf{i}, \text { T may be functions of time }
\end{aligned}
$$

## Perturbed Kepler problem

$$
\begin{gathered}
\boldsymbol{a}=-\frac{G m \boldsymbol{r}}{r^{3}}+\boldsymbol{f}(\boldsymbol{r}, \boldsymbol{v}, t) \\
\boldsymbol{h}=\boldsymbol{r} \times \boldsymbol{v} \Longrightarrow \frac{d \boldsymbol{h}}{d t}=\boldsymbol{r} \times \boldsymbol{f} \\
\boldsymbol{A}=\frac{\boldsymbol{v} \times \boldsymbol{h}}{G m}-\boldsymbol{n} \Longrightarrow G m \frac{d \boldsymbol{A}}{d t}=\boldsymbol{f} \times \boldsymbol{h}+\boldsymbol{v} \times(\boldsymbol{r} \times \boldsymbol{f})
\end{gathered}
$$

Decompose: $\boldsymbol{f}=\mathcal{R} \boldsymbol{n}+\mathcal{S} \boldsymbol{\lambda}+\mathcal{W} \hat{\boldsymbol{h}}$

$$
\begin{aligned}
\frac{d \boldsymbol{h}}{d t} & =-r \mathcal{W} \boldsymbol{\lambda}+r \mathcal{S} \hat{\boldsymbol{h}} \\
G m \frac{d \boldsymbol{A}}{d t} & =2 h \mathcal{S} \boldsymbol{n}-(h \mathcal{R}+r \dot{r} \mathcal{S}) \boldsymbol{\lambda}-r \dot{r} \mathcal{W} \hat{\boldsymbol{h}} .
\end{aligned}
$$

Example: $\quad \dot{h}=r \mathcal{S}$

$$
\frac{d}{d t}(h \cos \iota)=\dot{\boldsymbol{h}} \cdot \boldsymbol{e}_{Z}
$$

$\dot{h} \cos \iota-h \frac{d \iota}{d t} \sin \iota=-r \mathcal{W} \cos (\omega+f) \sin \iota+r \operatorname{Scos} \iota$

## Perturbed Kepler problem

"Lagrange planetary equations"

$$
\begin{aligned}
\frac{d p}{d t} & =2 \sqrt{\frac{p^{3}}{G m}} \frac{1}{1+e \cos f} \mathcal{S}, \\
\frac{d e}{d t} & =\sqrt{\frac{p}{G m}}\left[\sin f \mathcal{R}+\frac{2 \cos f+e\left(1+\cos ^{2} f\right)}{1+e \cos f} \mathcal{S}\right], \\
\frac{d \iota}{d t} & =\sqrt{\frac{p}{G m}} \frac{\cos (\omega+f)}{1+e \cos f} \mathcal{W}, \\
\sin \iota \frac{d \Omega}{d t} & =\sqrt{\frac{p}{G m}} \frac{\sin (\omega+f)}{1+e \cos f} \mathcal{W}, \\
\frac{d \omega}{d t} & =\frac{1}{e} \sqrt{\frac{p}{G m}}\left[-\cos f \mathcal{R}+\frac{2+e \cos f}{1+e \cos f} \sin f \mathcal{S}-e \cot \iota \frac{\sin (\omega+f)}{1+e \cos f} \mathcal{W}\right]
\end{aligned}
$$

An alternative pericenter angle:

$$
\begin{aligned}
\varpi & :=\omega+\Omega \cos \iota \\
\frac{d \varpi}{d t} & =\frac{1}{e} \sqrt{\frac{p}{G m}}\left[-\cos f \mathcal{R}+\frac{2+e \cos f}{1+e \cos f} \sin f \mathcal{S}\right]
\end{aligned}
$$

## Perturbed Kepler problem

## Comments:

- these six $1^{\text {st-order ODEs are exactly equivalent to the original }}$
three 2nd-order ODEs
- if $\mathbf{f}=0$, the orbit elements are constants
- if $\mathbf{f} \ll \mathrm{Gm} / \mathrm{r} 2$, use perturbation theory
- yields both periodic and secular changes in orbit elements
- can convert from $\mathrm{d} / \mathrm{dt}$ to $\mathrm{d} / \mathrm{df}$ using

$$
\frac{d f}{d t}=\left(\frac{d f}{d t}\right)_{\text {Kepler }}-\left(\frac{d \omega}{d t}+\cos \iota \frac{d \Omega}{d t}\right)
$$

## Drop if working to

 1st order
## Perturbed Kepler problem

Worked example: perturbations by a third body

$$
\begin{gathered}
\boldsymbol{a}_{1}=-G m_{2} \frac{\boldsymbol{r}_{12}}{r_{12}^{3}}-G m_{3} \frac{\boldsymbol{r}_{13}}{r_{13}^{3}}, \\
\boldsymbol{a}_{2}=+G m_{1} \frac{\boldsymbol{r}_{12}}{r_{12}^{3}}-G m_{3} \frac{\boldsymbol{r}_{23}}{\boldsymbol{r}_{23}^{3}} \\
\boldsymbol{a}=\frac{G m \boldsymbol{r}}{r^{3}}-\frac{G m_{3} r}{R^{3}}[\boldsymbol{n}-3(\boldsymbol{n} \cdot \boldsymbol{N}) \boldsymbol{N}]+O\left(G m_{3} r^{2} / R^{4}\right) \\
R:=\left|\boldsymbol{r}_{23}\right|, N:=\boldsymbol{r}_{23} /\left|\boldsymbol{r}_{23}\right|, m:=m_{1}+m_{2} \\
\mathcal{R}:=\boldsymbol{f} \cdot \boldsymbol{n}=-\frac{G m_{3} r}{R^{3}}\left[1-3(\boldsymbol{n} \cdot \boldsymbol{N})^{2}\right], \\
\mathcal{S}:=\boldsymbol{f} \cdot \boldsymbol{\lambda}=3 \frac{G m_{3} r}{R^{3}}(\boldsymbol{n} \cdot \boldsymbol{N})(\boldsymbol{\lambda} \cdot \boldsymbol{N}), \\
\mathcal{W}:=\boldsymbol{f} \cdot \hat{\boldsymbol{h}}=3 \frac{G m_{3} r}{R^{3}}(\boldsymbol{n} \cdot \boldsymbol{N})(\hat{\boldsymbol{h}} \cdot \boldsymbol{N})
\end{gathered}
$$

Put third body on a circular orbit

$$
\boldsymbol{N}=\boldsymbol{e}_{X} \cos F+\boldsymbol{e}_{Y} \sin F, \quad \frac{d F}{d t}=\sqrt{\frac{G\left(m+m_{3}\right)}{R^{3}}} \ll \frac{d f}{d t}
$$

## Perturbed Kepler problem

Worked example: perturbations by a third body
Integrate over from 0 to $2 \pi$ holding $F$ fixed, then average over $F$ from 0 to $2 ז$

$$
\begin{aligned}
& \langle\Delta a\rangle=0 \\
& \langle\Delta e\rangle=\frac{15 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3} e\left(1-e^{2}\right)^{1 / 2} \sin ^{2} \iota \sin \omega \cos \omega \\
& \langle\Delta \omega\rangle=\frac{3 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3}\left(1-e^{2}\right)^{-1 / 2}\left[5 \cos ^{2} \iota \sin ^{2} \omega+\left(1-e^{2}\right)\left(5 \cos ^{2} \omega-3\right)\right] \\
& \langle\Delta \iota\rangle=-\frac{15 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3} e^{2}\left(1-e^{2}\right)^{-1 / 2} \sin \iota \cos \iota \sin \omega \cos \omega \\
& \langle\Delta \Omega\rangle=-\frac{3 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3}\left(1-e^{2}\right)^{-1 / 2}\left(1-5 e^{2} \cos ^{2} \omega+4 e^{2}\right) \cos \iota
\end{aligned}
$$

Also:

$$
\langle\Delta \varpi\rangle=\frac{3 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3}\left(1-e^{2}\right)^{1 / 2}\left[1+\sin ^{2} \iota\left(1-5 \sin ^{2} \omega\right)\right]
$$

## Perturbed Kepler problem

Worked example: perturbations by a third body
Case 1: coplanar $3^{\text {rd body and Mercury's perihelion }(i=0)}$

$$
\langle\Delta \varpi\rangle=\frac{3 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3}\left(1-e^{2}\right)^{1 / 2}
$$

| Planet | Semi-major axis (AU) | Orbital period (yr) | Eccentricity | Inclination to ecliptic o. '." | Inverse <br> mass $1 / M_{\odot}=1$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Mercury | 0.387099 | 0.24085 | 0.205628 | 7.0 .15 | 6010000 |
| Venus | 0.723332 | 0.61521 | 0.006787 | 3.23 .40 | 408400 |
| Earth | 1.000000 | 1.00004 | 0.016722 | 0.0 .0 | 328910 |
| Mars | 1.523691 | 1.88089 | 0.093377 | 1.51 .0 | 3098500 |
| Jupiter | 5.202803 | 11.86223 | 0.04845 | 1.18 .17 | 1047.39 |
| Saturn | 9.53884 | 29.4577 | 0.05565 | 2.29.22 | 3498.5 |

For Jupiter:
$d \varpi / d t=154$ as per century (153.6)
For Earth
$d \varpi / d t=62$ as per century (90)

## Mercury's Perihelion: Trouble to Triumph

- 1687 Newtonian triumph
- 1859 Leverrier's conundrum
- 1900 A turn-of-the century crisis


| Planet | Advance |
| :--- | ---: |
| Venus | 277.8 |
| Earth | 90.0 |
| Mars | 2.5 |
| Jupiter | 153.6 |
| Saturn | 7.3 |
| Total | 531.2 |
| Discrepancy | 42.9 |
| Modern measured value | $42.98 \pm 0.02$ |
| General relativity prediction | 42.98 |

## Perturbed Kepler problem

Worked example: perturbations by a third body

## Case 2: the Kozai-Lidov mechanism

$$
\begin{aligned}
& \langle\Delta a\rangle=0 \\
& \langle\Delta e\rangle=\frac{15 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3} e\left(1-e^{2}\right)^{1 / 2} \sin ^{2} \iota \sin \omega \cos \omega \\
& \langle\Delta \omega\rangle=\frac{3 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3}\left(1-e^{2}\right)^{-1 / 2}\left[5 \cos ^{2} \iota \sin ^{2} \omega+\left(1-e^{2}\right)\left(5 \cos ^{2} \omega-3\right)\right]
\end{aligned}
$$

$$
\langle\Delta \iota\rangle=-\frac{15 \pi}{2} \frac{m_{3}}{m}\left(\frac{a}{R}\right)^{3} e^{2}\left(1-e^{2}\right)^{-1 / 2} \sin \iota \cos \iota \sin \omega \cos \omega \quad \text { Stationary point: }
$$

A conserved quantity:

$$
\frac{e}{1-e^{2}} \cos \iota\langle\Delta e\rangle+\sin \iota\langle\Delta \iota\rangle=0
$$

$$
\Longrightarrow \sqrt{1-e^{2}} \cos \iota=\text { constant } \quad L_{\mathrm{Z}!}
$$

## Perturbed Kepler problem

Worked example: perturbations by a third body
Case 2: the Kozai-Lidov mechanism


Eccentricity


Inclination


Pericenter

## Incorporating post-Newtonian effects



## Perturbed Kepler problem

Worked example: body with a quadrupole moment

$$
\boldsymbol{a}=\frac{G m \boldsymbol{r}}{r^{3}}-\frac{3}{2} J_{2} \frac{G m R^{2}}{r^{4}}\left\{\left[5(\boldsymbol{e} \cdot \boldsymbol{n})^{2}-1\right] \boldsymbol{n}-2(\boldsymbol{e} \cdot \boldsymbol{n}) \boldsymbol{e}\right\}
$$

$$
\Delta a=0, \Delta e=0, \Delta \iota=0
$$

$$
\Delta \omega=6 \pi J_{2}\left(\frac{R}{p}\right)^{2}\left(1-\frac{5}{4} \sin ^{2} \iota\right)
$$

$$
\text { For Mercury }\left(J_{2}=2.2 \times 10^{-7)}\right.
$$

$$
\Delta \Omega=-3 \pi J_{2}\left(\frac{R}{p}\right)^{2} \cos \iota
$$

$$
\frac{d \varpi}{d t}=0.03 \mathrm{as} / \text { century }
$$

For Earth satellites $\left(J_{2}=1.08 \times 10^{-3)}\right.$

$$
\frac{d \Omega}{d t}=-3639 \cos \iota\left(\frac{R}{a}\right)^{7 / 2} \mathrm{deg} / \mathrm{yr}
$$

- LAGEOS ( $\mathrm{a}=1.93 \mathrm{R}, \mathrm{i}=1090.8$ : $120 \mathrm{deg} / \mathrm{yr}$ !
- Sun synchronous: $a=1.5 \mathrm{R}, \mathrm{i}=65.9$


## Outline of the Lectures*

## Part 1: Newtonian Gravity

- Foundations
- Equations of hydrodynamics
- Spherical and nearly spherical bodies
- Motion of extended fluid bodies


## Part 2: Newtonian Celestial Mechanics

- Two-body Kepler problem
- Perturbed Kepler problem
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)


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## Part 3: General Relativity

- Einstein equivalence principle
- GR field equations

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## The Einstein Equivalence Principle

- Test bodies fall with the same acceleration

Weak Equivalence Principle (WEP)

- In a local freely falling frame, physics (nongravitational) is independent of frame's velocity
Local Lorentz Invariance (LLII)
- In a local freely falling frame, physics (nongravitational) is independent of frame's location Local Position Invariance (LPI)

```
EEP => Metric theory of gravity
```

```
- }\mp@subsup{\eta}{\mu\nu}{}\mathrm{ locally -> symmetric }\mp@subsup{g}{\mu\nu}{
```

- "comma" -> "semicolon"
Gravity = Geometry


## "Curved spacetime tells matter how to move"

$$
\begin{aligned}
S & =-m c^{2} \int_{1}^{2} d \tau \\
& =-m c \int_{1}^{2} \sqrt{-g_{\alpha \beta} \frac{d r^{\alpha}}{d t} \frac{d r^{\beta}}{d t}} d t
\end{aligned}
$$

Euler-Lagrange equations (using $\tau$ as parameter):

$$
\frac{d^{2} r^{\mu}}{d \tau^{2}}+\Gamma_{\alpha \beta}^{\mu} \frac{d r^{\alpha}}{d \tau} \frac{d r^{\beta}}{d \tau}=0
$$

Christoffel symbols

$$
\Gamma_{\alpha \beta}^{\mu}=\frac{1}{2} g^{\mu \nu}\left(\partial_{\alpha} g_{\nu \beta}+\partial_{\beta} g_{\nu \alpha}-\partial_{\nu} g_{\alpha \beta}\right)
$$

"Gradient" of a vector


$$
\begin{aligned}
\nabla_{\beta} \vec{A} & =\left(\partial_{\beta} A^{\alpha}\right) \vec{e}_{\alpha}+A^{\alpha}\left(\partial_{\beta} \vec{e}_{\alpha}\right) \\
& =\left(\partial_{\beta} A^{\alpha}\right) \vec{e}_{\alpha}+A^{\gamma} \Gamma^{\alpha}{ }_{\gamma \beta} \vec{e}_{\alpha} \\
& =\nabla_{\beta} A^{\alpha} \vec{e}_{\alpha}
\end{aligned}
$$

A geodesic parallel transports its own tangent vecto $\nabla_{\vec{u}} \vec{u}=0$

## "Curved spacetime tells matter how to move"

Continuous matter, stress energy tensor
Perfect fluid: $T^{\alpha \beta}=\left(\rho c^{2}+\epsilon+p\right) u^{\alpha} u^{\beta} / c^{2}+p g^{\alpha \beta}$

$$
\begin{gathered}
j^{\alpha}=\rho u^{\alpha} \\
\nabla_{\beta} T^{\alpha \beta}=0, \nabla_{\alpha} j^{\alpha}=0
\end{gathered}
$$

$\rho=$ rest mass density
$\varepsilon=$ energy density
p = pressure
$u^{\alpha}=$ four velocity
1st law of Thermodynamics

$$
u_{\alpha} \nabla_{\beta} T^{\alpha \beta}=0=\frac{d \varepsilon}{d \tau}+(\varepsilon+p) \nabla \cdot \vec{u} \quad d(\varepsilon \mathcal{V})+p d \mathcal{V}=0
$$

Relativistic Euler equation

$$
(\mu+p) \frac{D u^{\alpha}}{d \tau}=-c^{2}\left(g^{\alpha \beta}+u^{\alpha} u^{\beta} / c^{2}\right) \nabla_{\beta} p
$$

Compare with Newton

$$
\rho \frac{d \boldsymbol{v}}{d t}+\nabla U=-\nabla p
$$

## "Matter tells spacetime how to curve"

Riemann tensor $R_{\beta \gamma \delta}^{\alpha}=\partial_{\gamma} \Gamma_{\beta \delta}^{\alpha}-\partial_{\delta} \Gamma_{\beta \gamma}^{\alpha}+\Gamma_{\mu \gamma}^{\alpha} \Gamma_{\beta \delta}^{\mu}-\Gamma_{\mu \delta}^{\alpha} \Gamma_{\beta \gamma}^{\alpha}$
Ricci tensor $\quad R_{\alpha \beta}=R_{\alpha \mu \beta}^{\mu}$
Ricci scalar $\quad R=g^{\alpha \beta} R_{\alpha \beta}$
Einstein tensor $\quad G_{\alpha \beta}=R_{\alpha \beta}-\frac{1}{2} g_{\alpha \beta} R$
Bianchi identities $\quad \nabla_{\beta} G^{\alpha \beta}=0$
Action

$$
S=\frac{c^{3}}{16 \pi G} \int \sqrt{-g} R d^{4} x+S_{\text {matter }}
$$

Einstein's equations: $\quad G^{\alpha \beta}=\frac{8 \pi G}{c^{4}} T^{\alpha \beta}$

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## Landau-Lifshitz Formulation of GR

Post-Newtonian and post-Minkowskian theory start with the Landau-Lifshitz formulation

Define the "gothic" metric densityg ${ }^{\alpha \beta} \equiv \sqrt{-g} g^{\alpha \beta}$
Then Einstein's equations can be written in the form

$$
\begin{aligned}
\partial_{\mu \nu} H^{\alpha \mu \beta \nu} & =\frac{16 \pi G}{c^{4}}(-g)\left(T^{\alpha \beta}+t_{\mathrm{LL}}^{\alpha \beta}\right) \\
H^{\alpha \mu \beta \nu} & \equiv \mathfrak{g}^{\alpha \beta} \mathfrak{g}^{\mu \nu}-\mathfrak{g}^{\alpha \nu} \mathfrak{g}^{\beta \mu} \\
t_{\mathrm{LL}}^{\alpha \beta} & \sim \partial \mathfrak{g} \cdot \partial \mathfrak{g}
\end{aligned}
$$

Antisymmetry of $\mathrm{H}^{\alpha u \beta v}$ implies the conservation equation

$$
\partial_{\beta}\left[(-g)\left(T^{\alpha \beta}+t_{\mathrm{LL}}^{\alpha \beta}\right)\right]=0 \Longleftrightarrow \nabla_{\beta} T^{\alpha \beta}=0
$$

## Landau-Lifshitz Formulation of GR

Conservation equation allows the formulation of global conservation laws:

$$
\begin{aligned}
E & \equiv \int(-g)\left(T^{00}+t_{\mathrm{LL}}^{00}\right) d^{3} x \\
\frac{d E}{d t} & =\oint(-g) t_{\mathrm{LL}}^{0 j} d^{2} S_{j}
\end{aligned}
$$

Similar conservation laws for linear momentum, angular momentum, and motion of a center of mass, with

$$
\begin{aligned}
P^{j} & \equiv \frac{1}{c} \int(-g)\left(T^{j 0}+t_{\mathrm{LL}}^{j 0}\right) d^{3} x \\
J^{j} & \equiv \frac{1}{c} \epsilon^{j k l} \int(-g) x^{k}\left(T^{l 0}+t_{\mathrm{LL}}^{l 0}\right) d^{3} x \\
X^{j} & \equiv \frac{1}{E} \int(-g) x^{j}\left(T^{00}+t_{\mathrm{LL}}^{00}\right) d^{3} x
\end{aligned}
$$

## Landau-Lifshitz Formulation of GR

Define potentials $h^{\alpha \beta} \equiv \eta^{\alpha \beta}-\mathfrak{g}^{\alpha \beta}$
Impose a coordinate condition (gauge): Harmonic or deDonder gauge

$$
\partial_{\beta} h^{\alpha \beta}=0 \quad \square_{g} x^{(\alpha)}=0
$$

| Matter tells <br> spacetime how to <br> curve | $\square h^{\alpha \beta}$ | $=-\frac{16 \pi G}{c^{4}} \tau^{\alpha \beta}$ |
| ---: | :--- | ---: | :--- |
|  | $\square$ | $\equiv \frac{1}{c^{2}} \frac{\partial^{2}}{\partial t^{2}}+\frac{\partial^{2}}{\partial x^{2}}+\frac{\partial^{2}}{\partial y^{2}}+\frac{\partial^{2}}{\partial z^{2}}$ |
| Spacetime <br> tells matter <br> how to <br> move | $\tau^{\alpha \beta}$ | $\equiv(-g)\left(T^{\alpha \beta}[\mathrm{m}, g]+t_{\mathrm{LL}}^{\alpha \beta}[h]+t_{\mathrm{H}}^{\alpha \beta}[h]\right)$ |
|  | $t_{\mathrm{H}}^{\alpha \beta}$ | $\sim \partial h \cdot \partial h+h \partial \partial h$ |
| $\partial_{\beta} \tau^{\alpha \beta}$ | $=0$ |  |

Still equivalent to the exact Einstein equations

## The "Relaxed" Einstein Equations

$$
\square h^{\alpha \beta}=-\frac{16 \pi G}{c^{4}} \tau^{\alpha \beta}
$$

$$
\partial_{\beta} \tau^{\alpha \beta}=0
$$



Solve for $h$ as a functional of matter
variables

Solve for evolution of matter
variables to give $h(t, x)$

## terating the "Relaxed" Einstein Equatio

Assume that $h^{\alpha \beta}$ is "small", and iterate the relaxed equation:

$$
\begin{aligned}
\square h_{N+1}^{\alpha \beta} & =-\frac{16 \pi G}{c^{4}} \tau^{\alpha \beta}\left(h_{N}\right) \\
h_{N+1}^{\alpha \beta} & =\frac{4 G}{c^{4}} \int \frac{\tau^{\alpha \beta}\left(h_{N}\right)\left(t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right| / c, \boldsymbol{x}^{\prime}\right)}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime}
\end{aligned}
$$

Start with $h_{0}=0$ and truncate at a desired N
Yields an expansion in powers of G , called a post-Minkowskian expansion

Find the motion of matter using

$$
\partial_{\beta} \tau^{\alpha \beta}\left(h_{N}\right)=0
$$

## jolving the "Relaxed" Einstein Equation

$$
\begin{aligned}
& \square \psi=-4 \pi \mu \Longrightarrow \psi=\int_{\mathcal{C}} \frac{\mu\left(t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right| / c, \boldsymbol{x}^{\prime}\right)}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime} \\
& \mathcal{N}: r^{\prime}<\mathcal{R}, \quad \mathscr{D} \\
& \mathcal{W}: r^{\prime}>\mathcal{R} \\
& \mathcal{R} \sim \text { wavelength } \\
& \quad \sim s / v \\
& \psi=\mathscr{N}(x) \\
& \psi=\psi_{\mathcal{N}}+\psi_{\mathcal{W}}
\end{aligned}
$$

$\mathscr{W}(x)$
jolving the "Relaxed" Einstein Equation Far zone
Near zone integral: $\psi_{\mathcal{N}}$
For $x \gg x^{\prime}$, Taylor expand $\left|x-x^{\prime}\right|$

$$
\begin{gathered}
\frac{\mu\left(t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right| / c, \boldsymbol{y}\right)}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|}=\sum_{\ell=0}^{\infty} \frac{(-1)^{\ell}}{\ell!} x^{\prime L} \partial_{L} \frac{\mu(t-r / c, \boldsymbol{y})}{r} \\
\psi_{\mathcal{N}}(t, \boldsymbol{x})=\sum_{\ell=0}^{\infty} \frac{(-1)^{\ell}}{\ell!} \partial_{L}\left[\frac{1}{r} \int_{\mathcal{M}} \mu\left(\tau, \boldsymbol{x}^{\prime}\right) x^{\prime L} d^{3} x^{\prime}\right]
\end{gathered}
$$

A multipole expansion

$$
\tau=t-R / c
$$

Integrals depend on R


## Jolving the "Relaxed" Einstein Equation Far zone

Far zone integral: $\psi_{\mathcal{W}}$
ince contributions to $\mu$ in the far zone come from retarded fields, ave the generic form

$$
\mu \sim f\left(\tau^{\prime}, \theta^{\prime}, \phi^{\prime}\right) / r^{\prime n}
$$

Change variables from ( $r^{\prime}, \theta^{\prime}, \phi^{\prime}$ )
to ( $u^{\prime}, \theta^{\prime}, \phi^{\prime}$ ), where $u^{\prime}=c \tau^{\prime}=c t^{\prime}-r^{\prime}$


$$
u^{\prime}+r^{\prime}=c t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|
$$



## jolving the "Relaxed" Einstein Equation Far zone

Far zone integral: $\psi_{\mathcal{W}}$


$$
\psi_{\mathcal{W}}=\frac{1}{4 \pi} \int_{-\infty}^{u} d u^{\prime} \oint_{\mathcal{S}\left(u^{\prime}\right)} \frac{f\left(u^{\prime} / c, \theta^{\prime}, \phi^{\prime}\right)}{r^{\prime}\left(u^{\prime}, \theta^{\prime}, \phi^{\prime}\right)^{n-2}} \frac{d \Omega^{\prime}}{c t-u^{\prime}-\boldsymbol{n}^{\prime} \cdot \boldsymbol{x}}
$$

Integral also depends on R
But $\quad \psi=\psi_{\mathcal{N}}+\psi_{\mathcal{W}}$ is independent of R

## Gravity as a source of gravity and gravitational "tails"


olving the "Relaxed" Einstein Equation Near zone
Near zone integral: $\psi_{\mathcal{N}}$
For $\mathrm{x} \sim \mathrm{x}^{\prime}$, Taylor expand about t

$$
\begin{gathered}
\mu\left(t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right| / c\right)=\sum_{\ell=0}^{\infty} \frac{(-1)^{\ell}}{\ell!c^{\ell}}\left(\frac{\partial}{\partial t}\right)^{\ell} \mu\left(t, \boldsymbol{x}^{\prime}\right)\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|^{\ell} \\
\psi_{\mathcal{N}}(t, \boldsymbol{x})=\sum_{\ell=0}^{\infty} \frac{(-1)^{\ell}}{\ell!c^{\ell}}\left(\frac{\partial}{\partial t}\right)^{\ell} \int_{\mathcal{M}} \mu\left(t, \boldsymbol{x}^{\prime}\right)\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|^{\ell-1} d^{3} x^{\prime}
\end{gathered}
$$

- A post-Newtonian expansion in powers of $1 / \mathrm{c}$
- Instantaneous potentials
- Must also calculate the far-zone integral $\psi_{\mathcal{W}}$


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## Near zone physics; Motion of extended fluid bodies

Matter variables:

| rescaled mass density : $\rho^{*} \equiv \rho \sqrt{-g}\left(u^{0} / c\right)$ |
| :---: |
| proper pressure : $p$ |
| internal energy per unit mass : $\Pi$ |
| four - velocity of fluid element : $u^{\alpha}=u^{0}(1, \boldsymbol{v} / c)$ |

$$
\nabla_{\alpha}\left(\rho u^{\alpha}\right)=0 \Longleftrightarrow \frac{\partial \rho^{*}}{\partial t}+\nabla\left(\rho^{*} v\right)=0
$$

Slow-motion assumption v/c $\ll 1$ :

$$
\begin{array}{rlr}
T^{0 j} / T^{00} \sim v / c, & T^{j k} / T^{00} \sim(v / c)^{2} \\
h^{0 j} / h^{00} \sim v / c, & h^{j k} / h^{00} \sim(v / c)^{2}
\end{array}
$$

## ost-Newtonian approximation: Near zon

Recall the action for a geodesic

$$
\begin{array}{rlrl}
S & =-m c^{2} \int_{1}^{2} d \tau & \frac{G m}{r c^{2}} \sim \frac{v^{2}}{c^{2}} \sim \epsilon \\
& =-m c \int_{1}^{2} \sqrt{-g_{\alpha \beta} \frac{d r^{\alpha}}{d t} \frac{d r^{\beta}}{d t} d t} & \\
& =-m c \int_{1}^{2}(1-\underbrace{2 \frac{U}{c^{2}}}_{\varepsilon}-\underbrace{\delta g_{00}}_{\varepsilon^{2}}-\underbrace{2 \frac{v^{j}}{c} \delta g_{0 j}}_{\varepsilon}-\frac{v^{2}}{c^{2}}-\frac{v^{i} v^{j}}{c^{2}} \delta g_{i j})^{1 / 2} d t
\end{array}
$$

We need to calculate

$$
\begin{array}{lll}
\delta g_{00} & \text { to } & O\left(\epsilon^{2}\right) \\
\delta g_{0 j} & \text { to } & O\left(\epsilon^{3 / 2}\right) \\
\delta g_{i j} & \text { to } & O(\epsilon)
\end{array}
$$

Two iterations of the relaxed equations required

## ost-Newtonian limit of general relativit

$$
\begin{aligned}
& g_{00}=-1+\frac{2}{c^{2}} U+\frac{2}{c^{4}}\left(\psi+\frac{1}{2} \partial_{t t} X-U^{2}\right)+O\left(c^{-6}\right), \\
& g_{0 j}=-\frac{4}{c^{3}} U_{j}+O\left(c^{-5}\right) \\
& g_{j k}=\delta_{j k}\left(1+\frac{2}{c^{2}} U\right)+O\left(c^{-4}\right),
\end{aligned}
$$

g

$$
\begin{aligned}
U(t, \boldsymbol{x}) & :=G \int \frac{\rho^{* \prime}}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime} \\
\psi(t, \boldsymbol{x}) & :=G \int \frac{\rho^{* \prime}\left(\frac{3}{2} v^{\prime 2}-U^{\prime}+\Pi^{\prime}+3 p^{\prime} / \rho^{* \prime}\right)}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime} \\
X(t, \boldsymbol{x}) & :=G \int \rho^{* \prime}\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|^{3} x^{\prime} \\
U^{j}(t, \boldsymbol{x}) & :=G \int \frac{\rho^{* \prime} v^{\prime j}}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime}
\end{aligned}
$$

## Bounds on the PPN Parameters

| Parameter | Effect or Experiment | Bound | Remarks |
| :---: | :---: | :---: | :---: |
| $\gamma-1$ | Time delay | $2.3 \times 10^{-5}$ | Cassini tracking |
|  | Light deflection | $2 \times 10^{-4}$ | VLBI |
| $\beta-1$ | Perihelion shift | $8 \times 10^{-5}$ | $\mathrm{J}_{2}=2.2 \times 10^{-7}$ |
|  | Nordtvedt effect | $2.3 \times 10^{-4}$ | LLR, $\eta<3 \times 10^{-4}$ |
| $\xi$ | Spin Precession | $4 \times 10^{-9}$ | Millisecond pulsars |
| $\alpha_{1}$ | Orbit polarization | $10^{-4}$ | LLR |
|  |  | $4 \times 10^{-5}$ | Pulsar J 1738+0333 |
| $\alpha_{2}$ | Spin precession | $2 \times 10^{-9}$ | Millisecond pulsars |
| $\alpha_{3}$ | Self-acceleration | $4 \times 10^{-20}$ | Pulsar spindown |
| $\zeta_{1}$ | -- | $2 \times 10^{-2}$ | Combined bounds |
| $\zeta_{2}$ | Binary acceleration | $4 \times 10^{-5}$ | PSR 1913+16 |
| $\zeta_{3}$ | Newton's 3rd law | $10^{-8}$ | Lunar acceleration |
|  | $0 \varepsilon / 3-\alpha$ |  | Not independent |

## Post-Newtonian Hydrodynamics

$$
\text { From } \nabla_{\beta} T^{\alpha \beta}=0
$$

Post-Newtonian equation of hydrodynamics

$$
\begin{aligned}
\rho^{*} \frac{d v^{j}}{d t}= & -\partial_{j} p+\rho^{*} \partial_{j} U \\
& +\frac{1}{c^{2}}\left[\left(\frac{1}{2} v^{2}+U+\Pi+\frac{p}{\rho^{*}}\right) \partial_{j} p-v^{j} \partial_{t} p\right] \\
& +\frac{1}{c^{2}} \rho^{*}\left[\left(v^{2}-4 U\right) \partial_{j} U-v^{j}\left(3 \partial_{t} U+4 v^{k} \partial_{k} U\right)\right. \\
& \left.\quad+4 \partial_{t} U_{j}+4 v^{k}\left(\partial_{k} U_{j}-\partial_{j} U_{k}\right)+\partial_{j} \Psi\right] \\
& +O\left(c^{-4}\right)
\end{aligned}
$$

## N -body equations of motion

## Main assumptions:

- Bodies small compared to typical separation ( $R \ll \boldsymbol{V}$ )
- "isolated" -- no mass flow
- ignore contributions that scale as $\mathrm{R}^{\mathrm{n}}$
- assume bodies are reflection symmetric

$$
\text { mass }: \quad m_{A} \equiv \int_{A} \rho^{*} d^{3} x
$$

position : $\quad \boldsymbol{r}_{A}(t) \equiv \frac{1}{m_{A}} \int_{A} \rho^{*} \boldsymbol{x} d^{3} x$
velocity : $\quad \boldsymbol{v}_{A}(t) \equiv \frac{1}{m_{A}} \int_{A} \rho^{*} \boldsymbol{v} d^{3} x=\frac{d \boldsymbol{r}_{A}}{d t}$
acceleration : $\quad \boldsymbol{a}_{A}(t) \equiv \frac{1}{m_{A}} \int_{A} \rho^{*} \boldsymbol{a} d^{3} x=\frac{d \boldsymbol{v}_{A}}{d t}$

$$
\boldsymbol{x} \equiv \boldsymbol{r}_{A}(t)+\overline{\boldsymbol{x}}
$$

## N -body equations of motion

Dependence on internal structure?

$$
\begin{aligned}
\mathcal{T}_{A} & \equiv \frac{1}{2} \int_{A} \rho^{*} \bar{v}^{2} d^{3} \bar{x}, & P_{A} \equiv \int_{A} p d^{3} \bar{x} \\
\Omega_{A} & \equiv-\frac{1}{2} G \int_{A} \frac{\rho^{*} \rho^{* \prime}}{\left|\overline{\boldsymbol{x}}-\overline{\boldsymbol{x}}^{\prime}\right|} d^{3} \bar{x}^{\prime} d^{3} \bar{x}, & E_{A}^{\mathrm{int}} \equiv \int_{A} \rho^{*} \Pi d^{3} \bar{x}
\end{aligned}
$$

Use the virial theorem:

$$
2 \mathcal{T}_{A}+\Omega_{A}+3 P_{A}=0
$$

Then all structure integrals can be absorbed into a single "total" mass:

$$
M_{A} \equiv m_{A}+\frac{1}{c^{2}}\left(\mathcal{T}_{A}+\Omega_{A}+E_{A}^{\mathrm{int}}\right)+O\left(c^{-4}\right)
$$

This is a manifestation of the Strong Equivalence Principle, satisfied by GR, but not by most alternative theories.
The motions of all bodies, including NS and BH, are independent of their internal structure - in GR!

## N -body equations of motion

$$
\begin{aligned}
\boldsymbol{a}_{A}= & -\sum_{B \neq A} \frac{G M_{B}}{r_{A B}^{2}} \boldsymbol{n}_{A B} \\
& +\frac{1}{c^{2}}\left(-\sum_{B \neq A} \frac{G M_{B}}{r_{A B}^{2}}\left[v_{A}^{2}-4\left(\boldsymbol{v}_{A} \cdot \boldsymbol{v}_{B}\right)+2 v_{B}^{2}-\frac{3}{2}\left(\boldsymbol{n}_{A B} \cdot \boldsymbol{v}_{B}\right)^{2}\right.\right. \\
& \left.-\frac{5 G M_{A}}{r_{A B}}-\frac{4 G M_{B}}{r_{A B}}\right] \boldsymbol{n}_{A B} \\
& +\sum_{B \neq A} \frac{G M_{B}}{r_{A B}^{2}}\left[\boldsymbol{n}_{A B} \cdot\left(4 \boldsymbol{v}_{A}-3 \boldsymbol{v}_{B}\right)\right]\left(\boldsymbol{v}_{A}-\boldsymbol{v}_{B}\right) \\
& +\sum_{B \neq A} \sum_{C \neq A, B} \frac{G^{2} M_{B} M_{C}}{r_{A B}^{2}}\left[\frac{4}{r_{A C}}+\frac{1}{r_{B C}}-\frac{r_{A B}}{2 r_{B C}^{2}}\left(\boldsymbol{n}_{A B} \cdot \boldsymbol{n}_{B C}\right)\right] \boldsymbol{n}_{A B} \\
& \left.-\frac{7}{2} \sum_{B \neq A} \sum_{C \neq A, B} \frac{G^{2} M_{B} M_{C}}{r_{A B} r_{B C}^{2}} \boldsymbol{n}_{B C}\right)+O\left(c^{-4}\right) .
\end{aligned}
$$

## N -body equations of motion:

 rked example: 2 bodies and the perihelion sh$$
\begin{array}{ll}
\text { Define: } & \boldsymbol{r} \equiv \boldsymbol{r}_{1}-\boldsymbol{r}_{2} \\
& m \equiv M_{1}+M_{2} \\
\boldsymbol{v} \equiv \boldsymbol{v}_{1}-\boldsymbol{v}_{2} & \eta \equiv \frac{M_{1} M_{2}}{\left(M_{1}+M_{2}\right)^{2}} \\
\boldsymbol{a} \equiv \boldsymbol{a}_{1}-\boldsymbol{a}_{2} & \boldsymbol{n} \equiv \boldsymbol{r} / r \\
& \dot{r} \equiv d r / d t=\boldsymbol{n} \cdot \boldsymbol{v}
\end{array}
$$

$$
\begin{aligned}
\boldsymbol{a}= & -\frac{G m}{r^{2}} \boldsymbol{n}-\frac{G m}{c^{2} r^{2}}\left\{\left[(1+3 \eta) v^{2}-\frac{3}{2} \eta \dot{r}^{2}-2(2+\eta) \frac{G m}{r}\right] \boldsymbol{n}\right. \\
& -2(2-\eta) \dot{r} \boldsymbol{v}\}+O\left(c^{-4}\right)
\end{aligned}
$$

## N -body equations of motion: rked example: 2 bodies and the perihelion sh

Components of the disturbing force

$$
\begin{aligned}
& \qquad \begin{aligned}
\mathcal{R} & =\frac{G m}{c^{2} r^{2}}\left[-(1+3 \eta) v^{2}+\frac{1}{2}(8-\eta) \dot{r}^{2}+2(2+\eta) \frac{G m}{r}\right], \\
\mathcal{S} & =\frac{G m}{c^{2} r^{2}}[2(2-\eta) \dot{r}(r \dot{\phi})], \\
\mathcal{W} & =0
\end{aligned} \\
& \text { Integrate the Lagrange planetary equations: } \quad 42.98^{\text {"/cc for Mercury }}
\end{aligned}
$$

$$
\begin{aligned}
\Delta e & =\Delta a=0 \\
\Delta \Omega & =\Delta \iota=0 \\
\Delta \omega & =\frac{6 \pi G\left(M_{1}+M_{2}\right)}{a\left(1-e^{2}\right) c^{2}}
\end{aligned}
$$

## Mercury's Perihelion: Trouble to Triumph

- 1687 Newtonian triumph
- 1859 Leverrier's conundrum
- 1900 A turn-of-the century crisis


| Planet | Advance |
| :--- | ---: |
| Venus | 277.8 |
| Earth | 90.0 |
| Mars | 2.5 |
| Jupiter | 153.6 |
| Saturn | 7.3 |
| Total | 531.2 |
| Discrepancy | 42.9 |
| Modern measured value | $42.98 \pm 0.02$ |
| General relativity prediction | 42.98 |

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## Part 3: General Relativity

- Einstein equivalence principle
- GR field equations

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- Formulation
- Near-zone physics
- Wave-zone physics
- Radiation reaction
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)


## terating the "Relaxed" Einstein Equatio

Assume that $h^{\alpha \beta}$ is "small", and iterate the relaxed equation:

$$
\begin{aligned}
\square h_{N+1}^{\alpha \beta} & =-\frac{16 \pi G}{c^{4}} \tau^{\alpha \beta}\left(h_{N}\right) \\
h_{N+1}^{\alpha \beta} & =\frac{4 G}{c^{4}} \int \frac{\tau^{\alpha \beta}\left(h_{N}\right)\left(t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right| / c, \boldsymbol{x}^{\prime}\right)}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime}
\end{aligned}
$$

Start with $h_{0}=0$ and truncate at a desired N
Yields an expansion in powers of G , called a post-Minkowskian expansion

Find the motion of matter using

$$
\partial_{\beta} \tau^{\alpha \beta}\left(h_{N}\right)=0
$$

## Wave Zone Physics: Gravitational Wave:

Geodesic deviation: $\frac{D^{2} \xi^{\alpha}}{d s^{2}}=-R_{\beta \gamma \delta}^{\alpha} u^{\beta} \xi^{\gamma} u^{\delta}$ In the rest frame of an observer

$$
\begin{gathered}
\frac{d^{2} \xi^{j}}{d t^{2}}=-c^{2} R_{0 j 0 k} \xi^{k} \\
=\frac{1}{2} \partial_{\tau \tau} h_{T T}^{j k} \xi^{k} \quad \tau=t-R / c \\
h_{T T}^{j k} \equiv\left(P^{j} P^{p} P_{q}^{k}-\frac{1}{2} P^{j k} P_{p q}\right) h^{p q}, \quad P_{p}^{j}=\delta_{p}^{j}-N^{j} N_{p} \\
N_{j} h_{T T}^{i j}=0 \\
\delta_{j k} h_{T T}^{i j}=0
\end{gathered}
$$

## Wave Zone Physics: Gravitational Wave:

## The quadrupole formula:

Requires two iterations of the relaxed Einstein equation:

$$
\begin{aligned}
h_{2}^{i j} \mathrm{TT} & =\frac{4 G}{c^{4}} \int \frac{\tau^{i j}\left(h_{1}\right)\left(t-\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right| / c, \boldsymbol{x}^{\prime}\right) \mathrm{TT}}{\left|\boldsymbol{x}-\boldsymbol{x}^{\prime}\right|} d^{3} x^{\prime} \\
& \rightarrow \frac{2 G}{R c^{4}} \ddot{I}_{\mathrm{TT}}^{\langle i j\rangle}(t-R / c) \text { in the far wave-zone } \\
I^{\langle i j\rangle}(t) & =\int \rho^{*}(t, \boldsymbol{x})\left(x^{i} x^{j}-\frac{1}{3} r^{2} \delta^{i j}\right) d^{3} x
\end{aligned}
$$

For an N-body system $\quad \ddot{I}^{\langle i j\rangle}=2 \sum_{A} M_{A} v_{A}^{\langle i j\rangle}-\sum_{A \neq B} \frac{G M_{A} M_{B}}{r_{A B}} n_{A B}^{\langle i j\rangle}$
By convention, the quadrupole formula is called the "Newtonian"-order result
Higher order PN corrections can be calculated by further iterating the relaxed equations
3 iterations needed for $1 \& 1.5$ PN order, 4 for 2 PN order etc

## Wave Zone Physics: Gravitational Wave:

## Beyond the quadrupole formula:

For a binary system in a circular orbit:

$$
h_{+, x}=\frac{2 \eta G m}{c^{2} R} \beta^{2}\left[\left(1+2 \pi \beta^{3}\right) H_{+, x}^{[0]}+\Delta \beta H_{+, x}^{[1 / 2]}+\beta^{2} H_{+, \times}^{[1]}+\Delta \beta^{3} H_{+, x}^{[3 / 2]}+O\left(\beta^{4}\right)\right]
$$

$$
\begin{array}{rlr}
H_{\times}^{[0]} & =-2 C \sin 2 \Psi, \\
H_{\times}^{[1 / 2]} & =-\frac{3}{4} S C \sin \Psi+\frac{9}{4} S C \sin 3 \Psi, & C=\cos \iota \\
H_{\times}^{[1]} & =\frac{1}{3} C\left[\left(17-4 C^{2}\right)-\left(13-12 C^{2}\right) \eta\right] \sin 2 \Psi-\frac{8}{3}(1-3 \eta) S^{2} C \sin 4 \Psi, \\
H_{\times}^{[3 / 2]} & =\frac{1}{96} S C\left[\left(63-5 C^{2}\right)-2\left(23-5 C^{2}\right) \eta\right] \sin \iota \\
& -\frac{9}{64} S C\left[\left(67-15 C^{2}\right)-2\left(19-15 C^{2}\right) \eta\right] \sin 3 \Psi+\frac{625}{192}(1-2 \eta) S^{3} C \sin 5 \Psi,
\end{array}
$$

$$
\beta=\left(\frac{G m \Omega}{c^{3}}\right)^{1 / 3} \sim \frac{v}{c}, \quad m=M_{1}+M_{2}, \eta=\frac{M_{1} M_{2}}{\left(M_{1}+M_{2}\right)^{2}}, \Delta=\frac{M_{1}-M_{2}}{M_{1}+M_{2}}
$$

## Wave Zone Physics: Gravitational Wave:

 Beyond the quadrupole formula:$$
h_{+, x}=\frac{2 \eta G m}{c^{2} R} \beta^{2}\left[\left(1+2 \pi \beta^{3}\right) H_{+, x}^{[0]}+\Delta \beta H_{+, x}^{[1 / 2]}+\beta^{2} H_{+, x}^{[1]}-\Delta \beta^{3} H_{+, x}^{[3 / 2]}-O\left(\beta^{4}\right)\right]
$$



## Wave Zone Physics: Energy flux

$$
\begin{aligned}
\frac{d E}{d t} & =c \int \partial_{0} \tau^{00} d^{3} x \\
& =-c \oint(-g) t_{\mathrm{LL}}^{0 j} d S_{j} \\
& =-\frac{c^{3} R^{2}}{16 \pi G} \oint\left[\left(\partial_{t} h_{+}\right)^{2}+\left(\partial_{t} h_{\times}\right)^{2}\right] d \Omega \\
& =-\frac{G}{5 c^{5}} \dddot{I}\left\langle{ }^{\langle p q\rangle} \dddot{I}^{\langle p q\rangle}+O\left(c^{-7}\right)\right.
\end{aligned}
$$

Called the quadrupole formula for energy flux
Also known as the "Newtonian" order contribution
Also a flux of angular momentum $\mathrm{dJ} / \mathrm{dt}$ and of linear momentum $\mathrm{dP} / \mathrm{d}$
For a 2-body system:

$$
\frac{d E}{d t}=\frac{8}{15} \eta^{2} \frac{c^{3}}{G}\left(\frac{G m}{c^{2} r}\right)^{4}\left(12 v^{2}-11 \dot{r}^{2}\right)
$$

## Energy flux: eccentric orbit

$$
\frac{d E}{d t}=\frac{32}{5} \eta^{2} \frac{c^{5}}{G}\left(\frac{G m}{c^{2} p}\right)^{5}(1+e \cos \phi)^{4}\left[1+2 e \cos \phi+\frac{1}{12} e^{2}\left(1+11 \cos ^{2} \phi\right)\right]
$$

$$
\frac{d E}{d t}
$$

$$
t / P
$$

## Energy flux and binary pulsars

Orbit-averaged flux

$$
\frac{d E}{d t}=\frac{32}{5} \eta^{2} \frac{c^{5}}{G}\left(\frac{G m}{c^{2} a}\right)^{5} F(e) \quad F(e)=\frac{1+\frac{73}{24} e^{2}+\frac{37}{96} e^{4}}{\left(1-e^{2}\right)^{7 / 2}}
$$

Period decrease $E \propto a^{-1} \propto P^{-2 / 3}$

$$
\begin{gathered}
\frac{d P}{d t}=-\frac{192 \pi}{5}\left(\frac{G \mathcal{M}}{c^{3}} \frac{2 \pi}{P}\right)^{5 / 3} F(e) \\
\mathcal{M} \equiv \eta^{3 / 5} m=\operatorname{chirp} \text { mass }
\end{gathered}
$$

" "Newtonian" GW flux
2.5 PN correction to Newtonian equations of motion

- PN corrections can be calculated, now reaching 4 PN order


PSR 1913+16
Hulse-Taylor binary pulsar

## Energy flux and GW interferometers

For a circular orbit, to 3.5 PN order:

$$
\left.\left.\begin{array}{rl}
\nu=\eta=M_{1} M_{2} /\left(M_{1}+M_{2}\right)^{2} & x=\beta^{2 / 3}=\left(G m \Omega / c^{3}\right)^{2 / 3} \sim(v / c)^{2} \\
\frac{d E}{d t}=\frac{32 c^{5}}{5 G} \nu^{2} x^{5} & \left\{1+\left(-\frac{1247}{336}-\frac{35}{12} \nu\right) x+4 \pi x^{3 / 2}\right. \\
& +\left(-\frac{44711}{9072}+\frac{9271}{504} \nu+\frac{65}{18} \nu^{2}\right) x^{2}+\left(-\frac{8191}{672}-\frac{583}{24} \nu\right) \pi x^{5 / 2} \\
& +\left[\frac{6643739519}{69854400}+\frac{16}{3} \pi^{2}-\frac{1712}{105} \gamma_{\mathrm{E}}-\frac{856}{105} \ln (16 x)\right.
\end{array}+\quad+\left(-\frac{134543}{7776}+\frac{41}{48} \pi^{2}\right) \nu-\frac{94403}{3024} \nu^{2}-\frac{775}{324} \nu^{3}\right] x^{3}\right\}
$$

From Blanchet, Living Reviews in Relativity 17, 2 (2014)

## Energy flux and GW interferometers

 LIGO Hanford $4 \& 2 \mathrm{~km}$

GEO Hannover 600 m


Kagra Japan 3 km

LIGO South Indigo

## Energy flux and GW interferometers



Baker et al. gr-qc/0612024

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## Part 3: General Relativity

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- Formulation
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*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)


## Wave Zone Physics: Radiation reaction

Loss of energy at order $\mathrm{C}^{-5}$ implies that the dynamics of a system cannot be
conservative at 2.5 PN order

There must be a radiation reaction force $\mathbf{F}$ that dissipates energy according to

$$
\sum_{A} \boldsymbol{F}_{A} \cdot \boldsymbol{v}_{A}=\frac{d E}{d t}
$$

To find this force, we return to the near-zone and iterate the relaxed Einstein equations 3 times to find the metric to 2.5 PN order

That metric is inserted into the equations of motion $\nabla_{\beta} T^{\alpha \beta}=0$
There are Newtonian, 1 PN, 2 PN, 2.5 PN, .... terms (no 1.5 PN!)
Happily, to find the leading 2.5 PN contributions, it is not necessary to calculate the 2 PN terms explicitly (though that has been done)

## Wave Zone Physics: Radiation reaction



## Wave Zone Physics: Radiation reaction

Pulling all the contributions together, we find the equations of hydrodynamics to 2.5 PN order

$$
\rho^{*} \frac{d \boldsymbol{v}}{d t}=\rho^{*} \nabla U-\nabla p+O\left(c^{-2}\right)+O\left(c^{-4}\right)+\boldsymbol{f}
$$

Where $f$ is a radiation reaction force density. For body A

$$
\boldsymbol{F}_{A}=\int_{A} \rho^{*} \boldsymbol{f} d^{3} x
$$

For a 2-body system, this leads to a radiation-reaction contribution

$$
\boldsymbol{a}[\mathrm{rr}]=\frac{8}{5} \eta \frac{(G M)^{2}}{c^{5} r^{3}}\left[\left(3 v^{2}+\frac{17}{3} \frac{G M}{r}\right) \dot{r} \boldsymbol{n}-\left(v^{2}+3 \frac{G M}{r}\right) \boldsymbol{v}\right]
$$

This is harmonic gauge (also called Damour-Deruelle gauge)

## Wave Zone Physics: Radiation reaction

Alternative gauge: the Burke-Thorne gauge. All RR effects embodied in a modification of the Newtonian potential

$$
U \rightarrow U-\frac{G}{5 c^{5}} \frac{d^{5} I^{\langle j k\rangle}}{d t^{5}} x^{j} x^{k}
$$

For a two body system

$$
\boldsymbol{a}[\mathrm{rr}]=\frac{8}{5} \eta \frac{(G M)^{2}}{c^{5} r^{3}}\left[\left(18 v^{2}+\frac{2}{3} \frac{G M}{r}-25 \dot{r}^{2}\right) \dot{r} \boldsymbol{n}-\left(6 v^{2}-2 \frac{G M}{r}-15 \dot{r}^{2}\right) \boldsymbol{v}\right]
$$

In any gauge, orbital damping precisely matches wave-zone fluxes:

$$
\begin{aligned}
\frac{d E}{d t}= & \frac{8}{15} \eta^{2} \frac{c^{3}}{G}\left(\frac{G m}{c^{2} r}\right)^{4}\left(12 v^{2}-11 \dot{r}^{2}\right), \\
\frac{d J^{j}}{d t}= & \frac{8}{5} \eta^{2} \frac{c}{G}\left(\frac{G m}{c^{2} r}\right)^{3} h^{j}\left(2 v^{2}-3 \dot{r}^{2}+2 \frac{G m}{r}\right), \\
\frac{d P^{j}}{d t}= & -\frac{8}{105} \Delta \eta^{2} \frac{c}{G}\left(\frac{G m}{c^{2} r}\right)^{4}\left[v^{j}\left(50 v^{2}-38 \dot{r}^{2}+8 \frac{G m}{r}\right)\right. \\
& \left.-\dot{r} n^{j}\left(55 v^{2}-45 \dot{r}^{2}+12 \frac{G m}{r}\right)\right]
\end{aligned}
$$

## Wave Zone Physics: Radiation reaction

Inserting $\mathbf{a}_{\text {RR into the Lagrange planetary equation as a disturbing force and integrating over an orbit }}$

$$
\begin{aligned}
& \frac{d p}{d t}=-\frac{64}{5} \eta c\left(\frac{G M}{c^{2} p}\right)^{3}\left(1-e^{2}\right)^{3 / 2}\left(1+\frac{7}{8} e^{2}\right) \\
& \frac{d e}{d t}=-\frac{304}{15} \eta c \frac{e}{p}\left(\frac{G M}{c^{2} p}\right)^{3}\left(1-e^{2}\right)^{3 / 2}\left(1+\frac{121}{304} e^{2}\right)
\end{aligned}
$$

Radiation reaction causes 2-body orbits to inspiral and circularize
$\square$ The Hulse-Taylor binary pulsar will circularize and merge within 300 Myr ; the double pulsar within 85 Myr
This is short compared to the age of galaxies (5-10 Gyr)
There must be NS-NS binaries merging today (possibly even NS-BH and BH-BH binaries)
$\square$ The inspiral of compact binaries is a leading potential source of GW for interferometers

## Outline of the Lectures*

## Part 1: Newtonian Gravity

- Foundations
- Equations of hydrodynamics
- Spherical and nearly spherical bodies
- Motion of extended fluid bodies


## Part 2: Newtonian Celestial Mechanics

- Two-body Kepler problem
- Perturbed Kepler problem
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)


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## Gravity

Newtonian, Post-Newtonian, Relativistic


Eric Poisson and Clifford M. Will

CAMBRIDGE
*Based on Gravity: Newtonian, post-Newtonian, General Relativistic, by Eric Poisson and Clifford Will (Cambridge U Press, 2014)

