

**HÖLDER CONTINUITY FOR SOLUTIONS OF  
CERTAIN DEGENERATE PARABOLIC SYSTEMS**

By

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**1. Introduction.** We consider the parabolic system

$$(1) \quad u_t - \operatorname{div}(|\nabla u|^{p-2}\nabla u) + b(x, u, \nabla u) = 0$$

where  $u = u(x, t); \mathbb{R}^n \times \mathbb{R} \rightarrow \mathbb{R}^N$ ,  $\nabla = \operatorname{grad}_x$  and  $x$  varies in an open set  $\Omega \subset \mathbb{R}^n$ . Naturally we assume  $1 < p < \infty$ . We assume that  $b(x, t, u, Q) \in C^1(\mathbb{R}^n \times \mathbb{R} \times \mathbb{R}^N \times M^{Nn} \rightarrow \mathbb{R}^N)$  satisfies the following controllable growth condition

$$|b_x(x, t, u, Q)| + |b_u(x, t, u, Q)| |Q| + |b_{Q_\alpha^i}(x, t, u, Q) Q_\alpha^i| \leq c(1 + |Q|^{p-1})$$

for all  $x \in \mathbb{R}^n$ ,  $t \in \mathbb{R}$ ,  $u \in \mathbb{R}^N$  and  $Q \in M^{Nn}$ , and for some  $c$ .

Suppose that  $u$  is a solution to (1) which means

$$u \in C^0[0, T; L^2(\Omega \rightarrow \mathbb{R}^N)] \cap L^p[0, T; W^{1,p}(\Omega \rightarrow \mathbb{R}^N)]$$

and  $u$  satisfies

$$\int_{\Omega_T} -u\phi_t + |\nabla u|^{p-2}\nabla u \cdot \nabla \phi + b(z, u, \nabla u)\phi dz = 0$$

for all  $\phi \in C_0^\infty(\Omega_T \rightarrow \mathbb{R}^N)$  where  $z = (x, t)$  and  $\Omega_T = \Omega \times (0, T)$ .

The main result in this paper is the following theorem.

**THEOREM 1.** *Suppose that  $u \in L_{\text{loc}}^{r_0}(\Omega_T)$ ,  $r_0 > \frac{n(2-p)}{p}$  then*

$$u \in C_{\text{loc}}^{0,\alpha}(\Omega_T)$$

for some  $\alpha > 0$ .

Note that from the definition of solution  $u \in L_{\text{loc}}^2(\Omega_T)$ . Thus the requirement that  $r_0 > \frac{n(2-p)}{p}$  becomes restrictive only when  $\frac{n(2-p)}{p} \geq 2$ , i.e., when  $p \leq \frac{2n}{n+2}$ .

When  $p \geq 2$ , E. DiBenedetto [5] proved that solutions for equations (1) with a natural growth condition on  $b$  are Hölder continuous. Essentially his proof lies on the truncation idea of DeGiorgi and a scaling and it seems not applicable to systems. In case  $1 < p < 2$  E. DiBenedetto and C. Ya-zhe[10] proved Hölder continuity of solutions for equations. Also

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when  $p > \frac{2n}{n+2}$ , E. DiBenedetto and C. Ya-zhe[11] proved Hölder continuity for solutions of parabolic systems up to boundary.

On the other hand E. DiBenedetto and A. Friedman[6] proved that  $\nabla u \in C_{loc}^\alpha$  for homogeneous systems when  $p > \frac{2n}{n+2}$ . Independently M. Wiegner[9] proved that  $\nabla u \in C_{loc}^\alpha$  when  $p \geq 2$ . When  $1 < p < 2$ , H. Choe[1] proved that  $\nabla u \in C_{loc}^\alpha$  for homogeneous systems.

Here we prove an inequality of Poincaré type. Once we have a Poincaré inequality, a Campanato type growth estimate for  $u$  follows from the  $L^\infty$  estimate of  $\nabla u$ . Thus theorem 1 follows from the isomorphism theorem of Da Prato [4].

We assume  $u, u_t, \nabla u, \nabla^2 u$  belong to a suitable  $L^q$  space. Justification for this appears in [6] when  $p \geq 2$  and in [1] when  $1 < p < 2$ .

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**2.  $L^\infty$  bound for  $\nabla u$ .** In this section we prove that  $u$  is bounded by following Moser iteration idea and we construct a weak Harnack inequality for  $|u|$ . In this section we define a cylinder  $Q_R$  by  $Q_R = \{(x, t); |x - x_0| < R, t_0 - R^p < t < t_0\}$  where  $(x_0, t_0) \in \mathbb{R}^n \times \mathbb{R}$  is a generic point. Also we define  $\Lambda_R = \{t; t_0 - R^p < t < t_0\}$ . A similar theorem appears in [1].

**THEOREM 2.** *Suppose that  $u \in L_{loc}^{r_0}(\Omega_T)$ , then  $u \in L_{loc}^\infty(\Omega_T)$ , where  $r_0 > \frac{n(2-p)}{p}$  when  $1 < p < 2$  and  $r_0 = p$  when  $p \geq 2$ . Moreover we have that for all  $Q_{2R_0} \subset \Omega_T$*

$$(2) \quad \sup_{Q_{R_0/2}} |u| \leq c \left[ \left( \int_{Q_{R_0}} |u|^{r_0} dz \right)^{\frac{1}{r_1}} + 1 \right]$$

for some constant  $c$  depending only on  $n, N$  and  $p$ , where  $r_1 = r_0 - \frac{N}{p}(2-p)$  when  $1 < p < 2$  and  $r_1 = 2$  when  $p \geq 2$ .

*Proof.* Since  $u \in L_{loc}^2(\Omega_T)$ , we can assume  $r_0 \geq 2$ . Let  $\rho < R$  and  $\psi$  be the standard cutoff function such that

$$\begin{aligned} \psi &= 1 && \text{in } Q_\rho \\ \psi &= 0 && \text{in a neighborhood of parabolic boundary of } Q_R \\ 0 &\leq \psi \leq 1, |\psi_t| \leq \frac{c}{(R-\rho)^p}, |\nabla \psi| \leq \frac{c}{R-\rho}. \end{aligned}$$

Let  $\alpha_0 = r_0 - 2$ . We apply  $u|u|^\alpha \psi^p$  as a test function to (1) where  $\alpha \geq \alpha_0 \geq 0$ . So we have

$$(3) \quad \begin{aligned} &\sup_t \int |u|^{\alpha+2} \psi^p dx + (\alpha+1)^{2-p} \int |\nabla \left( \psi |u|^{\frac{\alpha+p}{p}} \right)|^p dz \\ &\leq c \int |u|^{\alpha+2} \psi^{p-1} |\psi_t| dz + c(\alpha+1)^{2-p} \int |u|^{\alpha+p} |\nabla \psi|^p dz \\ &\quad + c \int (1 + |\nabla u|)^{p-1} |u|^{\alpha+1} \psi^p dz. \end{aligned}$$

Using Young's inequality on (3) we have

$$(4) \quad \begin{aligned} & \sup_t \int |u|^{\alpha+2} \psi^p dx + \int |\nabla(\psi|u|^{\frac{\alpha+p}{p}})|^p dz \\ & \leq \frac{c}{(R-\rho)^p} \int_{Q_R} |u|^{\alpha+2} \psi^{p-1} dz + \frac{c}{(R-\rho)^p} \int_{Q_R} |u|^{\alpha+p} dz + c|Q_R|. \end{aligned}$$

We assume  $2 \leq p$ . By Hölder's inequality and Sobolev's inequality on (4) we have

$$(5) \quad \begin{aligned} & \sup_{t_0-\rho^p \leq t \leq t_0} \int_{B_\rho} |u|^{\alpha+2} dx + \int_{\Lambda_\rho} \left[ \int_{B_\rho} |u|^{(\alpha+p)\frac{n}{n-p}} dx \right]^{\frac{n-p}{n}} dt \\ & \leq \frac{c}{(R-\rho)^p} \int_{Q_R} |u|^{\alpha+p} dz + c \frac{|Q_R|}{(R-\rho)^p}. \end{aligned}$$

Hence using (5) and Hölder inequality we have

$$(6) \quad \begin{aligned} \int_{\check{Q}_\rho} |u|^{(\alpha+p)(1+\frac{p}{n}\frac{\alpha+2}{\alpha+p})} dz & \leq \left[ \sup_t \int_{B_\rho} |u|^{\alpha+2} dx \right]^{\frac{p}{n}} \left[ \int_{\Lambda_\rho} \left( \int_{B_\rho} |u|^{\frac{(\alpha+p)N}{N-p}} dx \right)^{\frac{n-p}{n}} dt \right] \\ & \leq c \left[ \frac{1}{(R-\rho)^p} \int_{Q_R} |u|^{\alpha+p} dz + \frac{|Q_R|}{(R-\rho)^p} \right]^{1+\frac{p}{n}}. \end{aligned}$$

We define  $\rho_\nu = \frac{R_0}{2}(1+2^{-\nu})$ ,  $\nu = 0, 1, 2, \dots$ , and  $Q_\nu = Q_{\rho_\nu}$ . We now define  $\alpha_\nu$  by

$$\alpha_{\nu+1} = \left(1 + \frac{p}{n}\right) \alpha_\nu + \frac{2p}{n}, \quad \alpha_0 = 0.$$

Then we see that  $\alpha_\nu = 2(\theta^\nu - 1)$  where  $\theta = 1 + \frac{p}{n}$ . Also note that

$$\lim_{\nu \rightarrow \infty} \frac{\theta^\nu}{\alpha_\nu + p} = \frac{1}{2}.$$

We define  $\phi_\nu$  by

$$\phi_\nu = \int_{Q_\nu} u^{\alpha_\nu+p} dz,$$

then we can write (6) as

$$(7) \quad \phi_{\nu+1} \leq c^\nu \phi_\nu^\theta + c^\nu$$

where  $c$  depends only on  $n, N$  and  $p$ . Iterating (7) we prove theorem 2 when  $p \geq 2$ .

Now we assume  $1 < p < 2$ . From (4) we get

$$(8) \quad \begin{aligned} & \sup_t \int_{B_\rho} |u|^{\alpha+2} dx + \int_{\Lambda_\rho} \left[ \int_{B_\rho} |u|^{(\alpha+p)\frac{n}{n-p}} dx \right]^{\frac{n-p}{n}} dt \\ & \leq \frac{c}{(R-\rho)^p} \int_{Q_R} |u|^{\alpha+2} dz + c \frac{|Q_R|}{(R-\rho)^p} \end{aligned}$$

and

$$(9) \quad \begin{aligned} \int_{Q_\rho} |u|^{(\alpha+p)(1+\frac{p}{n}\frac{\alpha+2}{\alpha+p})} dz & \leq \left[ \sup_t \int_{B_\rho} |u|^{\alpha+2} dx \right]^{\frac{p}{n}} \left[ \int_{\Lambda_\rho} \left( \int_{B_\rho} |u|^{(\alpha+p)\frac{n}{n-p}} dx \right)^{\frac{n-p}{n}} dt \right] \\ & \leq c \left[ \frac{1}{(R-\rho)^p} \int_{Q_R} |u|^{\alpha+2} dz + \frac{|Q_R|}{(R-\rho)^p} \right]^{1+\frac{p}{n}}. \end{aligned}$$

Defining  $\alpha_\nu$  by

$$\alpha_{\nu+1} + 2 = \alpha_\nu \theta + p + \frac{2p}{n}, \quad \alpha_0 = r_0 - 2,$$

we can have

$$(10) \quad \phi_{\nu+1} \leq c^\nu \phi_\nu^\theta + c^\nu$$

for some constant  $c$  depending only on  $n, N$  and  $p$ . We note that

$$\lim_{\nu \rightarrow \infty} \frac{\alpha_\nu + 2}{\theta^\nu} = r_0 - \frac{n}{p}(2-p).$$

Iterating (10) we prove theorem 2 when  $1 < p < 2$ .  $\square$

We define a new cylinder  $S_R$  by  $S_R = B_R(x_0) \times (t_0 - R^2, t_0)$ . We denote  $\lambda = \sup_{S_R} |u|$ . Now we recall the following theorem due to Choe (See Theorem 4 in [1]) which proves that  $\nabla u \in L_{loc}^\infty$  for  $1 < p < 2$ .

**THEOREM 3.** *Suppose  $S_{2R_0} \subset \Omega_T$  and  $1 < p < 2$ . Then there exists a constant  $c$  depending only on  $\lambda, p, q_0, N$  and  $n$  such that*

$$(11) \quad \sup_{S_{R_0/2}} |\nabla u| \leq c \left( \left[ \int_{S_{R_0}} |\nabla u|^{q_0} dz \right]^{\frac{1}{q_1}} + 1 \right)$$

where  $q_0 > \frac{n}{2}(2-p)$  and  $q_1 = \frac{2}{2q_0 - n(2-p)}$ .

We note that theorem 3 implies Proposition 3.1' in [11]. Suppose that

$$p > \frac{2n}{n+2}$$

then we see

$$p > \frac{n}{2}(2-p)$$

and we can take  $q_0 = p$  and  $q_1 = \frac{2}{2p+n(p-2)}$  in theorem 3. Consequently we have the following Collorary.

**COLLORARY.** Suppose  $S_{2R_0} \subset \Omega_T$  and  $\frac{2n}{n+2} < p < 2$ . Then there exists a constant  $c$  depending only on  $n, N$  and  $p$  such that

$$(12) \quad \sup_{S_{R_0/2}} |\nabla u| \leq c \left( \left[ \int_{S_{R_0}} |\nabla u|^p dz \right]^{\frac{2}{2p+n(p-2)}} + 1 \right).$$

Now we consider the case  $p \geq 2$ . Again by following Moser iteration we prove a weak Harnack inequality for  $\nabla u$ . In this case we recall that E. DiBenedetto and C. Ya-zhe proved a similar theorem using a more complicated iteration(see Proposition 3.1 in [11]).

**THEOREM 4.** Suppose  $S_{2R_0} \subset \Omega_T$  and  $p \geq 2$ . Then there exists a constant  $c$  depending only on  $n, N$  and  $p$  such that

$$(13) \quad \sup_{S_{R_0/2}} |\nabla u| \leq c \left( \left[ \int_{S_{R_0}} |\nabla u|^p dz \right]^{\frac{1}{2}} + 1 \right).$$

*Proof.* Differentiating (1) with respect to  $x_\gamma$  we have

$$(14) \quad \begin{aligned} (u_{x_\gamma}^i)_t - (a_{\alpha\beta}^{ij} |\nabla u|^{p-2} u_{x_\gamma x_\alpha}^j)_{x_\beta} + b_{x_\gamma}^i(x, t, u, \nabla u) \\ + b_{u^j}^i(z, u, \nabla u) u_{x_\gamma}^j + b_{Q_\alpha^j}^i(x, t, u, \nabla u) u_{x_\alpha}^j = 0, \end{aligned}$$

where

$$a_{\alpha\beta}^{ij} = \delta^{ij} \delta_{\alpha\beta} + (p-2) \frac{u_{x_\beta}^i u_{x_\alpha}^j}{|\nabla u|^2}$$

and  $\delta$  is the Kronecker delta function. We introduce a new cutoff function  $\psi$  such that

$$\begin{aligned} \psi &= 1 \text{ in } S_\rho \\ \psi &= 0 \text{ in a neighborhood of parabolic boundary of } S_R \\ 0 \leq \psi \leq 1, |\psi_t| &\leq \frac{c}{(R-\rho)^2}, |\nabla \psi| \leq \frac{c}{R-\rho}. \end{aligned}$$

Taking  $\phi = u_{x_\gamma} |\nabla u|^\alpha \psi^2$ ,  $\alpha \geq 0$  as a test function to (14) we get

$$\begin{aligned}
(15) \quad & \sup_t \int |\nabla u|^{\alpha+2} \psi^2 dx + \int |\nabla(|\nabla u|^{\frac{\alpha+p}{2}} \psi)|^2 dz \\
& \leq c \int |\nabla u|^{\alpha+2} \psi |\psi_t| dz + c \int |\nabla u|^{\alpha+p} |\nabla \psi|^2 dz. \\
& + c \int (1 + |\nabla u|^{p+\alpha}) \psi^2 dz.
\end{aligned}$$

By Hölder's inequality and Sobolev's inequality we have

$$\begin{aligned}
(16) \quad & \int_{S_\rho} |\nabla u|^{(\alpha+p)(1+\frac{2}{n}\frac{\alpha+p}{\alpha+p})} dz \\
& \leq c \left[ \sup_t \int |\nabla u|^{\alpha+2} \psi^2 dx \right]^{\frac{2}{n}} \left[ \int |\nabla(|\nabla u|^{\frac{\alpha+p}{2}} \psi)|^2 dz \right] \\
& \leq c \left[ \frac{1}{(R-\rho)^2} \int_{S_R} |\nabla u|^{\alpha+p} dz + \frac{|S_R|}{(R-\rho)^2} \right]^{1+\frac{2}{n}}.
\end{aligned}$$

We set  $\rho_\nu = (1 + 2^{-\nu}) \frac{R_0}{2}$ ,  $\rho = \rho_{\nu+1}$  and  $R = \rho_\nu$ . We define  $\mu = 1 + \frac{2}{n}$ . Also we define  $\alpha_\nu$  by

$$\alpha_{\nu+1} + p = \mu \alpha_\nu + p + \frac{4}{n}, \quad \alpha_0 = 0.$$

If we define

$$\Phi(\nu) = \int_{S_{\rho_\nu}} |\nabla u|^{\alpha_\nu + p} dz,$$

then (16) can be written as follows

$$(17) \quad \Phi(\nu+1) \leq c^\nu \Phi(\nu)^\mu + c^\nu$$

for some  $c$  depending only on  $n$  and  $p$ . We note that

$$\lim_{\nu \rightarrow \infty} \frac{\mu^\nu}{\alpha_\nu + p} = \frac{1}{2}.$$

So iterating (17), we prove theorem 4.  $\square$

**3. Hölder continuity of  $u$ .** In this section we define  $\Lambda_R^- = (t_0 - 2R^p, t_0 - R^p)$  and  $Q_R^- = B_R \times \Lambda_R^-$ . We introduce a cutoff function  $\eta \in C_0^\infty(B_R)$  such that

$$\begin{aligned}
& \eta = 1 \text{ in } B_{\frac{R}{2}} \\
& 0 \leq \eta \leq 1, |\nabla \eta| \leq \frac{c}{R}.
\end{aligned}$$

Also we define

$$u_{R,t} = \frac{1}{|B_R|} \int_{B_R} u(x,t) dx$$

and

$$u_R = \frac{1}{|Q_R|} \int_{Q_R} u dz.$$

First we prove a lemma which is essential for a Poincaré inequality for solutions of a degenerate parabolic system.

LEMMA 1. Suppose  $Q_{2R} \subset \Omega_T$ , then  $u$  satisfies the following inequality

$$(18) \quad \begin{aligned} & \sup_{t \in \Lambda_R} \int_{\Lambda_R^-} ds \int_{B_R} \eta^2 |u(x,t) - u_{R,s}|^2 dx \\ & \leq cR^{s_1} \int_{Q_{2R}} |\nabla u|^p dz + c \int_{Q_R^-} |u - u_{R,t}|^2 dz + cR^{s_2}. \end{aligned}$$

for all  $R < R_0$  where  $c$  depends only on  $n, N$  and  $p$ , and

$$s_1 = p \text{ and } s_2 = n + 2p \text{ when } p \geq 2$$

$$s_1 = p(p-1) \text{ and } s_2 = n + p + p(p-1) \text{ when } 1 < p < 2.$$

*Proof.* Since  $u \in C^0[0, T; L^2(\Omega)]$ , there exists  $\bar{t}(s) \in \Lambda_R$  for all  $s \in \Lambda_R^-$  such that

$$\int_{B_R} \eta^p |u(x, \bar{t}) - u_{R,s}|^2 dx = \sup_{0 \geq t \geq s} \int_{B_R} \eta^p |u(x, t) - u_{R,s}|^2 dx.$$

We take  $(u - u_{R,s})\eta^p \mathbf{X}_{[s, \bar{t}]}$  as a test function to (1) where  $\mathbf{X}_{[x, \bar{t}]} = \mathbb{R} \rightarrow \mathbb{R}$  is the characteristic function such that  $\mathbf{X}_{[s, \bar{t}]}(s) = 1$  for all  $s \in [s, \bar{t}]$  and  $\mathbf{X}_{[s, \bar{t}]}(s) = 0$  for all  $s \notin [s, \bar{t}]$ . Hence we have

$$(19) \quad \begin{aligned} & \int u_t \cdot (u - u_{R,s})\eta^p(x) \mathbf{X}_{[s, \bar{t}]} dz \\ & + \int |\nabla u|^{p-2} \nabla u \cdot \nabla((u - u_{R,s})\eta^p) \mathbf{X}_{[s, \bar{t}]} dz \\ & + \int b(x, u, \nabla u)(u - u_{R,s})\eta^p \mathbf{X}_{[s, \bar{t}]} dz = 0. \end{aligned}$$



Now we assume  $p \in [2, \infty)$ . Using Young's inequality and the structure condition on  $b$  we have

$$\begin{aligned}
& \int |u - u_{R,s}|^2 \eta^p(x, \bar{t}) dx + \int_{B_R \times [s, \bar{t}]} |\nabla u|^p \eta^p dz \\
(20) \quad & \leq c \int |u - u_{R,s}|^2 \eta^p(x, s) dx + \frac{\varepsilon}{R^p} \int_{B_R \times [s, \bar{t}]} |u - u_{R,s}|^p \eta^p dz \\
& + c \int_{B_R \times [s, \bar{t}]} |\nabla u|^p dz + cR^{n+p}
\end{aligned}$$

for some  $c$  independent of  $R$ . Integrating (20) with respect to  $s$  from  $t_0 - 2R^p$  to  $t_0 - R^p$ , we have

$$\begin{aligned}
& \int_{\Lambda_R^-} ds \int_{B_R} |u - u_{R,s}|^2 \eta^p(x, \bar{t}) dx \\
(21) \quad & \leq c \int_{Q_R^-} |u - u_{R,t}|^2 \eta^p dz + \frac{c\varepsilon}{R^p} \int_{\Lambda_R^-} ds \int_{B_R \times [s, \bar{t}]} |u - u_{R,s}|^2 \eta^p dz \\
& + cR^p \int_{Q_{2R}} |\nabla u|^p dz + cR^{n+2p}.
\end{aligned}$$

By the choice of  $\bar{t}$  we have that for small  $\varepsilon$

$$\begin{aligned}
& \int_{\Lambda_R^-} ds \int_{B_R} |u - u_{R,s}|^2 \eta^p(x, \bar{t}) dx \\
(22) \quad & \leq c \int_{Q_R^-} |u - u_{R,t}|^2 \eta^p dz + cR^p \int_{Q_{2R}} |\nabla u|^p dz + cR^{n+2p}.
\end{aligned}$$

So we have lemma 2 when  $p \geq 2$ .

In case  $p \in (1, 2)$  we estimate the second term of (19) as follows

$$\begin{aligned}
& \int |\nabla u|^{p-2} \nabla u \cdot \nabla((u - u_{R,s})\eta^p) \chi_{[s, \bar{t}]} dz \\
(23) \quad & = \int |\nabla u|^p \eta^p \chi_{[s, \bar{t}]} dz + p \int |\nabla u|^{p-2} u_{x_\alpha}^i \eta_{x_\alpha} (u^i - u_{R,s}^i) \eta^{p-1} \chi_{[s, \bar{t}]} dz
\end{aligned}$$

and using the fact that  $p(p-1) < p$  and  $\frac{p}{p-1} > 2$ , we have

$$\begin{aligned}
(24) \quad & \left| \int |\nabla u|^{p-2} u_{x_\alpha}^i \eta_{x_\alpha} (u^i - u_{R,s}^i) \eta^{p-1} \mathbf{X}_{[s,\bar{t}]} dz \right| \\
& \leq \int |\nabla u|^{p-1} |\nabla \eta| \eta^{p-1} |u - u_{R,s}| \mathbf{X}_{[s,\bar{t}]} dz \\
& \leq \frac{\varepsilon}{R^p} \int |u - u_{R,s}|^{\frac{p}{p-1}} \eta^p \mathbf{X}_{[s,\bar{t}]} dz + \frac{c}{R^{p(2-p)}} \int |\nabla u|^{p(p-1)} dz \\
& \leq \frac{c\varepsilon}{R^p} \int |u - u_{R,s}|^2 \eta^p \mathbf{X}_{[s,\bar{t}]} dz + \frac{c}{R^{p(2-p)}} \int_{B_R \times [s,\bar{t}]} |\nabla u|^p dz + cR^{N+p(p-1)}.
\end{aligned}$$

Applying Young's inequality and the structure condition of  $b$  on (19) and combining (19), (23) and (24) we have

$$\begin{aligned}
(25) \quad & \int_{\tilde{B}_R} |u - u_{R,s}|^2 \eta^p(x, \bar{t}) dz \\
& \leq \frac{\varepsilon}{R^p} \int |u - u_{R,s}|^2 \eta^p \mathbf{X}_{[s,\bar{t}]} dz + \frac{c}{R^{p(2-p)}} \int_{B_R \times [s,\bar{t}]} |\nabla u|^p dz \\
& \quad + cR^{n+p(p-1)} + c \int_{B_R} |u - u_{R,s}|^2 \eta^p(x, s) dx.
\end{aligned}$$

Integrating (25) with respect to  $s$  and using the choice of  $\bar{t}$  we prove lemma 2 when  $1 < p < 2$ .  $\square$

Now we prove a Poincaré's inequality.

**THEOREM 4.** *Suppose  $Q_{2R} \subset \Omega_T$ , then we have*

$$\begin{aligned}
(26) \quad & \int_{Q_{\frac{R}{2}}} |u - u_{\frac{R}{2}}|^2 dz \leq cR^2 \int_{Q_{2R}} |\nabla u|^2 dz \\
& \quad + cR^{s_1} \int_{Q_{2R}} |\nabla u|^p dz + cR^{s_2},
\end{aligned}$$

where  $c$  is independent of  $R$ .

*Proof.* Using lemma 2 we have

$$\begin{aligned}
& \int_{Q_{\frac{R}{2}}} |u - u_{\frac{R}{2}}|^2 dz \leq c \int_{Q_R} |u - u_{R,s}|^2 \eta^p dz \\
& \leq \frac{c}{R^p} \int_{\Lambda_R^-} ds \int_{Q_R} |u - u_{R,s}|^2 \eta^p dz \\
(27) \quad & \leq c \sup_{t \in \Lambda_R} \int_{\Lambda_{-R}'} ds \int_{B_R} |u - u_{R,s}|^2 \eta^p(x, \bar{t}) dx \\
& \leq c \int_{Q_R^-} |u - u_{R,t}|^2 \eta^p dz + cR^{s_1} \int_{Q_{2R}} |\nabla u|^p dz + cR^{s_2} \\
& \leq cR^2 \int_{Q_{2R}} |\nabla u|^2 dz + cR^{s_1} \int_{Q_{2R}} |\nabla u|^p dz + R^{s_2}
\end{aligned}$$

where we used a Poincaré type inequality for  $x$  variables only as follows

$$\int_{B_R} |u - u_{R,t}|^2 \eta^p dx \leq cR^2 \int_{\bar{B}_R} |\nabla u|^2 dx. \quad \square$$

*Proof of Theorem 1.* Since  $\nabla u$  is bounded, we have from theorem 4

$$\begin{aligned}
\int_{Q_R} |u - u_R|^2 dz & \leq cR^{n+p+2} && \text{when } p \in [2, \infty) \\
& \leq cR^{n+p+p(p-1)} && \text{when } p \in (1, 2)
\end{aligned}$$

where  $c$  is independent of  $R$ . Hence by isomorphism theorem of Da Prato[4] we prove theorem 1.  $\square$

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