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# Conditional regularity of solutions of the three-dimensional Navier-Stokes equations and implications for intermittency 

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#### Abstract

Two unusual time-integral conditional regularity results are presented for the threedimensional Navier-Stokes equations. The ideas are based on $L^{2 m}$-norms of the vorticity, denoted by $\Omega_{m}(t)$, and particularly on $D_{m}=\left[\varpi_{0}^{-1} \Omega_{m}(t)\right]^{\alpha_{m}}$, where $\alpha_{m}=2 m /(4 m$ -3 ) for $m \geq 1$. The first result, more appropriate for the unforced case, can be stated simply: if there exists an $1 \leq m<\infty$ for which the integral condition is satisfied $\left(Z_{m}=D_{m+1} / D_{m}\right): \int_{0}^{t} \ln \left(\frac{1+Z_{m}}{c_{4, m}}\right) d \tau \geq 0$, then no singularity can occur on $[0, t]$. The constant $c_{4, m} \searrow 2$ for large $m$. Second, for the forced case, by imposing a critical lower bound on $\int_{0}^{t} D_{m} d \tau$, no singularity can occur in $D_{m}(t)$ for large initial data. Movement across this critical lower bound shows how solutions can behave intermittently, in analogy with a relaxation oscillator. Potential singularities that drive $\int_{0}^{t} D_{m} d \tau$ over this critical value can be ruled out whereas other types cannot. © 2012 American Institute of Physics. [http://dx.doi.org/10.1063/1.4742857]


Dedicated to Professor Peter Constantin on the occasion of his 60th birthday.

## I. INTRODUCTION

The twin related themes of this paper are first the regularity problem for solutions of the threedimensional incompressible Navier-Stokes equations and second the intermittent behaviour of these solutions. Traditionally the first problem, which still remains tantalizingly open, has lain in the domain of the analyst, whereas the phenomenon of intermittency has tended to be more of interest to the physics and engineering fluid dynamics communities. It will be demonstrated in this paper that these two issues are intimately related and require simultaneous study.

## A. History

Formally, a weak solution $\boldsymbol{u}(\boldsymbol{x}, t)$ of the three-dimensional Navier-Stokes equations

$$
\begin{equation*}
\left(\partial_{t}+\boldsymbol{u} \cdot \nabla\right) \boldsymbol{u}=v \Delta \boldsymbol{u}-\nabla p+\boldsymbol{f}(\boldsymbol{x}), \tag{1.1}
\end{equation*}
$$

with $\operatorname{div} \boldsymbol{u}=0$, is called regular if the $H_{1}$-norm is continuous. ${ }^{1}$ What is commonly referred to as "conditional regularity" can be achieved if it is found necessary to impose assumptions on certain system variables such as the velocity field. The early work of Prodi, ${ }^{3}$ Serrin, ${ }^{4}$ and Ladyzhenskaya ${ }^{5}$ can be summarized thus: ${ }^{6,7}$ every Leray-Hopf solution of the incompressible three-dimensional Navier-Stokes equations with $\boldsymbol{u} \in L^{r}\left((0, T) ; L^{s}\right)$ is regular on $(0, T]$ provided $2 / r+3 / s=1$, with $s \in(3, \infty]$, or if $\boldsymbol{u} \in L^{\infty}\left((0, T) ; L^{p}\right)$ with $p>3$. The long-standing case $s=3$ was finally settled by von Wahl ${ }^{8}$ and $\mathrm{Giga}^{9}$ who proved regularity in the space $C\left((0, T] ; L^{3}\right)$ : see also Kozono and Sohr ${ }^{10}$ and Escauriaza, Seregin, and Sverák. ${ }^{11}$ In summary, the $s=3$ case seems tantalizingly close to the bounded case $s=2$, but not quite close enough. More recent results exist where conditions are imposed on either the pressure or on one derivative of the velocity field: see the references in

[^0]Kukavica and Ziane, ${ }^{12,13}$ Zhou, ${ }^{14}$ Cao and Titit, $,{ }^{2,15,16 ~} \mathrm{CaO},{ }^{17} \mathrm{CaO}$, Qin, and Titi (for channel flows), ${ }^{18}$ Chen and Gala, ${ }^{19}$ and the review by Doering. ${ }^{20}$ Results on the direction of vorticity can be found in Constantin and Fefferman ${ }^{21}$ and Vasseur, ${ }^{22}$ and those on the use of Besov spaces in Cheskidov and Shyydkoy. ${ }^{23}$

Finally, in recent work, Biswas and Foias ${ }^{24}$ have considered analyticity properties of NavierStokes solutions in which they have studied the maximal space analyticity radius associated with a regular solution involving Gevrey-class norms. Intermittency properties have also been studied by Grujic ${ }^{25}$ and Dascaliuc and Grujic ${ }^{26,27}$ using methods very different from those employed in this paper.

## B. Motivation and notation

In an entirely different thread of intellectual endeavour, the seminal experimental paper of Batchelor and Townsend ${ }^{28}$ investigated the phenomenon of intermittency in wind tunnel turbulence by observing that the flatness of their signals (the ratio of the fourth order moment to the square of the second order moment) took much higher values than those expected for random Gaussian behaviour. They concluded that the vorticity is neither spatially nor temporally distributed in an even fashion but undergoes local clustering or spottiness, which is consistent with the appearance of spikes in the signals interspersed by longer quiescent periods. This is now considered to be a classic characteristic of intermittency. These ideas have been developed and extended in many subsequent experiments and computations: see the papers by Kuo and Corrsin, ${ }^{29}$ Sreenivasan, ${ }^{30}$ Meneveau and Sreenivasan, ${ }^{31}$ and the books by Frisch ${ }^{32}$ and Davidson ${ }^{33}$ for further references.

Most of these discussions have been based around Kolmogorov's statistical theory with the widespread use of velocity structure functions to study intermittent behaviour. However, structure functions are not easily translatable into results in Navier-Stokes analysis (see some of the arguments in Kuksin ${ }^{34}$ and Dascaliuc and Grujic ${ }^{27}$ ). The main difficulty lies in translating the special conditions needed to prove regularity listed in Sec. I A into sensible physics while conversely making sense of the experimental observations in terms of Navier-Stokes variables. The two threads can be merged if the spiky nature of the vorticity field is considered in the context of $L^{p}$-norms of the vorticity $\omega=\operatorname{curl} \boldsymbol{u}$ with $p=2 m$

$$
\begin{equation*}
\Omega_{m}(t)=\left(L^{-3} \int_{\mathcal{V}}|\omega|^{2 m} d V\right)^{1 / 2 m}+\omega_{0}, \quad m \geq 1 \tag{1.2}
\end{equation*}
$$

on a periodic box $[0, L]^{3}$. The additive frequency $\omega_{0}=\nu L^{-2}$ is present for technical reasons. Clearly the $\Omega_{m}(t)$ are ordered for all $t$ such that

$$
\begin{equation*}
\varpi_{0} \leq \Omega_{1}(t) \leq \Omega_{2}(t) \leq \cdots \leq \Omega_{m}(t) \leq \Omega_{m+1}(t) \ldots, \tag{1.3}
\end{equation*}
$$

where $L^{3 / 2} \Omega_{1}(t)$ is the $H_{1}$-norm. Control from above on any one of the $\Omega_{m}$ will also control the $H_{1}$-norm from above which is the ultimate key to regularity.

The Navier-Stokes equations have a well-known invariance property under the transformations $x^{\prime}=\varepsilon x, t^{\prime}=\varepsilon^{2} t, u=\varepsilon u^{\prime}$, and $p=\varepsilon^{2} p^{\prime}$. Under these transformations $\Omega_{m}$ scales as

$$
\begin{equation*}
\Omega_{m}^{\alpha_{m}}=\epsilon \Omega_{m}^{\prime \alpha_{m}}, \quad \alpha_{m}=\frac{2 m}{4 m-3} . \tag{1.4}
\end{equation*}
$$

Thus it is natural to define

$$
\begin{equation*}
D_{m}(t)=\left[\varpi_{0}^{-1} \Omega_{m}(t)\right]^{\alpha_{m}} . \tag{1.5}
\end{equation*}
$$

While the norms $\Omega_{m}$ are ordered with increasing $m$ as in (1.3), the $\alpha_{m}$ decrease with $m$. Thus there is no natural ordering among the $D_{m}$. Note also that $D_{1}$ is the square of the $H_{1}$-norm.

For the forced case, the dimensionless Grashof number $G r$ is based on the boundedness of the root-mean-square $f_{r m s}^{2}=L^{-3}\|\boldsymbol{f}\|_{2}^{2}$ of the divergence-free forcing $\boldsymbol{f}(\boldsymbol{x})$ and is defined as

$$
\begin{equation*}
G r=\frac{L^{3} f_{r m s}}{v^{2}} \tag{1.6}
\end{equation*}
$$

## C. Two fundamental results

There are two results that form the basis of those given in Secs. II and III. The first is a theorem on time integrals or averages of $D_{m}$ (Ref. 35) which uses a result of Foias, Guillopé, and Temam. ${ }^{36}$ This proof will not be repeated:

Theorem 1: For $1 \leq m \leq \infty$, and $\alpha_{m}$ defined as $\alpha_{m}=\frac{2 m}{4 m-3}$, weak solutions obey

$$
\begin{equation*}
\int_{0}^{t} D_{m} d \tau \leq c\left(t G r^{2}+\eta_{1}\right) \tag{1.7}
\end{equation*}
$$

where $\eta_{1}=L v^{-3} E_{0}$ and $E_{0}$ is the initial energy. In the unforced case the right hand side is just $c \eta_{1}$.
In Ref. 35 this result was converted into a set of length scales. Let the time average up to time $T$ be defined by

$$
\begin{equation*}
\left\langle D_{m}\right\rangle_{T}=\underset{D(0)}{\lim \sup } \frac{1}{T} \int_{0}^{T} D_{m}(\tau) d \tau \tag{1.8}
\end{equation*}
$$

in which case (1.7) can be re-expressed as

$$
\begin{equation*}
\left\langle D_{m}\right\rangle_{T} \leq c G r^{2}+O\left(T^{-1}\right) \tag{1.9}
\end{equation*}
$$

Then, motivated by the definition of the Kolmogorov length for $m=1$, a set of length scales can be defined thus:

$$
\begin{equation*}
\left(L \lambda_{m}^{-1}\right)^{2 \alpha_{m}}:=\left\langle D_{m}\right\rangle_{T} \tag{1.10}
\end{equation*}
$$

In Ref. 35 the bounds in (1.9) were expressed as $R e^{3}$ instead of $G r^{2}$ based on a device of Doering and Foias ${ }^{37}$ who used the square of the averaged velocity $U_{0}^{2}=L^{-3}\left\langle\|\boldsymbol{u}\|_{2}^{2}\right\rangle_{T}$ to define the Reynolds number $R e=U_{0} L v^{-1}$; for Navier-Stokes solutions this leads to the inequality $G r \leq c R e^{2}$. However, the preference in this paper is to remain with the Grashof number Gr. In terms of Re equation (1.10) becomes

$$
\begin{equation*}
L \lambda_{m}^{-1} \leq c R e^{\frac{3}{2 \alpha_{m}}} \tag{1.11}
\end{equation*}
$$

When $m=1, \alpha_{1}=2$, and thus $L \lambda_{1}^{-1} \leq c R e^{3 / 4}$, which is consistent with Kolmogorov's statistical theory. ${ }^{32}$

The second result is a differential inequality for the $D_{m}$. Any attempt to time-differentiate the vorticity field creates problems because only weak solutions exist. Circumvention of this difficulty requires a contradiction strategy commonly used in geometric analysis: assume that there is a maximal interval of existence and uniqueness $\left[0, T^{*}\right.$ ) which, for the three-dimensional NavierStokes equations, implies that $H_{1}\left(T^{*}\right)=\infty$. In any subsequent calculation, if the $H_{1}$-norm were to turn out bounded in the limit $t \rightarrow T^{*}$, then a contradiction would result and so the interval $\left[0, T^{*}\right.$ ) could not be maximal. Moreover, it cannot be zero, so $T^{*}$ would have to be infinite.

Define three frequencies

$$
\begin{equation*}
\varpi_{1, m}=\varpi_{0} \alpha_{m} c_{1, m}^{-1}, \quad \varpi_{2, m}=\varpi_{0} \alpha_{m} c_{2, m}, \quad \varpi_{3, m}=\varpi_{0} \alpha_{m} c_{3, m} \tag{1.12}
\end{equation*}
$$

where the constants $c_{n, m}(n=1,2,3)$ are algebraically increasing with $m$. The proof of the following theorem requires some variations on a previous result ${ }^{38}$ and is relegated to the Appendix. The dot represents differentiation with respect to time:

Theorem 2: For $1 \leq m<\infty$ on $\left[0, T^{*}\right]$ the $D_{m}(t)$ formally satisfy the set of inequalities

$$
\begin{equation*}
\dot{D}_{m} \leq D_{m}^{3}\left\{-\varpi_{1, m}\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}}+\varpi_{2, m}\right\} \tag{1.13}
\end{equation*}
$$

where $\rho_{m}=\frac{2}{3} m(4 m+1)$. In the forced case there is an additive term $\varpi_{3, m} G r D_{m}$.

## II. A CONDITIONAL REGULARITY RESULT FOR UNFORCED NAVIER-STOKES

## A. Integration of the $D_{m}$ inequality

Theorem 2 leads to the conclusion that solutions come under control pointwise in $t$ provided $D_{m+1}(t) \geq c_{\rho_{m}} D_{m}(t)$, where $c_{\rho_{m}}=\left[c_{1, m} c_{2, m}\right]^{1 / \rho_{m}}$. The following lemma shows that a time integral version of this controls solutions:

Lemma 1: For any value of $1 \leq m<\infty$ and $\varepsilon$ uniform in the range $0<\varepsilon<2$, if the integral condition is satisfied

$$
\begin{equation*}
\int_{0}^{t} D_{m+1}^{\varepsilon} d \tau \geq c_{\varepsilon, \rho_{m}} \int_{0}^{t} D_{m}^{\varepsilon} d \tau, \quad c_{\varepsilon, \rho_{m}}=\left[c_{1, m} c_{2, m}\right]^{\varepsilon / \rho_{m}} \tag{2.1}
\end{equation*}
$$

then $D_{m}(t)$ obeys $D_{m}(t) \leq D_{m}(0)$ on the interval $[0, t]$.
Remark: The case $\varepsilon=1$ turns (2.1) into $\int_{0}^{t} D_{m+1} d \tau \geq c_{1, \rho_{m}} \int_{0}^{t} D_{m} d \tau$ both sides of which are bounded above. However, the fact that $\varepsilon$ can take small values suggests a logarithmic result which appears in the following theorem. The proof of Lemma 1 is included within its proof.

Theorem 3: For any value of $1 \leq m<\infty$, if the integral condition is satisfied

$$
\begin{equation*}
\int_{0}^{t} \ln \left(\frac{1+Z_{m}}{c_{4, m}}\right) d \tau \geq 0, \quad Z_{m}=D_{m+1} / D_{m} \tag{2.2}
\end{equation*}
$$

with $c_{4, m}=\left[2^{\rho_{m}-1}\left(1+c_{1, m} c_{2, m}\right)\right]^{\rho_{m}^{-1}}$, then $D_{m}(t) \leq D_{m}(0)$ on the interval $[0, t]$.
Remark 1: This result may serve as an alternative to the Beale-Kato-Majda theorem. ${ }^{39}$
Remark 2: The exponent $\rho_{m}^{-1}$ pulls $c_{4, m}$ down close to 2 for large $m$ which indicates that there needs to be enough intervals of time on which $Z_{m}>1$ for (2.2) to hold.

Proof: The proof of Lemma 1 is addressed first. Divide (1.13) by $D_{m}^{3-\varepsilon}$ and integrate to obtain

$$
\begin{equation*}
\left[D_{m}(t)\right]^{\varepsilon-2}-\left[D_{m}(0)\right]^{\varepsilon-2} \geq \varpi_{1, m}^{(\varepsilon)} \int_{0}^{t}\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{\varepsilon} d \tau-\varpi_{2, m}^{(\varepsilon)} \int_{0}^{t} D_{m}^{\varepsilon} d \tau \tag{2.3}
\end{equation*}
$$

where $\varpi_{n, m}^{(\varepsilon)}=(2-\varepsilon) \varpi_{n, m}$. Noting that $\rho_{m} \geq 10 / 3$, a Hölder inequality then easily shows that

$$
\begin{align*}
\int_{0}^{t} D_{m+1}^{\varepsilon} d \tau & =\int_{0}^{t}\left[\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{\varepsilon}\right]^{\frac{\varepsilon}{\rho_{m}}}\left[D_{m}^{\varepsilon}\right]^{\frac{\rho_{m}-\varepsilon}{\rho_{m}}} d \tau \\
& \leq\left(\int_{0}^{t}\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{\varepsilon} d \tau\right)^{\frac{\varepsilon}{\rho_{m}}}\left(\int_{0}^{t} D_{m}^{\varepsilon} d \tau\right)^{\frac{\rho_{m}-\varepsilon}{\rho_{m}}} \tag{2.4}
\end{align*}
$$

(2.3) can then be re-written as

$$
\begin{equation*}
D_{m}(t) \leq\left\{\left[D_{m}(0)\right]^{\varepsilon-2}+\varpi_{1, m}^{(\varepsilon)} \frac{\left(\int_{0}^{t} D_{m+1}^{\varepsilon} d \tau\right)^{\rho_{m} / \varepsilon}}{\left(\int_{0}^{t} D_{m}^{\varepsilon} d \tau\right)^{\left(\rho_{m}-\varepsilon\right) / \varepsilon}}-\varpi_{2, m}^{(\varepsilon)} \int_{0}^{t} D_{m}^{\varepsilon} d \tau\right\}^{-\frac{1}{2-\varepsilon}} \tag{2.5}
\end{equation*}
$$

It is clear that no sign change can occur in the denominator of (2.5) if (2.1) holds.
The proof of Theorem (2.2) is now addressed. Divide (1.13) by $D_{m}^{3}$ and integrate to obtain

$$
\begin{align*}
\frac{1}{2}\left(\left[D_{m}(t)\right]^{-2}-\left[D_{m}(0)\right]^{-2}\right) & \geq \varpi_{1, m} \int_{0}^{t}\left\{\left[1+Z_{m}^{\rho_{m}}\right]-\left(1+\frac{\varpi_{2, m}}{\varpi_{1, m}}\right)\right\} d \tau \\
& \geq \frac{\varpi_{1, m}}{2^{\rho_{m}-1}} \int_{0}^{t}\left\{\left[1+Z_{m}\right]^{\rho_{m}}-2^{\rho_{m}-1}\left(1+c_{1, m} c_{2, m}\right)\right\} d \tau \tag{2.6}
\end{align*}
$$

where we have used $\left(1+Z_{m}\right)^{\rho_{m}} \leq 2^{\rho_{m}-1}\left(1+Z_{m}^{\rho_{m}}\right)$. Re-arranging and using Jensen's inequality

$$
\begin{equation*}
\frac{1}{t} \int_{0}^{t} \exp F(\tau) d \tau \geq \exp \left(\frac{1}{t} \int_{0}^{t} F(\tau) d \tau\right) \tag{2.7}
\end{equation*}
$$

with $F=\rho_{m} \ln \left(1+Z_{m}\right)$, the RHS of (2.6) can be written as

$$
\begin{align*}
\frac{1}{t} \int_{0}^{t}\left\{\left[1+Z_{m}\right]^{\rho_{m}}-2^{\rho_{m}-1}\left(1+c_{1, m} c_{2, m}\right)\right\} d \tau & =\frac{1}{t} \int_{0}^{t}\left\{\exp \left[\rho_{m} \ln \left(1+Z_{m}\right)\right]-2^{\rho_{m}-1}\left(1+c_{1, m} c_{2, m}\right)\right\} d \tau \\
& \geq \exp \left[\frac{\rho_{m}}{t} \int_{0}^{t} \ln \left(1+Z_{m}\right) d \tau\right]-\exp \left[\rho_{m} \ln c_{4, m}\right] \tag{2.8}
\end{align*}
$$

and thus no zero can develop if (2.2) holds, as advertised.
In both cases if a zero cannot appear in the respective denominators then $D_{m}(t) \leq D_{m}(0)$. It follows that $\Omega_{m}(t)$ is bounded above and thus so is the $H_{1}$-norm $\left(\Omega_{1}\right)$.

## III. SECOND INTEGRATION OF THE $D_{m}$ INEQUALITY

## A. A lower bound on $\int_{0}^{t} D_{m} d \tau$

Inclusion of the forcing in (1.13) modifies it to

$$
\begin{equation*}
\dot{D}_{m} \leq D_{m}^{3}\left\{-\frac{1}{\varpi_{1, m}}\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}}+\varpi_{2, m}\right\}+\varpi_{3, m} G r D_{m}, \tag{3.1}
\end{equation*}
$$

where $\rho_{m}=\frac{2}{3} m(4 m+1)$. To proceed, divide by $D_{m}^{3}$ (the case $\varepsilon=0$ of Theorem 1 ) to write (3.1) as

$$
\begin{equation*}
\frac{1}{2} \frac{d}{d t}\left(D_{m}^{-2}\right) \geq X_{m}\left(D_{m}^{-2}\right)-\varpi_{2, m} \tag{3.2}
\end{equation*}
$$

where

$$
\begin{equation*}
X_{m}=\varpi_{1, m}\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{2}-\varpi_{3, m} G r \tag{3.3}
\end{equation*}
$$

A lower bound for $\int_{0}^{t} X_{m} d \tau$ can be estimated thus:

$$
\begin{align*}
\int_{0}^{t} D_{m+1} d \tau & =\int_{0}^{t}\left[\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{2}\right]^{\frac{1}{\rho_{m}}} D_{m}^{\frac{\rho_{m}-2}{\rho_{m}}} d \tau \\
& \leq\left(\int_{0}^{t}\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{2} d \tau\right)^{\frac{1}{\rho_{m}}}\left(\int_{0}^{t} D_{m} d \tau\right)^{\frac{\rho_{m}-2}{\rho_{m}}} t^{1 / \rho_{m}} \tag{3.4}
\end{align*}
$$

and so

$$
\begin{equation*}
\int_{0}^{t} X_{m} d \tau \geq \varpi_{1, m} t^{-1} \frac{\left(\int_{0}^{t} D_{m+1} d \tau\right)^{\rho_{m}}}{\left(\int_{0}^{t} D_{m} d \tau\right)^{\rho_{m}-2}}-\varpi_{3, m} t G r \tag{3.5}
\end{equation*}
$$

(3.2) integrates to

$$
\begin{equation*}
\left[D_{m}(t)\right]^{2} \leq \frac{\exp \left\{-2 \int_{0}^{t} X_{m} d \tau\right\}}{\left[D_{m}(0)\right]^{-2}-2 \varpi_{2, m} \int_{0}^{t} \exp \left\{-2 \int_{0}^{\tau} X_{m} d \tau^{\prime}\right\} d \tau} \tag{3.6}
\end{equation*}
$$

Let us recall that $\rho_{m}=\frac{2}{3} m(4 m+1)$ and let us also define

$$
\begin{equation*}
\gamma_{m}=\frac{\alpha_{m+1}}{2\left(m^{2}-1\right)}, \tag{3.7}
\end{equation*}
$$

then

Theorem 4: On the interval $[0, t]$ if there exists a value of $m$ lying in the range $1<m<\infty$, with initial data $\left[D_{m}(0)\right]^{2}<C_{m} G r^{\Delta_{m}}$, for which the integral lies on or above the critical value

$$
\begin{equation*}
c_{m}\left(t G r^{2 \delta_{m}}+\eta_{2}\right) \leq \int_{0}^{t} D_{m} d \tau \tag{3.8}
\end{equation*}
$$

where $\eta_{2} \geq \eta_{1} G r^{2\left(\delta_{m}-1\right)}$ and where $\left(1 \leq \Delta_{m} \leq 4\right)$

$$
\begin{equation*}
\Delta_{m}=2\left\{\delta_{m}\left(2+\rho_{m} \gamma_{m}\right)-\rho_{m} \gamma_{m}\right\} \quad \text { with } \quad \frac{1+2 \rho_{m} \gamma_{m}}{2\left(2+\rho_{m} \gamma_{m}\right)}<\delta_{m}<1 \tag{3.9}
\end{equation*}
$$

then $D_{m}(t)$ decays exponentially on $[0, t]$.
Remark: $\delta_{m} \searrow 1 / 2$ for large $m$ so enough slack lies between the upper and lower bounds on $\int_{0}^{t} D_{m} d \tau$.

Proof: It is not difficult to prove that $\Omega_{m}^{m^{2}} \leq \Omega_{m+1}^{m^{2}-1} \Omega_{1}$ for $m>1$, from which it is easily found that

$$
\begin{equation*}
\frac{\int_{0}^{t} D_{m+1} d \tau}{\int_{0}^{t} D_{m} d \tau} \geq\left(\frac{\int_{0}^{t} D_{m} d \tau}{\int_{0}^{t} D_{1} d \tau}\right)^{\gamma_{m}} \tag{3.10}
\end{equation*}
$$

Thus (3.5) can be re-written as

$$
\begin{align*}
\int_{0}^{t} X_{m} d \tau & \geq \varpi_{1, m} t^{-1} \frac{\left(\int_{0}^{t} D_{m} d \tau\right)^{\rho_{m} \gamma_{m}+2}}{\left(\int_{0}^{t} D_{1} d \tau\right)^{\rho_{m} \gamma_{m}}}-\varpi_{3, m} t G r \\
& \geq c_{m} t\left(\varpi_{1, m} G r^{\Delta_{m}}-\varpi_{3, m} G r\right) \tag{3.11}
\end{align*}
$$

having used the assumed lower bound in the theorem and the upper bound of $\int_{0}^{t} D_{1} d \tau$. Moreover, to have the dissipation greater than forcing requires $\Delta_{m}>1$ so $\delta_{m}$ must lie in the range as in (3.9) because $1<\Delta_{m} \leq 4$. For large $G r$ the negative $G r$-term in (3.6) is dropped so the integral in the denominator of (3.6) is estimated as

$$
\begin{equation*}
\int_{0}^{t} \exp \left(-2 \int_{0}^{\tau} X_{m} d \tau^{\prime}\right) d \tau \leq\left[2 \tilde{c}_{m} \varpi_{1, m}\right]^{-1} G r^{-\Delta_{m}}\left(1-\exp \left[-2 \varpi_{1, m} \tilde{c}_{m} t G r^{\Delta_{m}}\right]\right) \tag{3.12}
\end{equation*}
$$

and so the denominator of (3.6) satisfies

$$
\begin{equation*}
\text { Denominator } \geq\left[D_{m}(0)\right]^{-2}-c_{2, m} c_{1, m}\left(2 \tilde{c}_{m}\right)^{-1} G r^{-\Delta_{m}}\left(1-\exp \left[-2 \varpi_{1, m} \tilde{c}_{m} t G r^{\Delta_{m}}\right]\right) \tag{3.13}
\end{equation*}
$$

This can never go negative if $\left[D_{m}(0)\right]^{-2}>c_{1, m} c_{2, m}\left(2 \tilde{c}_{m}\right)^{-1} G r^{-\Delta_{m}}$, which means $D_{m}(0)$ $<C_{m} G r^{\frac{1}{2} \Delta_{m}}$.

## B. A mechanism for intermittency

A major feature of intermittent flows lies in the strong, spiky, excursions of the vorticity away from averages with periods of relative inactivity between the spikes. How do these aperiodic cycles appear in solutions and does the critical lower bound imposed as an assumption in Theorem 4 lead to this? Using the average notation $\langle\cdot\rangle_{t}$, Eq. (3.6) shows that if $\left\langle D_{m}\right\rangle_{t}$ lies above critical then $D_{m}(t)$ collapses exponentially. Experimentally, signals go through cycles of growth and collapse so it is not realistic to expect this critical lower bound to hold for all time. To understand intermittency we turn to Figure 1 and draw the horizontal line at $G r^{2 \delta_{m}}$ as the critical lower bound on $\left\langle D_{m}\right\rangle_{t}$. Within this allowed range, $D_{m}(t)$ will decay exponentially fast. Because integrals must take account of history, there will be a delay before $\left\langle D_{m}\right\rangle_{t}$ decreases below the value above which a zero in the denominator of (3.6) can be prevented (at $t_{1}$ ): at this point all constraints are removed and the pointwise solution $D_{m}(t)$ is free to grow rapidly again in the interval $t_{1} \leq t \leq t_{2}$. If the value of this integral drops below critical then it is in this interval that the occurrence of singular events (depicted by vertical arrows))


FIG. 1. A cartoon of $D_{m}(t)$ versus $t$ illustrating the four phases of intermittency. The vertical arrows depict the region where there is the potential for needle-like singular behaviour. The time $t_{2}$ indicates the switch from rapid growth to the next cycle of exponential collapse.
must still formally be considered: see the discussion in Sec. IV. Provided a solution still exists at this point, growth in $D_{m}$ will be such that, after another delay, it will force $\left\langle D_{m}\right\rangle_{t}$ above critical and the system, with a re-set of initial conditions at $t_{2}$, is free to go through another cycle akin to a relaxation oscillator.

## IV. CONCLUSION

The results of Theorems (2.2) and 4 are new. More appropriate for the unforced case, Theorem (2.2) can be summarized thus: if there sufficient regions for which $Z_{m}>1$ on the $t$-axis, such that

$$
\begin{equation*}
\int_{0}^{t} \ln \left(\frac{1+Z_{m}}{c_{4, m}}\right) d \tau \geq 0, \quad Z_{m}=D_{m+1} / D_{m} \tag{4.1}
\end{equation*}
$$

then $D_{m}(t) \leq D_{m}(0)$. In fact both of the regimes $Z_{m} \lessgtr 1$ are physically realistic but numerical experiments may suggest which of these two regimes are the most manifest and whether a crossover from one to the other occurs.

For the forced case, Theorem 4 can be summarized thus: if

$$
\begin{equation*}
\int_{0}^{t} D_{m} d \tau \geq c_{m}\left(t G r^{2 \delta_{m}}+\eta_{2}\right) \tag{4.2}
\end{equation*}
$$

then $D_{m}(t)$ collapses exponentially. The main question is the meaning of the regime below this critical value

$$
\begin{equation*}
\int_{0}^{t} D_{m} d \tau<c_{m}\left(t G r^{2 \delta_{m}}+\eta_{2}\right) \tag{4.3}
\end{equation*}
$$

It might be natural to suppose, on intuitive grounds, that singular behaviour would be less likely to occur when the upper bound is smaller, yet this behaviour cannot be wholly ruled out. What can be ruled out are potentially singular spikes that substantially contribute to the time integral of $D_{m}(t)$ because they would push it over its critical value, thereby forcing exponential collapse in $D_{m}(t)$. However, there still remains the possibility of needle-like singular spikes (depicted by arrows in Figure 1) that contribute little or nothing to the time integral of $D_{m}(t)$ in (4.3). It has been shown that the time-axis can potentially be divided into "good" and "bad" intervals, the name of this second set implying that no control over solutions has yet been found. ${ }^{38}$ To summarize the argument in

Ref. 38, it is very easy to show that for an arbitrary set of parameters $0<\mu_{m}<1$,

$$
\begin{equation*}
\int_{0}^{t}\left(\left[\frac{D_{m+1}}{D_{m}}\right]^{\frac{1-\mu_{m}}{\mu_{m}}}-\left[c_{m}^{-1} G r^{-2} D_{m+1}^{\mu_{m}}\right]^{\frac{1-\mu_{m}}{\mu_{m}}}\right) d \tau \geq 0 \tag{4.4}
\end{equation*}
$$

Thus there are potentially "bad" intervals of the $t$-axis on which

$$
\begin{equation*}
\frac{D_{m+1}}{D_{m}} \leq c_{m}^{-1} G r^{-2} D_{m+1}^{\mu_{m}} \tag{4.5}
\end{equation*}
$$

but on which no upper bounds have been found. Using the fact that $\Omega_{m+1} \geq \Omega_{m}$, it follows that on these intervals:

$$
\begin{equation*}
D_{m+1} \geq c_{m} G r^{\frac{2}{-1+\mu_{m}+\alpha_{m} / \alpha_{m+1}}} \tag{4.6}
\end{equation*}
$$

For large $m$ reduces to $D_{m+1} \geq c_{m} G r^{2 / \mu_{m}}$. Given that $\mu_{m}$ could be chosen very small these lower bounds could be very large indeed, incidentally too large for the Navier-Stokes equations to remain valid. It is possible that these are the root cause of the potential singularities discussed above and labelled by vertical arrows in Figure 1.

It is also possible to interpret this behaviour informally using the so-called $\beta$-model of Frisch, Sulem, and Nelkin ${ }^{40}$ who modelled a Richardson cascade by taking a vortex of scale $\ell_{0} \equiv L$ which cascades into daughter vortices, each of scale $\ell_{n}$. The vortex domain halves at each step: thus $\ell_{0} / \ell_{n}$ $=2^{n}$. The self-similarity dimension $d$ is then introduced by considering the number of offspring at each step as $2^{d}$, where $d$ is formally allowed to take non-integer values. In $d$ dimensions the Kolmogorov scaling calculations for velocity, turn-over time and other variables have multiplicative factors proportional to $\left(\ell_{0} / \ell_{n}\right)^{(3-d) / 3}$ : see Refs. 32 and 40. Equating the turn-over and viscous times in the standard manner one arrives at ( $\ell_{d}$ is their viscous dissipation length)

$$
\begin{equation*}
L \lambda_{m}^{-1} \equiv \ell_{0} / \ell_{d} \sim R e^{\frac{3}{d+1}} \tag{4.7}
\end{equation*}
$$

This gives the Kolmogorov inverse scale of $R e^{3 / 4}$ in a three-dimensional domain. ${ }^{43}$ To interpret the meaning of (4.3) in the light of (1.10) requires the conversion of (4.8) into Reynolds number notation $\left(G r \rightarrow R e^{2}\right)$ as in Ref. 37

$$
\begin{equation*}
\int_{0}^{t} D_{m} d \tau<c_{m}\left(t R e^{3 \delta_{m}}+\eta_{2}\right) \tag{4.8}
\end{equation*}
$$

with corresponding length scales

$$
\begin{equation*}
L \lambda_{m}^{-1} \lesssim R e^{\frac{3 \delta_{m}}{2 \alpha_{m}}} \tag{4.9}
\end{equation*}
$$

This makes $d_{m}=2 \alpha_{m} \delta_{m}^{-1}-1$ where the range of $\delta_{m}$ is given in (3.9). In the large $m$ limit the range of $\delta_{m}$ widens to $1 / 2<\delta_{m}<1$ implying that $d_{m}$ lies in the range $0<d_{m}<1$. However, it is conceivable that the sharp result for the lower bound on $\delta_{m}$ is $1 / 2$. The upper bound of, or near, unity is consistent with the result of Caffarelli, Kohn, and Nirenberg ${ }^{41}$ who showed that the singular set of the three-dimensional Navier-Stokes equations in four-dimensional space-time has zero onedimensional Hausdorff measure. Thus, it is possible that singularities that make no contribute to the integral in (4.8) may conceivably be related to the Cafarelli, Kohn and Nirenberg (CKN) singular set. Whether or not these are physically realisable is open to question.

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## APPENDIX: PROOF OF THEOREM 2

The following proof has some important variations on that given in Ref. 38. Consider $J_{m}=\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2 m} d V$ such that

$$
\begin{equation*}
\frac{1}{2 m} \dot{J}_{m}=\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m-1)} \boldsymbol{\omega} \cdot\{v \Delta \boldsymbol{\omega}+\boldsymbol{\omega} \cdot \nabla \boldsymbol{u}+\operatorname{curl} \boldsymbol{f}\} d V \tag{A1}
\end{equation*}
$$

Bounds on the three constituent parts of (A1) are dealt with in turn, culminating in a differential inequality for $J_{m}$.
(a) The Laplacian term: Let $\phi=\omega^{2}=\omega \cdot \omega$. Then

$$
\begin{align*}
\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m-1)} \boldsymbol{\omega} \cdot \Delta \omega d V & =\int_{\mathcal{V}} \phi^{m-1}\left\{\Delta\left(\frac{1}{2} \phi\right)-|\nabla \omega|^{2}\right\} d V \\
& \leq \int_{\mathcal{V}} \phi^{m-1} \Delta\left(\frac{1}{2} \phi\right) d V \tag{A2}
\end{align*}
$$

Using the fact that $\Delta\left(\phi^{m}\right)=m\left\{(m-1) \phi^{m-2}|\nabla \phi|^{2}+\phi^{m-1} \Delta \phi\right\}$ we obtain

$$
\begin{align*}
\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m-1)} \boldsymbol{\omega} \cdot \Delta \boldsymbol{\omega} d V & \leq-\frac{1}{2}(m-1) \int_{\mathcal{V}} \phi^{m-2}|\nabla \phi|^{2} d V+\frac{1}{2 m} \int_{\mathcal{V}} \Delta\left(\phi^{m}\right) d V \\
& =-\frac{2(m-1)}{m^{2}} \int_{\mathcal{V}}\left|\nabla\left(\omega^{m}\right)\right|^{2} d V \tag{A3}
\end{align*}
$$

having used the Divergence Theorem. Thus, we have

$$
\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m-1)} \boldsymbol{\omega} \cdot \Delta \boldsymbol{\omega} d V \leq\left\{\begin{align*}
\left.-\int_{\mathcal{V}}|\nabla \boldsymbol{\omega}|^{2}\right] d V & m=1  \tag{A4}\\
-\frac{2}{\tilde{c}_{1, m}} \int_{\mathcal{V}}\left|\nabla A_{m}\right|^{2} d V & m \geq 2
\end{align*}\right.
$$

where $A_{m}=\omega^{m}$ and $\tilde{c}_{1, m}=m^{2} /(m-1)$ with equality at $m=1$. The negativity of the right hand side of (A4) is important. Both $\left\|\nabla A_{m}\right\|_{2}$ and $\left\|A_{m}\right\|_{2}$ will appear later in the proof.
(b) The nonlinear term in (A1): After a Hölder inequality, the second term in (A1) becomes

$$
\begin{align*}
\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2 m}|\nabla \boldsymbol{u}| d V & \leq\left(\int_{\mathcal{V}}|\nabla \boldsymbol{u}|^{2(m+1)} d V\right)^{\frac{1}{2(m+1)}}\left(\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m+1)} d V\right)^{\frac{m}{2(m+1)}}\left(\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2 m} d V\right)^{\frac{1}{2}} \\
& \leq c_{m}\left(\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m+1)} d V\right)^{\frac{1}{2}}\left(\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2 m} d V\right)^{\frac{1}{2}} \\
& =c_{m} J_{m+1}^{1 / 2} J_{m}^{1 / 2} \tag{A5}
\end{align*}
$$

where the inequality $\|\nabla \boldsymbol{u}\|_{p} \leq c_{p}\|\boldsymbol{\omega}\|_{p}$ for $p \in(1, \infty)$ has been used, which is based on a Riesz transform: note the exclusion of the case $m=\infty$ where a logarithm of norms of derivatives is necessary ${ }^{39}$-see Ref. 42 for remarks on $L^{\infty}$-estimates. Together with (A2) this makes (A1) into

$$
\begin{equation*}
\frac{1}{2 m} \dot{J}_{m} \leq-\frac{v}{\tilde{c}_{1, m}} \int_{\mathcal{V}}\left|\nabla\left(\omega^{m}\right)\right|^{2} d V+c_{m} J_{m+1}^{1 / 2} J_{m}^{1 / 2}+\int_{\mathcal{V}}|\omega|^{2(m-1)} \boldsymbol{\omega} \cdot \operatorname{curl} \boldsymbol{f} d V \tag{A6}
\end{equation*}
$$

(c) The forcing term in (A1): Now we use the smallest scale in the forcing $\ell$ with $\ell=L / 2 \pi$ to estimate the last term in (A6)

$$
\begin{equation*}
\int_{\mathcal{V}}|\boldsymbol{\omega}|^{2(m-1)} \boldsymbol{\omega} \cdot \operatorname{curl} \boldsymbol{f} d V \leq\|\boldsymbol{\omega}\|_{2 m}^{2 m-1}\|\nabla \boldsymbol{f}\|_{2 m} \tag{A7}
\end{equation*}
$$

However, by going up to at least $N \geq 3$ derivatives in a Sobolev inequality and using our restriction of single-scale forcing at $k \sim \ell^{-1}$ (with $\ell=L / 2 \pi$ ) it can easily be shown that $\|\nabla \boldsymbol{f}\|_{2 m} \leq c\|f\|_{2} \ell^{\frac{3-5 m}{2 m}}$ and so

$$
\begin{equation*}
\left.\left|\int_{\mathcal{V}}\right| \boldsymbol{\omega}\right|^{2(m-1)} \boldsymbol{\omega} \cdot \operatorname{curl} \boldsymbol{f} d V \mid \leq c \Omega_{m}^{2 m-1} L^{3} \varpi_{0}^{2} G r \tag{A8}
\end{equation*}
$$

(d) A differential inequality for $J_{m}$ : Recalling that $A_{m}=\omega^{m}$ allows us to re-write $J_{m+1}$ as

$$
\begin{equation*}
J_{m+1}=\left\|A_{m}\right\|_{2(m+1) / m}^{2(m+1) / m} \tag{A9}
\end{equation*}
$$

A Gagliardo-Nirenberg inequality yields

$$
\begin{equation*}
\left\|A_{m}\right\|_{2(m+1) / m} \leq c_{m}\left\|\nabla A_{m}\right\|_{2}^{3 / 2(m+1)}\left\|A_{m}\right\|_{2}^{(2 m-1) / 2(m+1)} \tag{A10}
\end{equation*}
$$

which means that

$$
\begin{equation*}
J_{m+1} \leq c_{m}\left(\int_{\mathcal{V}}\left|\nabla\left(\omega^{m}\right)\right|^{2} d V\right)^{3 / 2 m} J_{m}^{(2 m-1) / 2 m} \tag{A11}
\end{equation*}
$$

With the definition

$$
\begin{equation*}
\beta_{m}=\frac{4}{3} m(m+1) \tag{A12}
\end{equation*}
$$

(the factor of $\frac{4}{3}$ is different from that in Ref. 38), (A11) can be used to form $\Omega_{m+1}$

$$
\begin{align*}
\Omega_{m+1}=\left(L^{-3} J_{m+1}+\varpi_{0}^{2(m+1)}\right)^{1 / 2(m+1)} & \leq c_{m}\left(L^{-1} \int_{\mathcal{V}}\left|\nabla\left(\omega^{m}\right)\right|^{2} d V+\varpi_{0}^{2 m}\right)^{1 / \beta_{m}} \\
& \times\left[\left(L^{-3} J_{m}\right)^{1 / 2 m}+\varpi_{0}\right]^{(2 m-1) / 2(m+1)} \tag{A13}
\end{align*}
$$

which converts to

$$
\begin{equation*}
c_{m}\left(L^{-1} \int_{\mathcal{V}}\left|\nabla\left(\omega^{m}\right)\right|^{2} d V+\varpi_{0}^{2 m}\right) \geq\left(\frac{\Omega_{m+1}}{\Omega_{m}}\right)^{\beta_{m}} \Omega_{m}^{2 m} \tag{A14}
\end{equation*}
$$

This motivates us to re-write (A6) as

$$
\begin{align*}
\frac{1}{2 m}\left(L^{-3} \dot{J}_{m}\right) \leq-\frac{\varpi_{0}}{\tilde{c}_{1, m}}\left(L^{-1} \int_{\mathcal{V}}\left|\nabla\left(\omega^{m}\right)\right|^{2} d V\right) & +\tilde{c}_{2, m}\left(L^{-3} J_{m+1}\right)^{1 / 2}\left(L^{-3} J_{m}\right)^{1 / 2} \\
& +c_{3, m} \varpi_{0}^{2} \Omega_{m}^{2 m-1} G r \tag{A15}
\end{align*}
$$

Converting the $J_{m}$ into $\Omega_{m}$ and using the fact that $\Omega_{m} \geq \varpi_{0}$

$$
\begin{equation*}
\dot{\Omega}_{m} \leq \Omega_{m}\left\{-\frac{\varpi_{0}}{c_{4, m}}\left(\frac{\Omega_{m+1}}{\Omega_{m}}\right)^{4 m(m+1) / 3}+c_{5, m}\left(\frac{\Omega_{m+1}}{\Omega_{m}}\right)^{m+1} \Omega_{m}+c_{6, m} \varpi_{0} G r\right\} \tag{A16}
\end{equation*}
$$

Using a Hölder inequality on the central term on the right hand side, with the definition of $\beta_{m}$ given in (A12) and (A16) finally becomes

$$
\begin{equation*}
\dot{\Omega}_{m} \leq \varpi_{0} \Omega_{m}\left\{-\frac{1}{c_{1, m}}\left(\frac{\Omega_{m+1}}{\Omega_{m}}\right)^{\beta_{m}}+c_{2, m}\left(\varpi_{0}^{-1} \Omega_{m}\right)^{2 \alpha_{m}}+c_{3, m} G r\right\} \tag{A17}
\end{equation*}
$$

Given the definition $D_{m}=\left(\varpi_{0}^{-1} \Omega_{m}\right)^{\alpha_{m}}$ it is found that

$$
\begin{equation*}
\left(\frac{\Omega_{m+1}}{\Omega_{m}}\right)^{\beta_{m}}=\left(\frac{D_{m+1}}{D_{m}}\right)^{\rho_{m}} D_{m}^{2} \tag{A18}
\end{equation*}
$$

having used the fact that

$$
\begin{equation*}
\left(\frac{1}{\alpha_{m+1}}-\frac{1}{\alpha_{m}}\right) \beta_{m}=2 \tag{A19}
\end{equation*}
$$

and $\rho_{m}=\beta_{m} / \alpha_{m+1}$. This converts (A17) to (1.13) of the theorem with $m=\infty$ excluded. The constants $c_{n, m}$ for $n=1,2,3$ grow algebraically with $m$.

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${ }^{43}$ In Ref. 35 this idea was used to compare (4.7) to the upper bound in (1.11) to get $d_{m}+1=2 \alpha_{m}$ so that $d_{m}=\frac{3}{4 m-3}$, where an $m$-label was appended to $d$. This assigned a corresponding self-similarity dimension $d_{m}$ to lower dimensional vortical structures that require values of $m>1$ for their resolution.


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