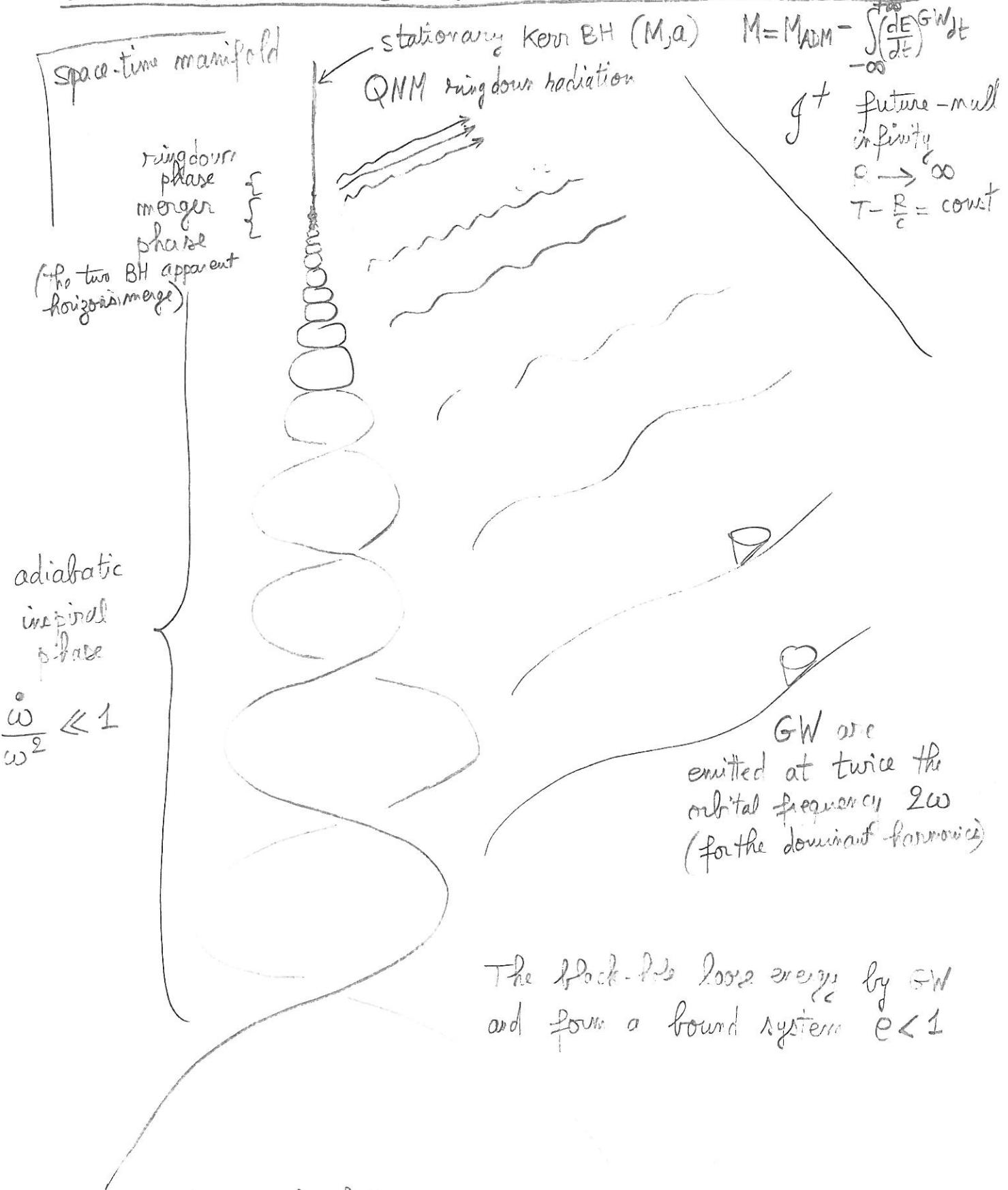


THE TWO-BODY PROBLEM
IN GENERAL RELATIVITY

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1

GENERAL ASPECTS OF THE TWO-BODY PROBLEM

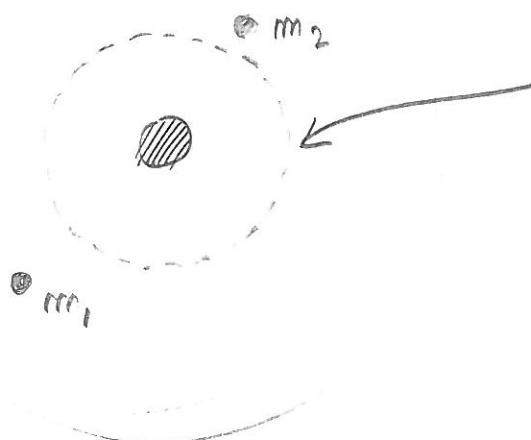


Two black-holes move on an initial hyperbolic-like orbit (with a very small eccentricity $e \gtrsim 1$)

$$\text{Total ADM mass } M_{ADM} = m_1 + m_2$$

The orbit is circularized by gravitational radiation reaction 2

For Hulse-Taylor binary pulsar
 now $\omega_0 \approx 10^4 \text{ Hz}$ where $\int \omega \approx 10^{43} \text{ s}$
 $e_0 \approx 0.617$ by LIGO/VIRGO $e \approx 10^{-6}$



Innermost circular orbit (I.C.O.)

defined by the minimum of
 gravitational binding energy for
 circular orbits

$$\left(\frac{dE}{de}\right)_{ICO} = 0$$

Quadrupole moment formalism: gives the inspiral and GW emission at lowest-order (where the quadrupole is nearly Newtonian,
 and where one can neglect higher-order multipoles)

$\epsilon = \frac{r}{c}$ small
 EN parameter

Asymptotic wave-form

Total energy flux in GW
division

$$h_{ij}^{TT} = \frac{2G}{c^4 R} \left[Q_{ij} \left(-\frac{R}{\epsilon} \right) + O(\epsilon) \right] + O\left(\frac{1}{R^2}\right)^{TT}$$

$$F^{GW} = \left(\frac{dE}{dt} \right)^{GW} = \frac{G}{5c^5} \left(\ddot{Q}_{ij} \ddot{Q}_{ij} + O(\epsilon^2) \right)$$

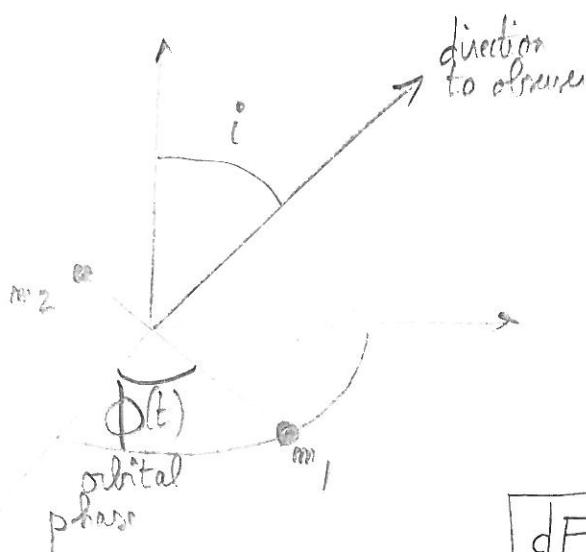
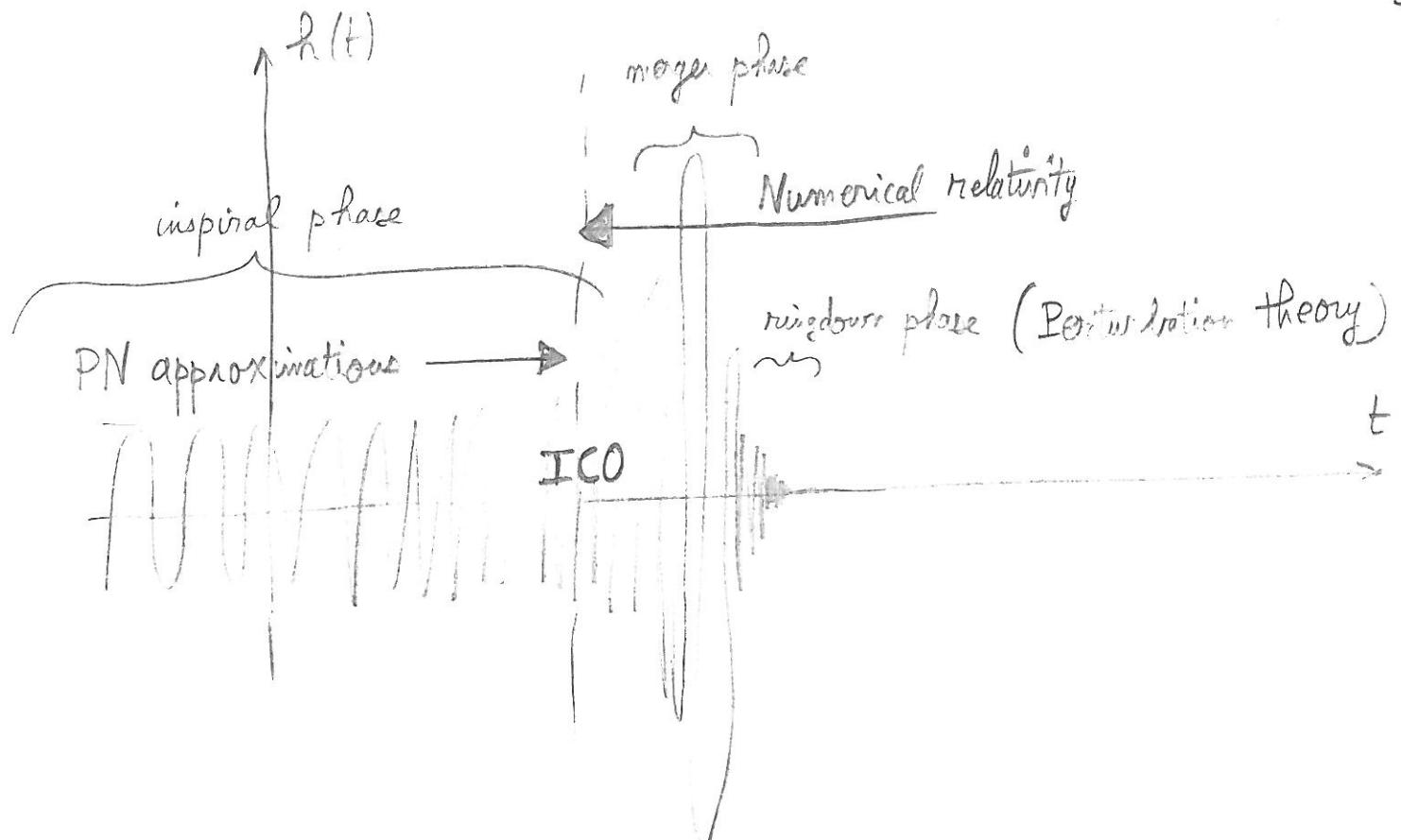
Radiation-reaction force
in equations of motion

$$\frac{1}{c^5} F_{rad. react}^i = \underbrace{\frac{2G}{5c^5} \rho x^i \dot{Q}_{ij}}_{\text{a small } 2.5 \text{ PH}} \dot{Q}_{ij} + O(\epsilon^2)$$

$\frac{1}{c^5}$
 correction in the eqs. of motion

conservative part of the dynamics

$$\begin{aligned} \int \frac{dv^i}{dt} &= \rho \partial_i U - \partial_i p + \frac{1}{c^2} (\dots) + \frac{1}{c^4} (\dots) + \frac{1}{c^6} (\dots) \\ &\quad + \underbrace{\left(\frac{1}{c^5} (\dots) + \frac{1}{c^2} (\dots) \right)}_{\text{radiation reaction part of dynamics}} + \dots \end{aligned}$$



From quadrupole formalism

$$\begin{pmatrix} h_+ \\ h_x \end{pmatrix} = \frac{2G\mu}{c^2 R} \left(\frac{GM\omega}{c^3} \right)^{2/3} \begin{pmatrix} (1+\cos^2 i) \cos 2\phi \\ (2\cos i) \sin 2\phi \end{pmatrix}$$

Evolution of orbital frequency is computed by energy balance equation

$$\boxed{\frac{dE}{dt} = -\mathcal{F}^{GW}}$$

given by Einstein quadrupole formula at lowest order

hence $\omega \frac{dE}{d\omega} = -\mathcal{F}^{GW} \Rightarrow \phi(t) = \int \omega dt = - \int \frac{\omega dE}{\mathcal{F}^{GW}}$

At lowest order (from quadrupole formula) in the adiabatic inspiral phase

$$h(t) \propto (t_c - t)^{-1/4}$$

$$\omega(t) \propto (t_c - t)^{-3/8}$$

↑
coalescence instant t_c at which $\omega \rightarrow \infty$
(of course the approximation is no longer valid after the ICO)

TWO PROBLEMS IN GENERAL RELATIVITY

4

Data analysis in LIGO/VIRGO and LISA detectors show that to detect and analyse inspiralling compact binaries (ICBs) one must know the waveform $h(t)$ and phase-evolution $\phi(t)$ to order 3PN $\sim \epsilon^6 = \left(\frac{v}{c}\right)^6$ beyond the quadrupole moment formalism.

$$\phi(t) = \phi_c - \frac{1}{\nu} \underbrace{\left(\frac{GM\nu}{c^3} \right)^{5/3}}_{\text{quadrupole formalism}} \left[1 + \frac{1\text{PN}}{c^2} + \frac{1.5\text{PN}}{c^3} + \dots + \frac{3\text{PN}}{c^6} + \dots \right]$$

(sufficient for Hulse-Taylor binary pulsar)

Using balance equation argument this yields two problems in GR

$$\frac{dE^{3\text{PN}}}{dt} = -F^{3\text{PN}}$$

PROBLEM OF MOTION PROBLEM OF RADIATION

Compute the acceleration of two bodies to 3PN order beyond Newtonian acceleration. Their $E^{3\text{PN}}$ is deduced from the conservative part of the dynamics

For instance we shall need to consistently include tails

GW tail



$$h_{ij}^{TT} = \frac{1}{R} \left[\ddot{Q}_{ij} + \frac{2GM}{c^3} \int_{-\infty}^{T-R-t} \ddot{Q}_{ij}(t') \ln(T-R-t') + \dots \right]^{TT}$$

$$F_{\text{rad, react}} = \frac{G}{c^5} \rho \propto^i \left[\ddot{Q}_{ij} + \frac{4GM}{c^3} \int_{-\infty}^{T-R} Q_{ij} \ln(T-R-t) + \dots \right]$$

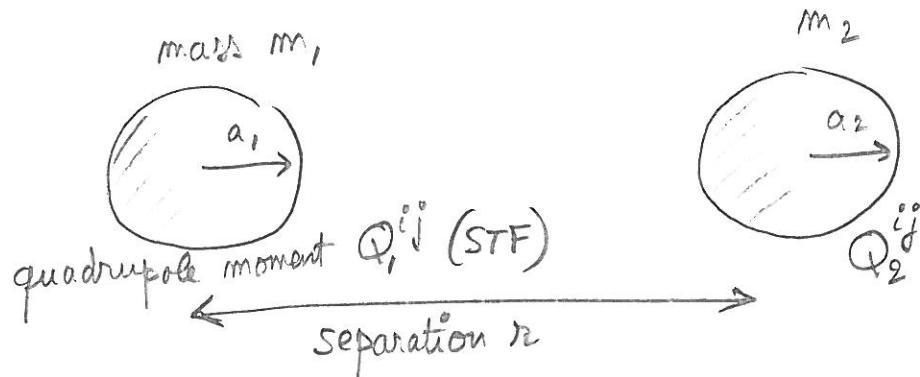
^{1.5 PN effect}
in wave form

$$h_{ij}^{TT} = \frac{1}{R} \left[\ddot{Q}_{ij} + \frac{2GM}{c^3} \int_{-\infty}^{T-R-t} \ddot{Q}_{ij}(t') \ln(T-R-t') + \dots \right]^{TT}$$

$$F_{\text{rad, react}} = \frac{G}{c^5} \rho \propto^i \left[\ddot{Q}_{ij} + \frac{4GM}{c^3} \int_{-\infty}^{T-R} Q_{ij} \ln(T-R-t) + \dots \right]$$

MODELLING COMPACT OBJECTS IN GR

Influence of internal structure on eqs of motion and radiation



Eq. of relative motion in Newtonian theory at quadrupolar approximation — means order α^2 where

$$\boxed{\alpha = \frac{a}{r} \ll 1}$$

$$\boxed{\frac{d^2 x^i}{dt^2} = M \partial_i \frac{1}{r} + \frac{1}{2} Q^{jk} \partial_j \partial_k \frac{1}{r} + O(\alpha^3)}$$

↑
neglect higher
multipoles

where $M = m_1 + m_2$

$$Q_{ij}^k = \frac{M}{m_1} Q_1^{ij} + \frac{M}{m_2} Q_2^{ij}$$

For quadrupoles induced by tidal field

$$Q_1^{ij} = k_1 a_1^5 \underbrace{\partial_i \partial_j}_{\substack{\text{Newtonian tidal field produced} \\ \text{by body 2}}}$$

Lore number

which characterizes the response of body 1 to the tidal field.

k_1 depends on the body's internal structure

Hence the Newtonian interaction is modified

$$\frac{d^2 \vec{x}^i}{dt^2} = -m \frac{\vec{m}^i}{r^2} \left[1 + \underbrace{K \left(\frac{a}{r} \right)^5}_{\text{influence of internal structure}} \right]$$

influence of internal structure on the motion

For compact objects the compacity parameter

$$K = \frac{2Gm}{c^2 a} \approx 1$$

Hence a scales like $\frac{1}{c^2}$ in a formal PN counting. The effect of internal structure is thus

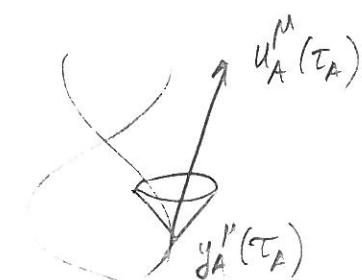
$$\boxed{\frac{Q}{mr^2} \approx K \left(\frac{Gm}{c^2 r} \right)^5 \sim \frac{1}{c^{10}} \sim 5 \text{PN}}$$

For spinning bodies there will be a quadrupole moment induced by the spins and the effect of internal structure is at 2PN order.

We shall therefore model compact objects by a point mass, possibly with a spin.

Note that in PN approximations it will be perfectly legitimate to use delta functions to model compact objects. Even point masses constitute the correct model to describe BHs in PN approximations. E.g. Schwarzschild metric will be recovered by starting from a point-mass source of $m\delta(\vec{x})$ and iterating the field equations in a PN way.

STRESS-ENERGY TENSOR OF SPINNING PARTICLES



$$d\tau_A = \sqrt{-g_{\mu\nu}(y_A) dy_A^\mu dy_A^\nu}$$

$$T_M^{\mu\nu}(x) = \sum_A \int_{-\infty}^{+\infty} d\tau_A p_A^{\mu} u_A^\nu \frac{\delta_4(x-y_A)}{\sqrt{-g}}$$

"monopolar" part of stress-energy tensor

body A B

where $p_A^\mu = m_A u_A^\mu + (\text{spin effects})$

linear momentum of particle A

"Dipolar" part includes the effects of spins

$$T_S^{\mu\nu}(x) = - \sum_A \nabla_P \left[\int_{-\infty}^{+\infty} d\tau_A S_A^{P\mu} u_A^\nu \frac{\delta_4(x-y_A)}{\sqrt{-g}} \right]$$

↑ ↑
covariant derivative w.r.t. field point x^P anti-symmetric spin tensor of part. A

The eq. of evolution of spin is imposed

$$\frac{DS_A^{\mu\nu}}{d\tau_A} = p_A^\mu u_A^\nu - p_A^\nu u_A^\mu$$

The matter equation $\nabla_T T^{\mu\nu} = 0$ where $T^{\mu\nu} = T_M^{\mu\nu} + T_S^{\mu\nu}$
(when integrated on a small volume surrounding A) gives the Papapetrou eq. of motion

$$\frac{DP^A}{d\tau_A} = - \frac{1}{2} S_A^{\rho\sigma} u_A^\nu R_{\mu\nu\rho\sigma}^{(A)}$$

↑
coupling to curvature

One must impose a spin supplementary condition (SSC) which corresponds to a choice (in the case of extended bodies) of a center-of-mass worldline w.r.t. which is defined the spin

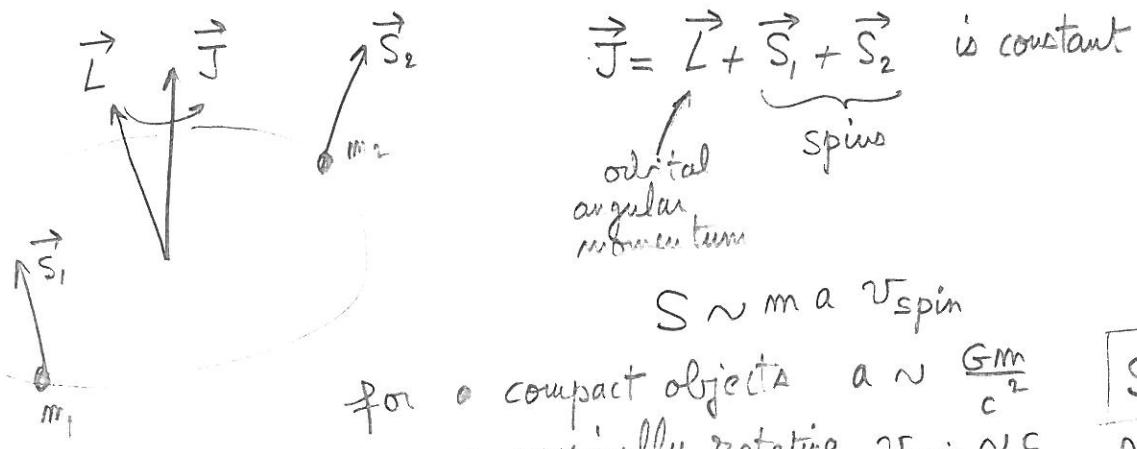
$$S_A^{\mu\nu} p_\nu^A = 0 \quad \Leftrightarrow \quad S_A^\mu = -\frac{1}{\sqrt{-g}} \epsilon^{\mu\nu\rho\sigma} \frac{p_\rho^A}{m_A} S_\sigma^A$$

and $S_A^\mu u_A^\mu = 0$ (spin is purely spatial in particle's rest frame). Then one can show that $p_A^\mu = m_A u_A^\mu + \mathcal{O}(S^2)$ and

$$\boxed{\frac{D S_A^\mu}{d\tau_A} = \mathcal{O}(S^2)}$$

eq. of parallel transport for the spin
(gives the precession equation of the spin vector)

Contributions of spins in the E.O.M. and radiation



Relativistic spin-orbit (SO) $\frac{1}{c^2} S \sim \frac{Gm}{c^3} \leftarrow$ 1.5 PN order

spin-spin (SS) $\frac{1}{c^2} SS \sim \frac{G^2 m^2}{c^4}$

$$\frac{d^2 x}{dt^2} = N + \frac{1 \text{ PN}}{c^2} + \frac{1}{c^3} (\text{SO}) + \frac{1}{c^4} [2 \text{ PN} + \text{SS}] + \frac{1}{c^5} [2.5 \text{ PN} + \left(\begin{array}{l} \text{1 PN} \\ \text{convection} \\ \hline \text{to SO} \end{array} \right)]$$

F.R.
t.o.m. $+ \dots$

EINSTEIN FIELD EQUATIONS

They derive from the action

$$S = \underbrace{\frac{c^3}{16\pi G} \int d^4x F_g R}_{\text{Einstein-Hilbert action}} + \underbrace{S_m[g, \psi_m]}_{\text{matter action}}$$

Varying w.r.t. the metric

$$\boxed{G^{\mu\nu}[g, \partial g, \partial^2 g] = \frac{8\pi G}{c^4} T^{\mu\nu}}$$

Einstein tensor stress-energy tensor $T^{\mu\nu} = \frac{2}{\sqrt{-g}} \frac{\delta S_m}{\delta g^{\mu\nu}}$

Assume small deviation from the Minkowski metric

$$h^{\mu\nu} = \sqrt{-g} g^{\mu\nu} - \eta^{\mu\nu} \quad \leftarrow \text{deviation from "gothic" metric}$$

Choice of harmonic (or de Donder) coordinates

$$\boxed{\partial_\nu h^{\mu\nu} = 0}$$

$$\boxed{\square h^{\mu\nu} = \frac{16\pi G}{c^4} T^{\mu\nu}}$$

↑ ordinary flat d'Alembertian

$$T^{\mu\nu} = \lg T^{\mu\nu} + \frac{c^4}{16\pi G} N^{\mu\nu}(h, \partial h, \partial^2 h)$$

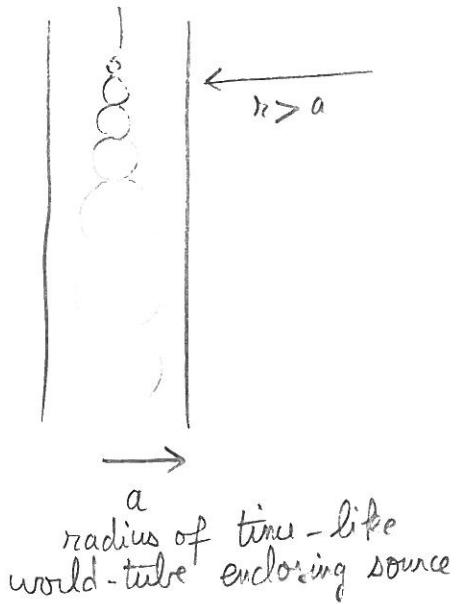
Harmonic coordinate condition is equivalent to matter equation

$$\boxed{\partial_\nu h^{\mu\nu} = 0 \Leftrightarrow \partial_\nu T^{\mu\nu} = 0 \Leftrightarrow \nabla^\nu T^{\mu\nu} = 0}$$

$T^{\mu\nu}$ = pseudo-stress energy tensor of matter and gravitational fields

10

NON-LINEARITY EXPANSION FOR THE FIELD EXTERIOR TO SOURCE



In external region we have to solve

$$\left\{ \begin{array}{l} \square h_{\text{ext}}^{\mu\nu} = \Lambda^{\mu\nu}(h_{\text{ext}}) \\ \partial_y h_{\text{ext}}^{\mu\nu} = 0 \end{array} \right. \quad \text{of order } h_{\text{ext}}^2$$

Suppose we solve these eqs by means of a non-linearity or post-Minkowskian expansion

$$h_{\text{ext}}^{\mu\nu} = G h_{(1)}^{\mu\nu} + G^2 h_{(2)}^{\mu\nu} + \dots + G^m h_{(m)}^{\mu\nu}$$

At linearized order we have to solve

$$\left\{ \begin{array}{l} \square h_{(1)} = 0 \\ \partial_y h_{(1)} = 0 \end{array} \right. \quad \text{retarded}$$

Most general "monopolar" solution of $\square h_{(1)} = 0$

$$h_{(1)}^{\text{Mono}} = \frac{R(t-r)}{r}$$

Applying $\partial_i \equiv \frac{\partial}{\partial x^i}$ one gets the most general "dipolar" solution

$$h_{(1)}^{\text{Dip}} = \partial_i \left(\frac{R^i(t-r)}{r} \right)$$

General multipolar solution is

$$h_{(1)}^{\mu\nu} = \sum_{l=0}^{+\infty} \hat{\partial}_l \left(\frac{R_L^{\mu\nu}(t-r)}{r} \right)$$

one can remove the traces, i.e. assume the $R_L^{\mu\nu}$'s are trace-free

Imposing $\partial_i h_{(1)} = 0$ reduces the number of independent components of $R_L^{\mu\nu}$ from 10 to 6. So there is in general 6 types of source multipole moments.

One can write the general solution as

$$h_{(1)}^{\mu\nu} = R_{(1)}^{\mu\nu} + \underbrace{\partial^\nu \varphi_{(1)}^\rho + \partial^\rho \varphi_{(1)}^\nu - h^{\mu\rho} \partial_\rho \varphi_{(1)}^\nu}_{\text{gauge transformation}} \quad \begin{matrix} \uparrow \\ \text{Thorne's canonical expression} \end{matrix}$$

parametrized by W_L, X_L, Y_L, Z_L

gauge momenta

parametrized by I_L, J_L

$$R_{(1)} = \sum \underbrace{\partial \left(\frac{1}{n} I_L(t-r) \right)}_{\text{mass-moment}} + \varepsilon \underbrace{\partial \left(\frac{1}{n} J_L(t-r) \right)}_{\text{current-moment}}$$

Non-linear iteration

Insert $h_{(1)}$ into RHS of quadratic-order eqs

$$\square h_{(2)} = \Lambda_{(2)}(h_{(1)}) \quad \text{and} \quad \partial h_{(2)} = 0$$

$$\square h_{(2)} = \sum \partial \left(\frac{R(t-r)}{n} \right) \partial \left(\frac{S(t-r)}{n} \right) = \sum \frac{\hat{m}_L}{n^2} F(t-r)$$

↑
expand all derivatives

where \hat{m}_L is STF product of m_i equivalent to sph. harm. $Y_{lm}(θ, φ)$

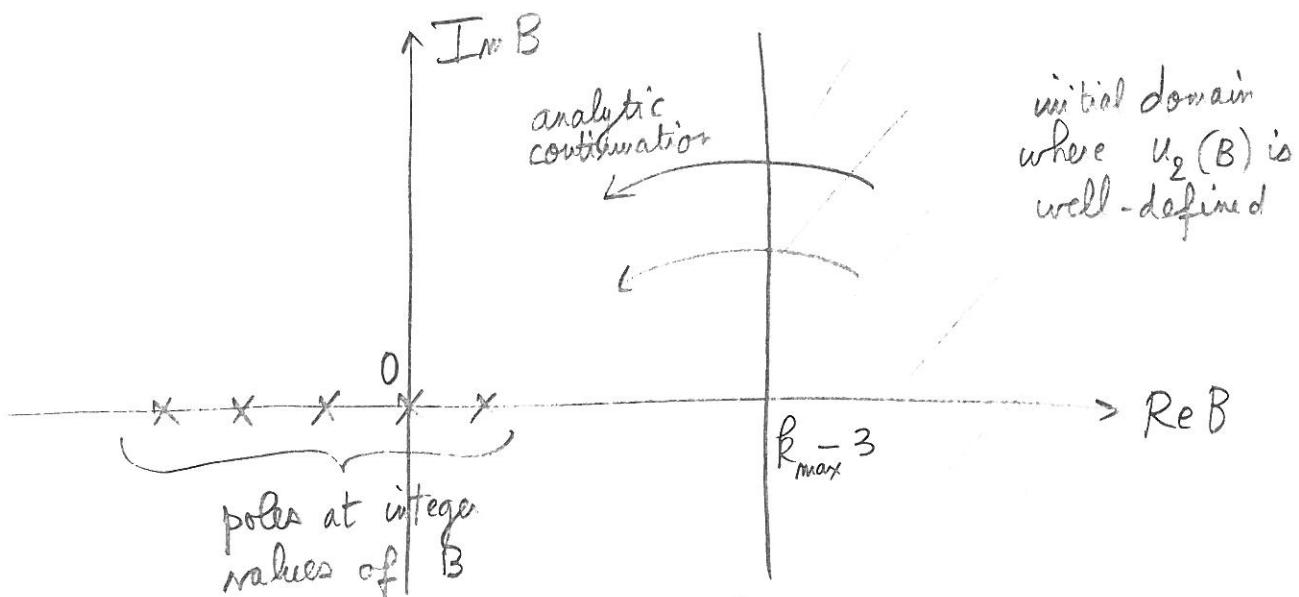
$$\begin{cases} \hat{m}_L = \sum_{m=-l}^l \chi_L^{lm} Y_{lm} \\ \chi_L^{lm} = \int d\Omega \hat{m}_L Y_{lm}^* \end{cases}$$

The source is divergent when $r \rightarrow 0$. Define

$$u_{(2)}(B) = \square_{\text{ret}}^{-1} \left[n^B \Lambda_{(2)}(h_{(1)}) \right]$$

for $B \in \mathbb{C}$

Suppose $h_{(1)}$ is made of a finite number of moments, up to some l_{\max} . Then there is a maximal value of divergences $|k| \leq k_{\max}$



Lamé expansion
when $B \rightarrow 0$

$$U_{(2)}(B) = \sum_{p=p_0}^{+\infty} \lambda_p B^p \quad (p \in \mathbb{Z})$$

$$\text{Applying } \square \quad r^B \Lambda_{(2)} = \sum (\square \lambda_p) B^p$$

$$p_0 \leq p \leq -1 \Rightarrow \square \lambda_p = 0$$

$$p \geq 0 \Rightarrow \square \lambda_p = \frac{(lm\pi)^p}{p!} \Lambda_{(2)}$$

Hence λ_0 satisfies the eq. we wanted. Pose $U_{(2)} \equiv \lambda_0$

$$U_{(2)}^{(p)} = \underset{B \rightarrow 0}{\text{Finite Part}} \quad \square_{\text{Ret}}^{-1} [r^B \Lambda_{(2)}]$$

But $w_{(2)}^{(p)} = \partial_r U_{(2)}^{(p)} = \text{FP } \square_{\text{Ret}}^{-1} [B r^{B-1} m^i \Lambda_{(2)}^{(p)}]$ is non-zero (a priori).

$$= \sum \partial_r \left(\frac{T_L^{(p)}(t-r)}{r} \right)$$

$\exists v_{(2)}^{(p)}$ such that $\partial_r v_{(2)}^{(p)} = -w_{(2)}^{(p)}$ and $\square v_{(2)}^{(p)} = 0$. Hence

$$h_{(2)}^{(p)} = v_{(2)}^{(p)} + w_{(2)}^{(p)}$$

is solution of the quadratic-order equations. This process can be generalized to any non-linear order "n".

$$h_{(n)}^{\text{gen}} = h_{(n)}[I_L \dots Z_L] + \underbrace{h_{(1)}[\delta I_L \dots \delta Z_L]}_{\text{can be re-absorbed into } h_{(1)}[I_L \dots Z_L] \text{ by posing}}$$

$$\begin{cases} I_L^{\text{meas}} = I_L + G^{n-1} \delta I_L \\ \vdots \\ Z_L^{\text{meas}} = Z_L + G^{n-1} \delta Z_L \end{cases}$$

Hence the previous construction represents the most general solution of Einstein's field eqs. outside the source

Resulting metric

$$g_{\mu\nu}^{\text{ext}}(x; \underbrace{I_L J_L}_{\text{4 gauge moments}}, \underbrace{W_L X_L Y_L Z_L}_{\text{6 source moments}})$$

One can define by coord. transformation $x \rightarrow x'$ a "canonical" metric which depends only on 2 moments $M_L S_L$.

Thus

$$g_{\mu\nu}^{\text{can}}(x'; \underbrace{M_L S_L}_{\text{2 canonical moments}})$$

is isometric to $g_{\mu\nu}^{\text{ext}}$ i.e. $g_{\mu\nu}^{\text{can}}(x') = \frac{\partial x^\rho}{\partial x'^\mu} \frac{\partial x^\sigma}{\partial x'^\nu} g_{\rho\sigma}^{\text{ext}}(x)$ where

$$x'^\mu = x^\mu + G \underbrace{\varphi_{(1)}^\mu(x; W_L X_L Y_L Z_L)}_{\text{gauge vector in the general linear solution}} + O(G^2)$$

general linear solution

crucial non-linear corrections

THE MATCHING EQUATION

We have constructed the exterior field (physically valid when $r > a$) of any isolated source

$$h_{\text{ext}} = \sum_{m=1}^{+\infty} G^m h_{(m)} \left[\underbrace{I_L \ J_L \ W_L \ \dots \ Z_L}_{\text{source moments (for the moment arbitrary)}} \right]$$

We suppose that h_{ext} comes from the multipole expansion of h defined everywhere inside and outside the source (for any r)

$$h_{\text{ext}} = \mathcal{M}(h)$$

↑
operation of taking
the multipole expansion

Note that $\mathcal{M}(h)$ is defined of any $r > 0$ but agrees with the "true" field h only when $r > a$

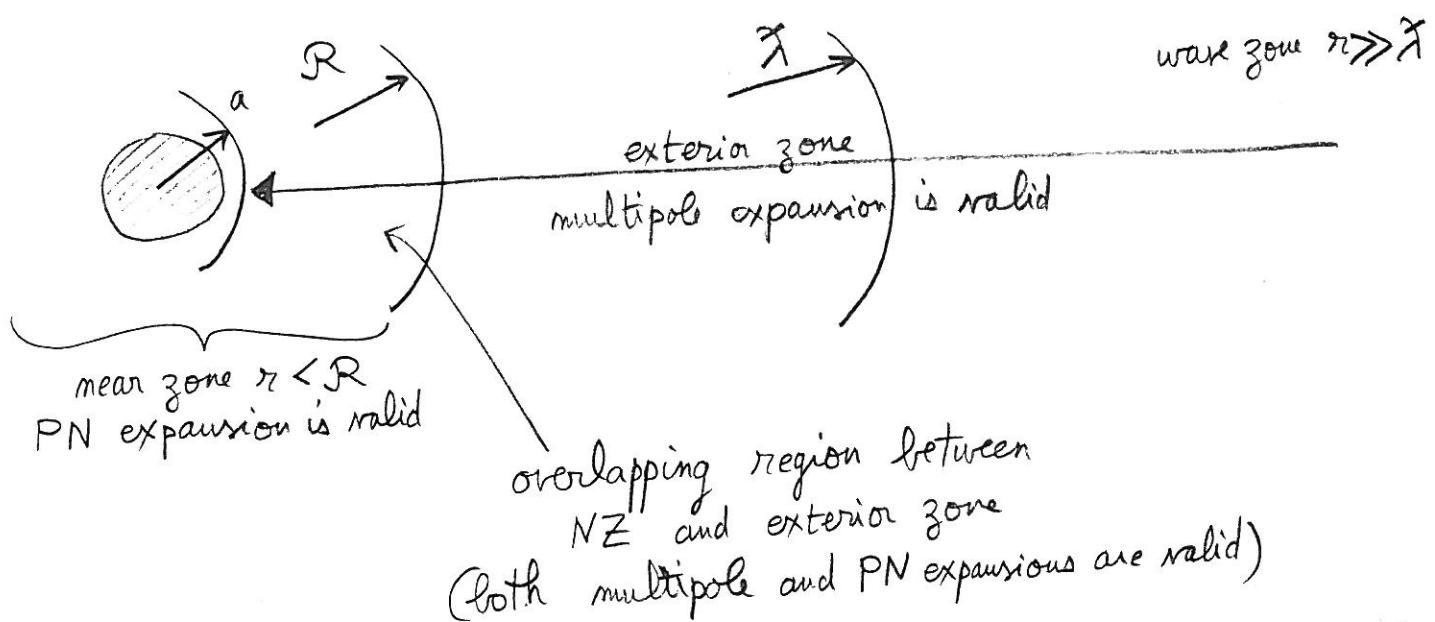
$$r > a \Rightarrow \mathcal{M}(h) = h \quad (\text{numerically})$$

But when $r \rightarrow 0$ $\mathcal{M}(h)$ diverges while h is a perfectly smooth solution of Einstein field eqs. inside the matter (of the extended source).

Suppose the source is post-Newtonian (existence of the PN parameter $\varepsilon = \frac{v}{c} \ll 1$). We know that the near zone $r < R$ where $R \ll \lambda$ encloses totally the PN source ($R > a$).

In the NZ the field h can be expanded as a PN expansion ($h = \sum c^\dagger (lmc)^q$)

$$r < R \Rightarrow h = \bar{h} \quad (\text{numerically})$$



$$a < r < R \Rightarrow M(h) = \bar{h} \quad (\text{numerically})$$

The matching equation follows from transforming the latter numerical equality in a functional identity (valid $\forall (\vec{x}, t)$ in $\mathbb{R}_*^3 \times \mathbb{R}$) between two formal asymptotic series

Matching equation:

$$\overline{M(h)} \equiv M(\bar{h})$$

NZ expansion ($\frac{r}{c} \rightarrow 0$)
of each multipolar coeff.
of $M(h)$

multipole expansion of
each PN coefficient of \bar{h}

We assume (as part of our fundamental assumptions) that
the matching eq. is correct (in the sense of formal series)

$$\text{NZ expansion } \left(\begin{array}{l} \text{multipolar} \\ \frac{r}{c} \rightarrow 0 \end{array} \right) \equiv \text{FZ expansion } \left(\begin{array}{l} \text{PN series} \\ r \rightarrow \infty \\ c \rightarrow \infty \end{array} \right)$$

The NZ expansion $\frac{r}{c} \rightarrow 0$ is "equivalent" to the PN expansion
 $c \rightarrow \infty$ for fixed r

The multipole expansion $\frac{a}{r} \rightarrow 0$ is "equivalent" to the
FZ expansion $r \rightarrow \infty$ for a given source (fixed a)

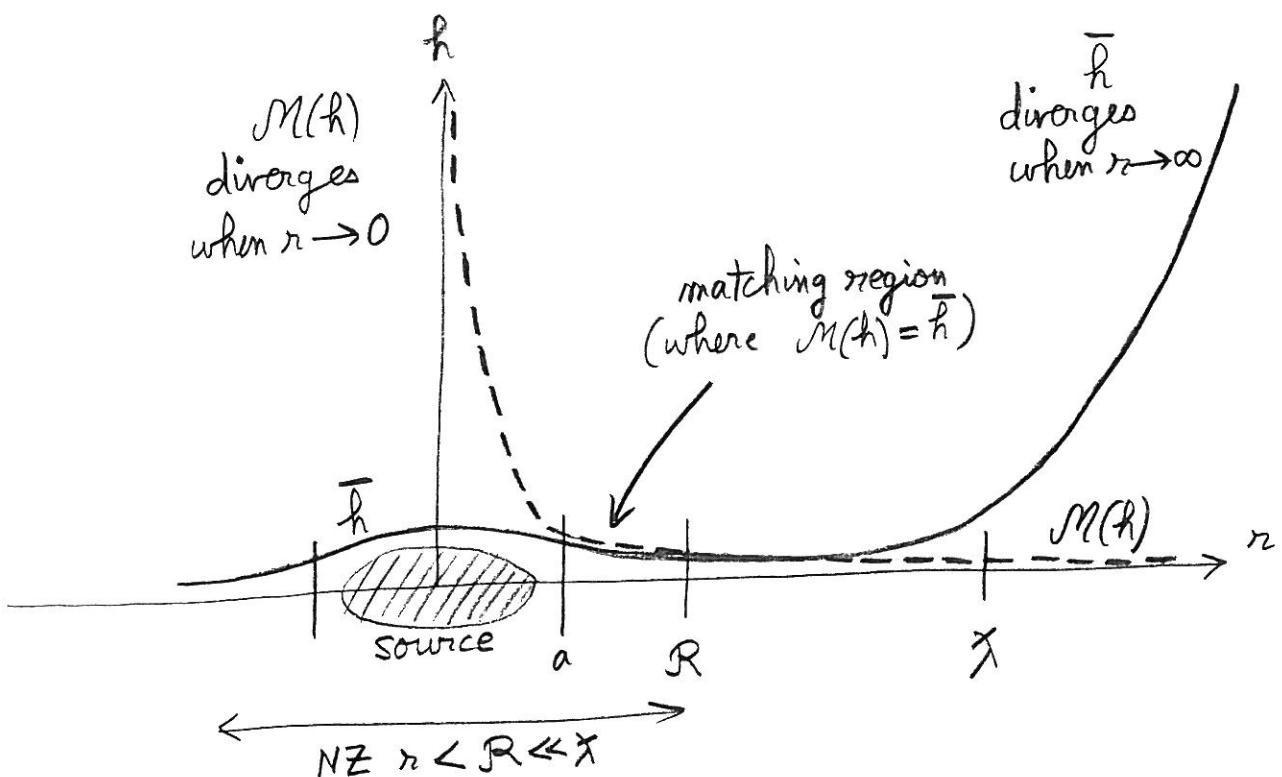
The matching equation says basically the NZ and multipole
expansions can be commuted.

Thus there is a common structure for the formal
NZ and FZ expansions

$$\overline{M(h)} = \sum m_L r^p (l_m r)^q F(t) = M(\bar{h})$$

can be interpreted either as

- NZ singular expansion when $r \rightarrow 0$
- FZ ————— $r \rightarrow \infty$



GENERAL EXPRESSION OF THE MULTIPOLE MOMENTS

h is the sol. of Einstein eqs (in harmonic coord. $\partial h = 0$)
valid everywhere inside and outside the source

$$h = \frac{16\pi G}{c^4} \square_{\text{Ret}}^{-1} T \quad (\text{suppress indices } \mu\nu)$$

where $T = |g| T + \underbrace{\frac{c^4}{16\pi G} \Lambda}_{\substack{\text{gravitational source-term} \\ \text{(non-linearity in } h\text{)}}}$

Define

$$\boxed{\Delta = h - \text{FP} \square_{\text{Ret}}^{-1} M(\Lambda)}$$

where $M(\Lambda) = \Lambda [M(\Lambda)] = \Lambda_{\text{ext}}$ and FP is the finite part
when $B \rightarrow 0$ (plays a crucial role because Λ_{ext} diverges when $r \rightarrow 0$)

$$\Delta = \underbrace{\frac{16\pi G}{c^4} \square_{\text{Ret}}^{-1} T}_{\text{no FP here}} - \text{FP} \square_{\text{Ret}}^{-1} M(\Lambda)$$

since T is regular (C^∞)

However we can add FP on the first term (do not change the value because it converges). Using also $M(T) = 0$ since T has a compact support

$$\Delta = \frac{16\pi G}{c^4} \text{FP} \square_{\text{Ret}}^{-1} [T - M(T)]$$

Hence Δ appears as the retarded integral of a source with compact support. Indeed

$$T = M(T) \quad \text{when } r > a$$

$$\boxed{M(\Delta) = -\frac{4G}{c^4} \sum_{l=0}^{+\infty} \frac{(-)^l}{l!} \mathcal{J}_L \left(\frac{1}{r} \mathcal{H}_L(u) \right)}$$

This is standard expression of multipolar expansion outside a compact-support source. Here the moments are

$$\mathcal{H}_L = \text{FP} \int d^3x \chi_L [\tau - \bar{M}(\tau)]$$

since this has compact support
($r < a$, inside the NZ) we can
replace by the NZ or PN expansion

$$\mathcal{H}_L = \text{FP} \int d^3x \chi_L [\bar{\tau} - \bar{M}(\tau)]$$

But we know the structure $\bar{M}(\tau) = \sum \hat{m}_Q r^P (l_{mn})^q F(t)$
which is sufficient to prove that the second term is zero
by analytic continuation

$$\text{FP} \int d^3x \chi_L \bar{M}(\tau) = \sum \text{FP} \int d^3x \chi_L \hat{m}_Q r^P (l_{mn})^q$$

$$= \sum \underset{B \rightarrow 0}{\text{Finite Part}} \int dr r^{B+S} (l_{mn})^p$$

integrate over angles

$$= \sum \underset{B \rightarrow 0}{\text{FP}} \left(\frac{d}{dB} \right)^p \int_0^{+\infty} dr r^{B+S}$$

$$\int_0^{+\infty} dr r^{B+S} = \int_0^R dr r^{B+S} + \int_R^{+\infty} dr r^{B+S}$$

computed
when $\text{Re } B > -S-1$

computed
when $\text{Re } B < -S-1$

by analytic continuation

$$= \frac{R^{B+S+1}}{B+S+1}$$

by analytic continuation

$$= - \frac{R^{B+S+1}}{B+S+1}$$

Analytic Continuation

$$\int_0^{+\infty} dr r^{B+s} (\ln r)^p = 0 \quad \forall B \in \mathbb{C}$$

The general multipole expansion outside the domain of a PN isolated source reads (Blanchet 1995, 1998)

$$\mathcal{M}(r) = \text{FP } \square_{\text{Ret}}^{-1} \mathcal{M}(\lambda) - \frac{4G}{c^4} \sum_{l=0}^{+\infty} \frac{(-)^l}{l!} \mathcal{J}_L^l \left(\frac{1}{r} \mathcal{H}_L(u) \right)$$

where

$$\mathcal{H}_L(u) = \text{FP } \int d^3x \vec{x}_L \bar{T}(\vec{x}, u)$$

PN expansion crucial here
(this is where the formalism applies only to PN sources)

Same result but in STF guise

$$\mathcal{M}(r) = \text{FP } \square_{\text{Ret}}^{-1} \mathcal{M}(\lambda) - \frac{4G}{c^4} \sum_{l=0}^{+\infty} \frac{(-)^l}{l!} \mathcal{J}_L^l \left(\frac{1}{r} \mathcal{F}_L(u) \right)$$

where

$$\mathcal{F}_L(u) = \text{FP } \int d^3x \vec{x}_L^1 \int_{-1}^1 dz \delta_L(z) \bar{T}(\vec{x}, u + z|\vec{x}|/c)$$

$$\delta_L(z) = \frac{(2l+1)!!}{2^{l+1} l!} (1-z^2)^l \text{ such that}$$

$$\int_{-1}^1 dz \delta_L(z) = 1$$

$$\lim_{l \rightarrow +\infty} \delta_L(z) = \delta(z)$$