

## ALMOST RIGIDITY OF CONVEX HYPERSURFACES VIA THE EXTINCTION TIME OF MEAN CURVATURE FLOW

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ABSTRACT. We prove that if a compact convex hypersurface of  $\mathbb{R}^{n+1}$  has almost maximal extinction time when it is evolved by the mean curvature flow, then it must be nearly round in the  $C^0$ -norm.

### 1. Introduction

Denote the sphere  $S^n$  by  $\Sigma$ . Let  $F_0 : \Sigma \rightarrow \mathbb{R}^{n+1}$  be a smooth embedding such that  $\Sigma_0 = F_0(\Sigma)$  is a convex hypersurface of  $\mathbb{R}^{n+1}$ . Consider a one-parameter family of smooth embedding  $F : \Sigma \times [0, T) \rightarrow \mathbb{R}^{n+1}$  solving the mean curvature flow with initial value  $F_0$ , i.e.,

$$(1) \quad \begin{cases} \frac{\partial}{\partial t} F = -H\nu, \\ F(x, 0) = F_0(x). \end{cases}$$

Throughout this note,  $\nu(x, t)$ ,  $H(x, t)$  and  $A(x, t)$  denote the outer unit normal, the mean curvature and the second fundamental form of  $\Sigma_t = F_t(\Sigma)$  at  $F_t(x) = F(x, t)$  respectively. By the famous paper of Huisken ([6]),  $\Sigma_t$  remains convex, and the flow exists on a maximal time interval, which is denoted by  $[0, T_e)$ , such that  $\Sigma_t$  shrink to a point as  $t \uparrow T_e$ . Recall that under the mean curvature flow, the mean curvature satisfies the following equation:

$$(2) \quad \frac{\partial H}{\partial t} = \Delta H + |A|^2 H.$$

Define  $\omega : [0, T_e) \rightarrow \mathbb{R}$  by

$$(3) \quad \omega(t) = \min_{x \in \Sigma} H(x, t).$$

Then  $\omega(t)$  satisfies

$$(4) \quad \frac{d\omega(t)}{dt} \geq \frac{\omega^3(t)}{n}.$$

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Received July 10, 2020; Revised December 29, 2020; Accepted February 9, 2021.

2010 *Mathematics Subject Classification.* 53C44.

*Key words and phrases.* Convex hypersurface, mean curvature flow, almost rigidity.

The author is partially supported by NSFC (Nos. 11701580 and 11521101) and Guangdong Natural Science Foundation 2019A1515011804.

If we assume  $\Sigma_0$  satisfies  $H \geq n$ , i.e.,  $\omega(0) \geq n$ , then we obtain

$$(5) \quad \omega(t) \geq \frac{n}{\sqrt{1-2nt}},$$

thus  $T_e \leq \frac{1}{2n}$ . By the strong maximum principle,  $T_e = \frac{1}{2n}$  holds if and only if  $\Sigma_0$  is a round sphere of radius 1.

In this short note, we prove that, if the extinction time  $T_e$  is very close to  $\frac{1}{2n}$ , then  $\Sigma_0$  is nearly round.

Though out this note, for any  $r > 0$ , we denote by  $S^n(r) = \{x \in \mathbb{R}^{n+1} \mid |x| = r\}$ ,  $B^{n+1}(r) = \{x \in \mathbb{R}^{n+1} \mid |x| < r\}$ .

**Theorem 1.1.** *For any  $\eta > 0$ , there exists  $\tau > 0$  such that if  $F_0 : \Sigma \rightarrow \mathbb{R}^{n+1}$  is an embedding satisfying*

(A)  $\Sigma_0 = F_0(\Sigma)$  is a convex hypersurface in  $\mathbb{R}^{n+1}$ ,  $H \geq n$  on  $\Sigma_0$ ;

and the mean curvature flow with initial value  $F_0$  has extinction time  $T_e > \frac{1}{2n} - \tau$ , then there exists a vector  $v \in \mathbb{R}^{n+1}$  such that  $v + \Sigma_0$  is  $\eta$ -close to the unit sphere  $S^n(1)$  in the  $C^0$ -norm.

Let  $\Sigma_0 \subset \mathbb{R}^{n+1}$  be a convex compact hypersurface with the origin 0 contained in the interior of the domain enclosed by  $\Sigma_0$ , we say  $\Sigma_0$  is  $\eta$ -close to  $S^n(1)$  in the  $C^0$ -norm if, when we express  $\Sigma_0$  as the graph of a function  $u : S^n(1) \rightarrow \mathbb{R}^+$  via the polar coordinate, we have  $|u - 1| < \eta$ .

The  $C^0$ -closeness in Theorem 1.1 is the optimal conclusion on the regularity, which can be seen from the following example. Let  $\Sigma_0$  be a smooth convex hypersurface lying in the interior of  $B^{n+1}(1)$  and suppose  $\Sigma_0$  is  $\delta$ -close to  $S^n(1)$  in the  $C^0$ -norm. It is easy to see  $H \geq n$  on  $\Sigma_0$ . Since  $\Sigma'_0 = S^n(1 - \delta)$  lies in the domain bounded by  $\Sigma_0$ , under the mean curvature flow,  $\Sigma'_t$  still lies in the domain bounded by  $\Sigma_t$ , thus the extinction time of  $\Sigma_0$  satisfies  $T_e > \frac{1}{2n} - \delta_1$ , where  $\delta_1 \rightarrow 0$  as  $\delta \rightarrow 0$ .

A similar property as in Theorem 1.1 holds for solutions of Ricci flow, see Theorem 1.1 in Bamler and Maximó's paper [1]. Theorem 1.1 is motivated by [1], and its proof follows the ideas in [1] closely. There are also many almost rigidity type theorems for Riemannian manifolds, see e.g. [2, 3] etc.

**Acknowledgments.** The author is grateful to the anonymous referees for careful reading and giving valuable suggestions.

## 2. Proof of Theorem 1.1

Before the proof, we fix some notations. We denote by  $T_0 = \frac{1}{4n}$ ,  $\rho(t) = \frac{n}{\sqrt{1-2nt}}$ . For the mean curvature flow solution  $F : \Sigma \times [0, T) \rightarrow \mathbb{R}^{n+1}$ , we denote by  $g_t$  the induced metric on  $\Sigma$  by the embedding  $F_t$ , and by  $d_t$  the distance induced by  $g_t$ . We use  $B_{g_t}(x, r)$  to denote the geodesic ball with respect to the metric  $g_t$ . If we consider a sequence of solutions of mean curvature flow  $F_i : \Sigma \times [0, T) \rightarrow \mathbb{R}^{n+1}$ , we use the notations  $F_{i,t}$ ,  $H_i(x, t)$ ,  $A_i(x, t)$ ,  $g_{i,t}$ ,  $d_{i,t}$  etc. to emphasize parameter  $i$ .

We recall the Harnack inequality for convex mean curvature flow due to Hamilton ([5]), which is very important in the argument of this note:

**Proposition 2.1.** *Let  $F : \Sigma \times (0, T) \rightarrow \mathbb{R}^{n+1}$  be a convex solution to the mean curvature flow. Then for any  $0 < t_1 < t_2 < T$ , we have*

$$(6) \quad H(x_1, t_1) \leq \sqrt{\frac{t_2}{t_1}} \exp\left(\frac{d_{t_1}^2(x_1, x_2)}{4(t_2 - t_1)}\right) H(x_2, t_2).$$

In the remaining part of this paper, we go to the proof of Theorem 1.1.

**Lemma 2.2.** *For any small positive number  $\delta$ , there exists  $\tau = \tau(n, \delta) > 0$  such that if  $F_t$  is a mean curvature flow with initial value  $F_0$  satisfying (A) and has extinction time  $T_e > \frac{1}{2n} - \tau$ , then  $\omega(t) < \rho(t) + \delta$  holds for every  $t \in (0, T_0]$ .*

*Proof.* Given  $\delta > 0$ , suppose there is some  $\bar{t} \in (0, T_0]$  such that  $\omega(\bar{t}) \geq \rho(\bar{t}) + \delta$ , then by (4), for any  $t \geq \bar{t}$ , it holds

$$(7) \quad \omega(t) \geq \left( \frac{1}{(\rho(\bar{t}) + \delta)^{-2} - \frac{2}{n}(t - \bar{t})} \right)^{\frac{1}{2}}.$$

Thus

$$(8) \quad \begin{aligned} T_e &\leq \bar{t} + \frac{n}{2}(\rho(\bar{t}) + \delta)^{-2} \\ &= \bar{t} + \frac{1 - 2n\bar{t}}{2n} \frac{1}{(1 + \frac{\sqrt{1-2n\bar{t}}}{n}\delta)^2} \\ &\leq \bar{t} + \frac{1 - 2n\bar{t}}{2n} \frac{1}{1 + C_1\delta} \\ &\leq \bar{t} + \frac{1 - 2n\bar{t}}{2n}(1 - C_2\delta) \\ &\leq \frac{1}{2n} - C_3\delta, \end{aligned}$$

where  $C_1, C_2, C_3$  are positive numbers depending only on  $n$ , and we assume  $\delta$  is sufficiently small, and use  $\bar{t} \in (0, \frac{1}{4n}]$  in the last three inequalities. In other word, if  $T_e > \frac{1}{2n} - C_3\delta$ , then  $\omega(t) < \rho(t) + \delta$  holds for every  $t \in (0, T_0]$ .  $\square$

The following lemma is similar to Lemma 2.3 of [1], and the proof here is a modification of [1].

**Lemma 2.3.** *There exists a positive constant  $K = K(n)$  such that, for any  $t_2 \in (0, T_0]$ , there exists  $t_1 \in (\frac{t_2}{2}, t_2)$  depending only on  $t_2$  and  $n$  such that, let  $F : \Sigma \times [0, T_0] \rightarrow \mathbb{R}^{n+1}$  be a mean curvature flow with initial value satisfying (A), if there exists a point  $\bar{x} \in \Sigma$  such that  $H(\bar{x}, t_2) < \rho(t_2) + 1$ , then there exists a bounded nonnegative Lipschitz function  $u(x, t)$  defined on  $\Sigma \times [t_1, t_2]$  satisfying:*

- (a)  $(\frac{d}{dt} - \Delta_{g_t})u(x, t) \leq 0$  in the barrier sense;
- (b)  $\forall t \in [t_1, t_2]$ ,  $u(x, t)$  is supported in  $B_{g_t}(\bar{x}, K\sqrt{t_2 - t})$ ;

(c)  $0 \leq u(\cdot, t) \leq 1$  and  $u(\bar{x}, t) = \sqrt{t_2 - t}$ .

*Proof.* Let  $\varphi : [0, \infty) \rightarrow [0, \infty)$  be a fixed smooth function with  $\varphi = 1$  on  $[0, 1]$ ,  $\varphi \geq \frac{1}{2}$  on  $[0, 2]$ ,  $\varphi = 0$  on  $[3, \infty)$ ,  $\varphi' \leq 0$  on  $[0, \infty)$ , and  $\varphi'' \geq 0$  on  $[2, \infty)$ . Then we can always choose  $\alpha = \alpha(n) > 0$  (in fact,  $\alpha$  also depends on the fixed function  $\varphi$ ) sufficiently small such that

$$(9) \quad -\frac{1}{2}\varphi(r) + \frac{1}{2}r\varphi'(r) \leq 4\alpha r\varphi''(r) + 2\alpha n\varphi'(r)$$

holds for every  $r \geq 0$ . One can easily check that such  $\alpha$  always exists, see the Appendix of [1].

Then we fix  $K = K(n)$  such that  $\alpha K^2 > 3$ .

By the Harnack inequality (6) and the convexity of the hypersurfaces, for any  $t \in (\frac{t_2}{2}, t_2)$  and  $x \in B_{g_t}(\bar{x}, 2K\sqrt{t_2 - t})$ , it holds

$$(10) \quad |A(x, t)| \leq H(x, t) \leq \sqrt{\frac{t_2}{t}} \exp\left(\frac{d_{\bar{t}}^2(x, \bar{x})}{4(t_2 - t)}\right) (\rho(t_2) + 1) \leq C(n, t_2).$$

For any  $x, y \in B_{g_t}(\bar{x}, K\sqrt{t_2 - t})$ , let  $\gamma : [0, d_t(x, y)] \rightarrow B_{g_t}(\bar{x}, 2K\sqrt{t_2 - t})$  be a path connecting  $x$  and  $y$  which is a shortest geodesic with respect to  $g_t$  and parametrized by arc length. Let  $L_{\bar{t}}$  be the length of  $\gamma$  with respect to  $g_{\bar{t}}$ , where  $\bar{t}$  is in a small neighborhood of  $t$ , then we have

$$(11) \quad \begin{aligned} \frac{d}{d\bar{t}} \Big|_{\bar{t}=t} L_{\bar{t}} &= \int_0^{d_t(x, y)} \left( \frac{\partial}{\partial \bar{t}} \Big|_{\bar{t}=t} \sqrt{g_{\bar{t}}\left(\frac{d\gamma}{ds}, \frac{d\gamma}{ds}\right)} \right) ds \\ &= - \int_0^{d_t(x, y)} HA\left(\frac{d\gamma}{ds}, \frac{d\gamma}{ds}\right) \geq -C^2 d_t(x, y), \end{aligned}$$

where we use (10) in the last inequality. Thus by (11),

$$(12) \quad \begin{aligned} \frac{d}{d\bar{t}} \Big|_{\bar{t}=t} d_{\bar{t}}(x, y) &= \lim_{\bar{t} \rightarrow t^-} \frac{d_{\bar{t}}(x, y) - d_t(x, y)}{\bar{t} - t} \\ &\geq \lim_{\bar{t} \rightarrow t^-} \frac{L_{\bar{t}} - L_t}{\bar{t} - t} \geq -C^2 d_t(x, y). \end{aligned}$$

Since  $t \mapsto d_t(x, y)$  is a Lipschitz function, it is differentiable for almost every  $t$ , and at those differentiable point, it holds

$$(13) \quad \frac{\partial}{\partial t} d_t(x, y) = \frac{d}{dt^-} d_t(x, y) \geq -C^2 d_t(x, y).$$

The function  $u(x, t)$  will be chosen to have the form

$$(14) \quad u(x, t) = \sqrt{t_2 - t} \varphi\left(\alpha \frac{d_{\bar{t}}^2(\bar{x}, x)}{t_2 - t}\right).$$

It is easy to see that  $u$  satisfies (b) and (c).

By direct computation,

$$(15) \quad \left(\frac{d}{dt^-} - \Delta_{g_t}\right)u(x, t) \leq -\frac{1}{2\sqrt{t_2 - t}}\varphi + \alpha \frac{d_{\bar{t}}^2}{(t_2 - t)^{\frac{3}{2}}}\varphi' - 2\alpha C^2 \frac{d_{\bar{t}}^2}{\sqrt{t_2 - t}}\varphi'$$

$$-4\alpha^2 \frac{d_t^2}{(t_2 - t)^{\frac{3}{2}}} \varphi'' - 2n\alpha \frac{1}{\sqrt{t_2 - t}} \varphi'$$

holds in the barrier sense, where we use (12) and the Laplacian comparison Theorem (recall that  $(\Sigma, g_t)$  has positive sectional curvature). In (15),  $d_t$  is short for  $d_t(\bar{x}, x)$ .

Choose  $t_1 \in (\frac{t_2}{2}, t_2)$  such that  $(t_2 - t_1)C^2 < \frac{1}{4}$ . Recall that it holds  $\varphi' \leq 0$  and (9), we have  $(\frac{d}{dt} - \Delta_{g_t})u(x, t) \leq 0$  on  $\Sigma \times [t_1, t_2)$ .  $\square$

**Lemma 2.4.** *Suppose  $K$  is the constant given in Lemma 2.3. For any  $t_2 \in (0, T_0]$ , suppose  $t_1 \in (\frac{t_2}{2}, t_2)$  is given in Lemma 2.3. Given  $\theta > 0$  small, there exists  $\delta = \delta(\theta, t_2, n) \in (0, 1)$  such that, suppose  $F : \Sigma \times [0, T_0] \rightarrow \mathbb{R}^{n+1}$  is a mean curvature flow with initial value satisfying (A), if there exists  $\bar{x} \in \Sigma$  such that  $H(\bar{x}, t_2) \leq \rho(t_2) + \delta$ , then there exists  $y \in B_{g_{t_1}}(\bar{x}, K\sqrt{t_2 - t_1})$  satisfying  $H(y, t_1) \leq \rho(t_1) + \theta$ .*

*Proof.* Suppose there exists a small  $\theta$  such that, for any  $i$  there exists a mean curvature flow  $F_i : \Sigma \times [0, T_0] \rightarrow \mathbb{R}^{n+1}$  with initial value satisfying (A), and there exists  $\bar{x}_i \in \Sigma$  such that  $\rho(t_2) \leq H_i(\bar{x}_i, t_2) \leq \rho(t_2) + \frac{1}{i}$ , but  $H_i(y, t_1) > \rho(t_1) + \theta$  for any  $y \in B_{g_{i,t_1}}(\bar{x}_i, K\sqrt{t_2 - t_1})$ .

Let  $u_i(x, t) : \Sigma \times [t_1, t_2] \rightarrow \mathbb{R}^+$  be the functions constructed in Lemma 2.3. Thus

$$\begin{aligned} (16) \quad & \frac{d}{dt} (H_i(x, t) - \theta u_i(x, t)) \\ & \geq \Delta(H_i(x, t) - \theta u_i(x, t)) + \frac{1}{n} H_i^3(x, t) \\ & \geq \Delta(H_i(x, t) - \theta u_i(x, t)) + \frac{1}{n} (H_i(x, t) - \theta u_i(x, t))^3. \end{aligned}$$

Note that for any  $x \in \Sigma$ ,

$$(17) \quad H_i(x, t_1) \geq \rho(t_1) + \theta u_i(x, t_1),$$

with the strict inequality holds for  $x \in B_{g_{i,t_1}}(\bar{x}_i, K\sqrt{t_2 - t_1})$ . Thus by the maximum principle, for any  $t \in (t_1, t_2)$ , we have

$$(18) \quad H_i(x, t) > \rho(t) + \theta u_i(x, t).$$

In particular,

$$(19) \quad H_i(\bar{x}_i, t) > \rho(t) + \theta \sqrt{t_2 - t}.$$

On the other hand, by Proposition 2.1, for any  $t \in [t_1, t_2]$ ,

$$(20) \quad H_i(\bar{x}_i, t) \leq \sqrt{\frac{t_2}{t}} H_i(\bar{x}_i, t_2) \leq \sqrt{\frac{t_2}{t}} (\rho(t_2) + \frac{1}{i}),$$

hence

$$(21) \quad \rho(t) + \theta \sqrt{t_2 - t} < \sqrt{\frac{t_2}{t}} (\rho(t_2) + \frac{1}{i})$$

holds for every  $t \in (t_1, t_2]$  and any  $i$ .

Note that there exists a positive constant  $C$  depending on  $t_2$  and  $n$  such that  $|\sqrt{\frac{t_2}{t}}\rho(t_2) - \rho(t)| \leq C(t_2 - t)$  for every  $t \in [t_1, t_2]$ . Let  $i \rightarrow \infty$  in (21), we have

$$(22) \quad \theta\sqrt{t_2 - t} \leq C(t_2 - t)$$

for every  $t \in [t_1, t_2]$ , which is a contradiction.  $\square$

**Lemma 2.5.** *Suppose that  $K$  is the constant given in Lemma 2.3. Given  $t_2 \in (0, T_0]$ , suppose  $t_1 \in (\frac{t_2}{2}, t_2)$  is given in Lemma 2.3. Then for any  $\epsilon > 0$ , there exists a  $\delta = \delta(\epsilon, t_2, n) \in (0, 1)$  satisfying the following property: suppose  $F : \Sigma \times [0, T_0) \rightarrow \mathbb{R}^{n+1}$  is a mean curvature flow with initial value  $F_0(\Sigma)$  satisfying (A), and there exists some  $\bar{x} \in \Sigma$  satisfying  $H(\bar{x}, t_2) \leq \rho(t_2) + \delta$ , then*

$$(23) \quad \max_{x \in \Sigma} |A(x, t_1) - \frac{1}{n}\rho(t_1)\text{Id}| < \epsilon.$$

*Proof.* Suppose that on the contrary, there exists  $\epsilon_0 > 0$  such that, for any  $i$  there exist a mean curvature flow  $F_i : \Sigma \times [0, T_0) \rightarrow \mathbb{R}^{n+1}$  with initial value satisfying (A) and  $\bar{x}_i \in \Sigma$  with  $H_i(\bar{x}_i, t_2) \leq \rho(t_2) + \frac{1}{i}$ , but the conclusion (23) fails for  $\epsilon_0$ .

By Lemma 2.4, there exist points  $y_i \in B_{g_{i,t_1}}(\bar{x}_i, K\sqrt{t_2 - t_1})$  such that  $\rho(t_1) \leq H_i(y_i, t_1) < \rho(t_1) + \delta_i$  with  $\delta_i \rightarrow 0$  as  $i \rightarrow \infty$ . Without loss of generality, we assume  $F_{i,t_1}(y_i) = 0 \in \mathbb{R}^{n+1}$ .

Now we fix  $D = \frac{16n\pi}{\rho(t_1)}$ . By (6), for any  $x \in B_{g_{i,t_1}}(y_i, D)$ ,

$$(24) \quad H_i(x, t_1) \leq \sqrt{\frac{t_2}{t_1}} \exp\left(\frac{(K\sqrt{t_2 - t_1} + D)^2}{4(t_2 - t_1)}\right) H_i(\bar{x}_i, t_2) \leq C(t_2, n),$$

and for any  $t \in [\frac{t_1}{2}, t_1]$ ,

$$(25) \quad H_i(x, t) \leq \sqrt{\frac{t_1}{t}} H_i(x, t_1) \leq C(t_2, n).$$

Thus by the convexity of the hypersurface, for any  $(x, t) \in B_{g_{i,t_1}}(y_i, D) \times [\frac{t_1}{2}, t_1]$ , we have  $|A_i(x, t)| \leq H_i(x, t) \leq C(t_2, n)$ . Furthermore, by the curvature estimate of mean curvature flow (see [4]), for any  $k \geq 1$ ,  $|\nabla^k A_i(x, t)|$  is uniformly bounded on  $B_{g_{i,t_1}}(y_i, \frac{D}{2}) \times [\frac{3t_1}{4}, t_1]$ .

Thus by the method in [7], we can prove that, after passing to a subsequence of  $\{i\}$ , there exist an open set  $U \subset \Sigma$  and a sequence of diffeomorphisms  $\phi_i : U \rightarrow U_i \subset \Sigma$ , such that  $F_i(\phi_i(x), t)$  converges smoothly to a solution of mean curvature flow  $F_\infty(x, t) : U \times [\frac{3t_1}{4}, t_1] \rightarrow \mathbb{R}^{n+1}$  and satisfy: (a)  $B_{g_{i,t_1}}(y_i, \frac{D}{4}) \subset U_i \subset B_{g_{i,t_1}}(y_i, \frac{D}{2})$ ; (b)  $\phi_i^{-1}(y_i) \rightarrow x_\infty \in U$  and hence  $F_{\infty,t_1}(x_\infty) = 0$ ; (c)  $H_\infty(x, t) \geq \rho(t)$  for every  $(x, t) \in U \times [\frac{3t_1}{4}, t_1]$ , and  $H_\infty(x_\infty, t_1) = \rho(t_1)$ . By

the strong maximum principle, we have  $H_\infty(x, t) = \rho(t)$  and hence

$$A_\infty(x, t) = \frac{1}{n}\rho(t)\text{Id}$$

for every  $(x, t) \in U \times [\frac{3t_1}{4}, t_1]$ . Thus

$$(26) \quad \max_{x \in B_{g_i, t_1}(y_i, \frac{D}{4})} |A_i(x, t_1) - \frac{1}{n}\rho(t_1)\text{Id}| \rightarrow 0$$

as  $i \rightarrow \infty$ .

By (26) and Gauss equations, for  $i$  sufficiently large, we have

$$\text{Ric}_{g_i, t_1} \geq \frac{n-1}{4n^2}(\rho(t_1))^2$$

on  $B_{g_i, t_1}(y_i, \frac{D}{4})$ . Then by Myer's Theorem,  $B_{g_i, t_1}(y_i, \frac{D}{4})$  is the whole  $\Sigma$ . Thus (26) contradicts to the assumption at the begin and we complete the proof.  $\square$

We complete the proof of Theorem 1.1 in the following.

*Proof of Theorem 1.1.* Suppose there exists  $\eta > 0$  such that for any  $i$ , there exists a sequence of embeddings  $F_{i,0} : \Sigma \rightarrow \mathbb{R}^{n+1}$  satisfying the assumption (A) and the mean curvature flow  $F_i : \Sigma \times [0, T_i] \rightarrow \mathbb{R}^{n+1}$  with initial value  $F_{i,0}$  has extinction time  $T_i \rightarrow \frac{1}{2n}$  as  $i \rightarrow \infty$ , but there does not exist a vector  $v \in \mathbb{R}^{n+1}$  such that  $v + F_{i,0}(\Sigma)$  can be viewed as a graph over  $S^n(1)$  with  $C^0$ -norm less than  $\eta$ .

We choose a sequence of times  $t_{2,i} \in (0, T_0)$  such that  $t_{2,i} \rightarrow 0$  as  $i \rightarrow \infty$ . By Lemma 2.2, there exists  $x_i \in \Sigma$  such that  $H_i(x_i, t_{2,i}) < \rho(t_{2,i}) + \delta_i$ , where  $\delta_i \rightarrow 0$  as  $i \rightarrow \infty$ .

Then by Lemmas 2.3-2.5, there exist times  $t_{1,i} \in (\frac{t_{2,i}}{2}, t_{2,i})$  such that

$$(27) \quad \max_{x \in \Sigma} |A_i(x, t_{1,i}) - \frac{1}{n}\rho(t_{1,i})\text{Id}| < \epsilon_i,$$

where  $\epsilon_i \rightarrow 0$  as  $i \rightarrow \infty$ .

Then by a compactness argument as in [7], we conclude that, for every  $i$  there is a vector  $v_i \in \mathbb{R}^{n+1}$  such that,  $v_i + F_{i,t_{1,i}}(\Sigma)$  is  $\eta_i$ -close in the  $C^{1,1}$ -norm to  $S^n(1)$  with  $\eta_i \rightarrow 0$ .

By Proposition 2.1 and (27), for  $t \in (0, t_{1,i}]$  and  $x \in \Sigma$ , we have

$$(28) \quad H_i(x, t) \leq \sqrt{\frac{t_{1,i}}{t}} H_i(x, t_{1,i}) \leq \frac{C}{\sqrt{t}}.$$

Here and in the following,  $C$  denotes a positive constant depending only on  $n$ , but the values of  $C$  may change in different lines. By (28),

$$(29) \quad |F_i(x, 0) - F_i(x, t_{1,i})| \leq \int_0^{t_{1,i}} |H_i(x, s)| ds \leq \int_0^{t_{1,i}} \frac{C}{\sqrt{s}} ds \leq C\sqrt{t_{1,i}},$$

which implies that  $F_{i,0}(\Sigma)$  is  $C\sqrt{t_{1,i}}$  close to  $F_{i,t_{1,i}}(\Sigma)$  in the Hausdorff distance. Hence  $F_{i,0}(\Sigma) + v_i$  is  $C(\sqrt{t_{1,i}} + \eta_i)$ -close to  $S^n(1)$  in the Hausdorff distance. Because  $F_{i,0}(\Sigma)$  is convex,  $F_{i,0}(\Sigma) + v_i$  is a graph over  $S^n(1)$  with  $C^0$ -norm

less than  $C(\sqrt{t_{1,i}} + \eta_i)$ , which contradicts to the assumption at the beginning of the proof. The proof is completed.  $\square$

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