

So what does $T^{\mu\nu}$ look like? $T^{\mu\nu} = \begin{pmatrix} T^{00} & T^{01} & T^{02} & T^{03} \\ T^{10} & T^{11} & T^{12} & T^{13} \\ T^{20} & T^{21} & T^{22} & T^{23} \\ T^{30} & T^{31} & T^{32} & T^{33} \end{pmatrix}$ Use a matrix representation to organize our thoughts 😊!

First $T^{\mu\nu} = T^{\nu\mu}$ so we only need to evaluate ten components.

Consider: $n_\mu = (1, 0, 0, 0)$ $dV = dx dy dz$ $\rho^\mu = \begin{pmatrix} E_{rel} \\ \vec{p}_{rel} \end{pmatrix}$

Then: $dP^\mu = T^{\mu\nu} n_\nu dV$

$dP^\mu = T^{\mu 0} n_0 dV$

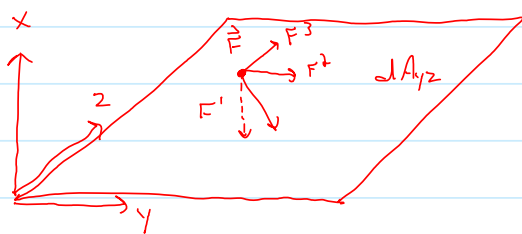
$dP^\mu = T^{\mu 0} dV \Rightarrow \begin{cases} dP^0 = T^{00} dV \Rightarrow T^{00} = \frac{dE}{dV} = \text{energy density} = \rho \\ dP^i = T^{i0} dV \Rightarrow T^{i0} = \frac{dP^i}{dV} = \text{momentum density} = \pi^i \end{cases}$

Consider: $n_\mu = (0, 1, 0, 0)$ $dV = dt dy dz = dt dA_{yz}$

Then: $dP^\mu = T^{\mu\nu} n_\nu dV$

$= T^{\mu 1} n_1 dV$

$= T^{\mu 1} dt dA_{yz} \Rightarrow dP^i = T^{i1} dt dA_{yz}$



$T^{i1} = \frac{dP^i}{dt} \frac{1}{dA_{yz}}$

$T^{i1} = F_{net}^i \frac{1}{dA_{yz}}$

T^{11} = pressure on dA_{yz}

T^{21}, T^{31} = shear on dA_{yz}

In general: $T^{\mu\nu} = \begin{pmatrix} \text{Energy Density} & \text{Momentum Density} \\ \text{Momentum Density} & \text{Pressure Shear} \\ & \text{Shear} \end{pmatrix}$

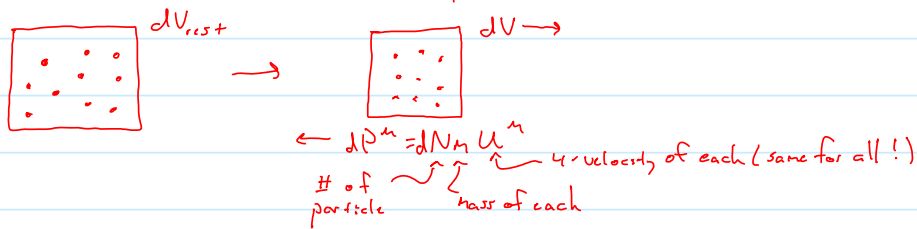
Consider: $T^{\mu\nu} = \frac{dP^\mu}{n_\mu dV}$
 w.r.t. F.?!

Recall: $dN^\mu = dn_{rest} U^\mu = dN \frac{U^\mu}{dV_{rest}}$
 but $dN^\mu = \frac{dN}{n_\mu dV} \Rightarrow \frac{dN}{n_\mu dV} = dN \frac{U^\mu}{dV_{rest}} \Rightarrow \boxed{\frac{1}{n_\mu dV} = \frac{U^\mu}{dV_{rest}}} \Rightarrow T^{\mu\nu} = \frac{dP^\mu U^\nu}{dV_{rest}}$

A very useful result for dividing by volumes

Examples

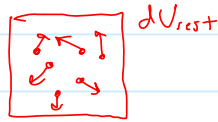
Dust: Dust is defined as a collection of particles at rest w.r.t. each other.



Then: $T^{\mu\nu} = \frac{dP^\mu U^\nu}{dV_{rest}} = \frac{dN m U^\mu U^\nu}{dV_{rest}} = \underbrace{dn_{rest} m}_{\text{rest energy density}} U^\mu U^\nu$

In the rest frame $U^\mu = \begin{pmatrix} 1 \\ 0 \\ 0 \\ 0 \end{pmatrix} \Rightarrow T^{\mu\nu}_{rest} = \begin{pmatrix} \rho & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \end{pmatrix}$

Perfect Fluid: Collection of particles w/ random motion in overall rest frame.



Typically ignore viscosity (shear) so $T^{ij} = 0$ $i \neq j$
and assume isotropy so $T^{11} = T^{22} = T^{33} \equiv p$

Then $T_{rest}^{\mu\nu} = \begin{pmatrix} \rho & 0 \\ 0 & p \end{pmatrix}$ no momentum density since there is no net flow

A clever (and useful) way to write this is as: $T^{\mu\nu} = (\rho + p)u^\mu u^\nu + p\pi^{\mu\nu}$
To check remember $u_{rest}^\mu = \begin{pmatrix} 1 \\ 0 \\ 0 \\ 0 \end{pmatrix} \Rightarrow T_{rest}^{\mu\nu} = (\rho + p) \begin{pmatrix} 1 & 0 \\ 0 & 0 \end{pmatrix} + p \begin{pmatrix} -1 & 1 \\ 1 & -1 \end{pmatrix}$
 $= \begin{pmatrix} \rho & 0 \\ 0 & p \end{pmatrix} \checkmark$

However: Since $T^{\mu\nu} = (\rho + p)u^\mu u^\nu + p\pi^{\mu\nu}$ is in terms of tensors, it must be true in any frame! Even when $u^\mu \neq \begin{pmatrix} 1 \\ 0 \\ 0 \\ 0 \end{pmatrix}$.

Another check: Dust has $p = 0 \Rightarrow T^{\mu\nu} = \rho u^\mu u^\nu \checkmark$

In GR, $T^{\mu\nu}$ will play the role of sources for curvature in a manner analogous to how J^μ (charge-current density) does for $E \& M$.
You can already see how Einstein's Eqn. will be harder (4-rank tensor source!)

Conservation Laws

Once we have an appropriate relativistic density, conservation laws are simple:

$$\begin{array}{ll}
 N^\mu \text{ number-current density,} & \frac{\partial N^\mu}{\partial x^\mu} = 0 = \frac{\partial N}{\partial t} + \vec{\nabla} \cdot \vec{N} \\
 \vec{J}^\mu \text{ charge-current density,} & \frac{\partial J^\mu}{\partial x^\mu} = 0 = \frac{\partial \rho}{\partial t} + \vec{\nabla} \cdot \vec{J} \\
 T^{\mu\nu} \text{ energy-momentum density,} & \frac{\partial T^{\mu\nu}}{\partial x^\mu} = 0 \Rightarrow \begin{cases} \frac{\partial T^{\mu 0}}{\partial x^\mu} = 0 = \frac{\partial \rho}{\partial t} + \vec{\nabla} \cdot \vec{p} \\ \frac{\partial T^{\mu i}}{\partial x^\mu} = 0 \end{cases} \text{ relativistic fluid dynamics}
 \end{array}$$

That is, in all case you can consider a 3D volume in \mathbb{M}^4 and the flux through the bounding surface (using Stokes's) is the time-rate change of the total number, charge, energy, etc.

These expressions are referring to one component at a time.

A few things to keep in mind:

| | | | | |
|------------------------|------------------------------|---------------------------------|--------------------|---------------|
| 3D Galilean Spacetime | $g_{ij} = \delta_{ij}$ | $\delta_{ij} = \delta^{ij}$ | $V^i = V_i$ | $x^i(t)$ |
| 4D Minkowski Spacetime | $g_{\mu\nu} = \eta_{\mu\nu}$ | $\eta_{\mu\nu} = \eta^{\mu\nu}$ | $V^\mu \neq V_\mu$ | $x^\mu(\tau)$ |
| 4D Curved Spacetime | $g_{\mu\nu}(x^\mu)$ | $g_{\mu\nu} \neq g^{\mu\nu}$ | $V^\mu \neq V_\mu$ | $x^\mu(\tau)$ |

The metric is a function to be determined by solving Einstein's Equation

Do we really have to curve spacetime? Why can't we just "relativize" Newtonian gravity?

Newton: $\vec{F}_{G_{12}} = \frac{G m_1 m_2}{|\vec{r}_1(t) - \vec{r}_2(t)|^3} (\vec{r}_1(t) - \vec{r}_2(t))$ This expression uses the same t for \vec{r}_1 and \vec{r}_2 which implies action-at-a-distance or that gravitational effects propagate ∞ -fast. If we keep this same form and just put in a finite speed \Rightarrow unstable orbits. So naive relativistic gravity fails.

But we know a very similar theory that does work w/ finite speed:

Coulomb: $\vec{F}_{C_{12}} = \frac{k q_1 q_2}{|\vec{r}_1(t) - \vec{r}_2(t)|^3} (\vec{r}_1(t) - \vec{r}_2(t))$ This has the same naive problem as above, but the full story w/ B-fields, LW potentials, etc. works out consistently.

So perhaps we should relativize gravity by completing the analogy w/ E+M. We can do this and it will lead to gravito-magnetic effects (tiny because you need big M for gravity but this usually forces $\frac{v}{c} \ll 1$).

There are two big problems with this type of relativistic gravity:

- i) It is still based on M and so misses the observed effects on $\Lambda = 0$ (gravitational lensing)
- ii) It doesn't even get the predictions right when $\Lambda \neq 0$ (though it will serve as a good approximation to GR in the weak-field limit).

The root of the problem is that we need to think more deeply about $M_E = M_G$. In doing so we will eventually get to the fundamental physical principle underlying GR.