# Quadratic Tilt-Excess Decay and Strong Maximum Principle for Varifolds 

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$$
\begin{aligned}
& \text { Abstract. In this paper, we prove that integral } n \text {-varifolds } \mu \text { in codimension } 1 \text { with } \\
& H_{\mu} \in L_{\mathrm{loc}}^{p}(\mu), p>n, p \geq 2 \text { have quadratic tilt-excess decay } \\
& \qquad \text { tiltex }{ }_{\mu}\left(x, \varrho, T_{x} \mu\right)=O_{x}\left(\varrho^{2}\right) \\
& \text { for } \mu \text {-almost all } x \text {, and a strong maximum principle which states that these varifolds } \\
& \text { cannot be touched by smooth manifolds whose mean curvature is given by the weak } \\
& \text { mean curvature } H_{\mu} \text {, unless the smooth manifold is locally contained in the support } \\
& \text { of } \mu .
\end{aligned}
$$

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