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## Bounding the Norm of the Derivative of the Lie Exponential Map for Connected Lie Groups

Let G be a real connected Lie group with a left invariant metric d,  $\mathfrak{g}$  its Lie algebra,  $\exp : \mathfrak{g} \to G$  be the Lie exponential map, and ad be the adjoint representation of  $\mathfrak{g}$ . In this paper we use matrix algebra and Jordan normal form to derive a set of upper and lower bounds for  $|d \exp_x(y)|$ ,  $x, y \in \mathfrak{g}$  that generally are exponential type functions of the eigenvalues of  $\operatorname{ad}_x$ . These bounds provide useful information about the exponential map and the way it relates the Euclidean metric of  $\mathfrak{g}$  and the left invariant metric of G. For Lie groups for which the exponential map is a diffeomorphism, we investigate conditions under which the exponential map is a quasi-isometry. This is obviously true if G is isomorphic to  $\mathbb{R}^n$ . We prove that the exponential map is a quasi-isometry only when G is isomorphic to  $\mathbb{R}^n$ .

Keywords: Lie group, exponential map, adjoint, quasi-isometry.

**MSC**: 22E15, 22E60.