

Field kinematics

Momentum	Norm	Frame
k^μ	$k^2 == k_\mu \ k^\mu$	$n^\mu == \frac{k^\mu}{k}$

Fundamental fields

Fields	Symmetries	SO(3)	Sources
$h_{\alpha\beta}$	StrongGenSet[{}],GenSet[[]]	$\frac{1}{3} \ \eta_{\alpha\beta} \ 0^{\#1+} h + \frac{1}{1^+} h_{\alpha\beta} + \frac{1}{2^+} h_{\alpha\beta} + \frac{1}{1^-} h_\beta \ n_\alpha + \frac{1}{1^-} h_\alpha \ n_\beta - \frac{1}{3} \ 0^{\#1+} h \ n_\alpha \ n_\beta + 0^{\#2+} h \ n_\alpha \ n_\beta$	$\mathcal{T}_{\alpha\beta}$

SO(3) irreps

SO(3)	Symmetries	Expansion	Sources
$\frac{\#1}{0^+} h$	StrongGenSet[{}],GenSet[[]]	$h^\alpha_\alpha \ - \ h^{\alpha\beta} \ n_\alpha \ n_\beta$	$\frac{\#1}{0^+} \mathcal{T}$
$\frac{\#2}{0^+} h$	StrongGenSet[{}],GenSet[[]]	$h^{\alpha\beta} \ n_\alpha \ n_\beta$	$\frac{\#2}{0^+} \mathcal{T}$
$\frac{\#1}{1^+} h_{\alpha\beta}$	StrongGenSet[{1,2}],GenSet[-(1,2)][]	$\frac{h_{\alpha\beta}}{2} - \frac{h_{\beta\alpha}}{2} + \frac{1}{2} \ h_\beta^X \ n_\alpha \ n_X - \frac{1}{2} \ h^X_\beta \ n_\alpha \ n_X - \frac{1}{2} \ h_\alpha^X \ n_\beta \ n_X + \frac{1}{2} \ h^X_\alpha \ n_\beta \ n_X$	$\frac{\#1}{1^+} \mathcal{T}_{\alpha\beta}$
$\frac{\#1}{1^-} h_\alpha$	StrongGenSet[{}],GenSet[[]]	$h^\beta_\alpha \ n_\beta - h^{\beta X} \ n_\alpha \ n_\beta \ n_X$	$\frac{\#1}{1^-} \mathcal{T}_\alpha$
$\frac{\#2}{1^-} h_\alpha$	StrongGenSet[{}],GenSet[[]]	$h_\alpha^\beta \ n_\beta - h^{\beta X} \ n_\alpha \ n_\beta \ n_X$	$\frac{\#2}{1^-} \mathcal{T}_\alpha$
$\frac{\#1}{2^+} h_{\alpha\beta}$	StrongGenSet[{1,2}],GenSet[(1,2)][]	$\frac{h_{\alpha\beta}}{2} + \frac{h_{\beta\alpha}}{2} - \frac{1}{3} \ \eta_{\alpha\beta} \ h^X_X + \frac{1}{3} \ h^X_X \ n_\alpha \ n_\beta - \frac{1}{2} \ h_\beta^X \ n_\alpha \ n_X - \frac{1}{2} \ h^X_\beta \ n_\alpha \ n_X - \frac{1}{2} \ h_\alpha^X \ n_\beta \ n_X - \frac{1}{2} \ h^X_\alpha \ n_\beta \ n_X + \frac{1}{3} \ \eta_{\alpha\beta} \ h^{X\delta} \ n_X \ n_\delta + \frac{2}{3} \ h^{X\delta} \ n_\alpha \ n_\beta \ n_X \ n_\delta$	$\frac{\#1}{2^+} \mathcal{T}_{\alpha\beta}$