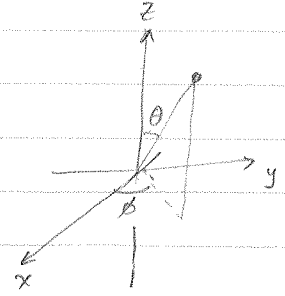


$$\begin{cases} x = r \sin \theta \cos \phi \\ y = r \sin \theta \sin \phi \\ z = r \cos \theta \end{cases}$$

Orbital angular momentum in polar coordinates.

$$\begin{aligned} \vec{\nabla} &= \vec{e}_x \frac{\partial}{\partial x} + \vec{e}_y \frac{\partial}{\partial y} + \vec{e}_z \frac{\partial}{\partial z} \\ &= \vec{e}_r \frac{\partial}{\partial r} + \vec{e}_\theta \frac{1}{r} \frac{\partial}{\partial \theta} + \vec{e}_\phi \frac{1}{r \sin \theta} \frac{\partial}{\partial \phi} \end{aligned}$$



Using $\hat{p} = -i\hbar \vec{\nabla}$ and $\vec{x} = \vec{e}_r r$;

$$\hat{L} = \vec{x} \times \hat{p} = -i\hbar (\vec{x} \times \vec{\nabla})$$

$$\hat{L}_x = -i\hbar \left(-\sin \phi \frac{\partial}{\partial \theta} - \cos \phi \cot \theta \frac{\partial}{\partial \phi} \right)$$

$$\hat{L}_y = -i\hbar \left(\cos \phi \frac{\partial}{\partial \theta} - \sin \phi \cot \theta \frac{\partial}{\partial \phi} \right)$$

$$\hat{L}_z = -i\hbar \frac{\partial}{\partial \phi}$$

$$\hat{L}_\pm = \hat{L}_x \pm i\hat{L}_y = \hbar e^{\pm i\phi} \left(\pm \frac{\partial}{\partial \theta} + i \cot \theta \frac{\partial}{\partial \phi} \right)$$

$$\hat{L}^2 = -\hbar^2 \left[\frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right]$$

inverses.

$$\begin{cases} L_x = \frac{1}{2}(L_+ + L_-) \\ L_y = \frac{1}{2i}(L_+ - L_-) \end{cases}$$

The eigenvalue equation:

$$\hat{L}^2 |l, m\rangle = \hbar^2 l(l+1) |l, m\rangle$$

$$L_z |l, m\rangle = \hbar m |l, m\rangle$$

$$-\frac{\hbar^2}{2} \left[\frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} + \frac{1}{\sin \theta} \frac{\partial}{\partial \theta} \left(\sin \theta \frac{\partial}{\partial \theta} \right) \right] Y_l^m(\theta, \phi) = \frac{\hbar^2}{2} l(l+1) Y_l^m(\theta, \phi)$$

$$-i\frac{\hbar}{2} \frac{\partial}{\partial \phi} Y_l^m(\theta, \phi) = \frac{\hbar}{2} m Y_l^m(\theta, \phi)$$