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*Almost Normal Bridge Surfaces in Knot Complements*  
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One approach to the study of 3-manifolds is to understand the surfaces that are contained in them that decompose the 3-manifold into simpler pieces. An important class of surfaces that we can use to decompose a 3-manifold into two simpler pieces is called a *Heegaard surface*. The concept of a Heegaard surface for a 3-manifold is analogous to the idea of a bridge surface for a knot complement and a number of results about Heegaard splittings have been shown to be true in their analogous form for bridge surfaces. It was shown independently in 1999 by Stocking and Rubinstein that any strongly irreducible Heegaard splitting for an irreducible 3-manifold is isotopic to an almost normal surface. In the study of bridge surfaces for knots and links the idea of a weakly incompressible bridge surface is immediately analogous to the idea of a strongly irreducible Heegaard surface for a 3-manifold. In this talk I will present recent work that gives an analog of the result of Stocking and Rubinstein by showing that any weakly incompressible bridge surface in a knot complement is isotopic to an almost normal bridge surface.