

**TABLE 1: Elastic Parameters of F-Actin, Literature Values**

group	method	$EI$ ( $10^{-26}\text{N m}^2$ )	$L_p$ ( $\mu\text{m}$ )
This paper	active	$7.1 \pm 0.8$	$17 \pm 2$
Dupuis et al. <sup>15</sup>	active	$1.5 \pm 0.4$	$3.6 \pm 0.1$
Riveline et al. <sup>57</sup>	thermal	$3.0 \pm 0.1$	$7.4 \pm 0.2$
Liu and Pollack <sup>58</sup>	active	3.6	8.8
Arai et al. <sup>17</sup>	active	$5.5 \pm 0.2$	$13.4 \pm 0.5$
Ott et al. <sup>20</sup>	thermal	$6.9 \pm 0.1$	$16.7 \pm 0.2$
Gittes et al. <sup>19</sup>	thermal	$7.3 \pm 0.4$	$17.7 \pm 1.1$
Brangwynne et al. <sup>59</sup>	thermal		$17.8 \pm 2.0$