Model Parameters

L = filament length (μm)	l_c = cross-link spacing (μm)
μ_e = extensional modulus (nN)	υ = active filament force (nN)
μ_c = extensional modulus (nN)	φ = cross-link active fraction
ξ = inter-filament friction (nN•s)	τ_r = filament recycling time (s)
	ζ = medium viscosity (nN•s/μm)