



Fundamental Parameters:

L = filament length (μm)

μ_e = extensional modulus (nN)

μ_c = extensional modulus (nN)

l_c = cross-link spacing (μm)

ξ = inter-filament friction (nN•s/ μm)

v = active filament force (nN)

ϕ = cross-link active fraction

τ_r = filament recycling time (s)

ζ = medium viscosity (nN•s/ μm^2)