



### Fundamental Parameters:

$L$  = filament length ( $\mu\text{m}$ )  
 $\mu_e$  = extensional modulus (nN)  
 $\mu_c$  = extensional modulus (nN)  
 $l_c$  = cross-link spacing ( $\mu\text{m}$ )

$\xi$  = inter-filament friction ( $\text{nN}\cdot\text{s}/\mu\text{m}$ )  
 $v$  = active filament force (nN)  
 $\phi$  = cross-link active fraction  
 $\tau_r$  = filament recycling time (s)  
 $\zeta$  = medium viscosity ( $\text{nN}\cdot\text{s}/\mu\text{m}^2$ )