

Table 2: Constant model parameters.

Parameter	Meaning	Value
M	total myosin	55 units
D_M	effective myosin diffusion coefficient	$0.8 \mu\text{m}^2/\text{s}$
D_A	small adhesion diffusion coefficient	$0.2 \mu\text{m}^2/\text{s}$
D_a	small actin diffusion coefficient	$0.2 \mu\text{m}^2/\text{s}$
μ	shear F-actin viscosity	$2 \text{ kPa}\times\text{s}$
μ_b	bulk F-actin viscosity	$100 \text{ kPa}\times\text{s}$
S_A	adhesion assembly rate	1 unit/50 s