

**Table 1. Chemically induced spectrin-actin dissociation**

Energy hit-rate, 1/ $\mu$ s/spectrin	Shear strain at first plastic displacement burst, %	Shear modulus, $\mu$ N/m
0	95	10
0.5	90	9
1	88	9
1.5	80	9
2	65	9
2.5	40	8.5
3	45	8
3.5	20	8
4	20	8
4.5	15	7
5	15	7
5.5	20	7
6.5	10	7
7.5	10	6
8.5	10	6
9.5	10	6
10	10	5.3