

Table S1. D and b values derived from fitting the FRAP data from the different locations to the analytical expressions of diffusion, exchange and their combination.

Location	FA (0)		Adjacent (1)		1.54 μm (2)		>5 μm (3)	
parameter protein	D ($\mu\text{m}^2/\text{s}$)	b (s^{-1})	D ($\mu\text{m}^2/\text{s}$)	b (s^{-1})	D ($\mu\text{m}^2/\text{s}$)	b (s^{-1})	D ($\mu\text{m}^2/\text{s}$)	b (s^{-1})
Paxillin	0.91	0.11	1.66	1.94	1.75	9.62	2.41	---
Vinculin	1.15	0.025	2.68	6.24	3.38	10.12	5.08	---