Supplemental Table 1: Reported values of tissue stiffness

Tissue type	Young's modulus, kPa	Citation	Method
Bovine aortic endothelial cells	.1-2	Sato *et al.*[1]	AFM
Rabbit cardiac cells	100.3 ± 10.7	Mathur *et al.*[2]	AFM
Murine skeletal muscle cells	24.7 ± 3.5	Mathur *et al.*[2]	AFM
Human umbilical vein endothelial cells	1.4-6.8	Mathur *et al.*[2]	AFM
Human umbilical vein endothelial cells	2.7-7.2	Kataoka *et al.*[3]	AFM
Human breast tissue	15-30	Van Houtten *et al.*[4]	MRE
Human breast tissue	5-25* (healthy tissue) 60-100* (carcinoma)	McKnight *et al.*[5]	MRE
Human skeletal muscle	10-75*	Uffmann *et al.*[6]	MRE
Atherosclerotic lesions of rabbit thoracic aortas	10-100†	Matsumoto *et al.*[7]	Pipette aspiration
Porcine liver	12.88 ± 2.53	Tay *et al.*[8]	Indentation

AFM: Atomic Force Microscopy; MRE: Magnetic Resonance Elastography
*Values were reported as shear modulus (G), which is related to the Young's Modulus (E) by E=3G, for a poisson ratio of 0.5.
†Values have been adjusted by a correction factor of approximately 2-3 required for this technique[9].

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