

Movie S2. Membrane tube formation from cell  
(Cytochalasin E - 15  $\mu\text{m}$  length)



Formation (30 fps)



Stationary (7 fps)



Pull-Off (30 fps)

Movie S2. 15  $\mu\text{m}$  single tube formed from mast cell of mouse in presence of cytochalasin E. Left panel: Tube formation and elongation, 15.5 s shown at 29.97 fps (15.5 x 29.97 frames). No digital averaging was done for this movie. Middle panel: Tube during relaxation, 10.6 s of data shown at 7 fps (10.6 x 7 frames). Right panel: Tube pulls-back towards the cell upon removal of optical trap, 4.8 s of data shown at 29 fps (4.8 x 29 frames). Dimensions of images in movies are 11.4 by 29.8  $\mu\text{m}$ .