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## **On-demand optical immobilization of** *Caenorhabditis elegans* for high-resolution imaging and microinjection

Hyundoo Hwang<sup>a</sup>, Jan Krajniak<sup>a</sup>, Yohei Matsunaga<sup>b</sup>, Guy Benian<sup>b</sup>, and Hang Lu<sup>acd\*</sup>

This paper describes a novel worm immobilization technique based on optical control of sol-gel transtion of thermoreversible Pluronic gel, providing simple, versatile, and biocompatible ways for long-term high-resolution imaging and microinjection of *Caenorhabditis elegans*.

