Fig. 5. Derivation of elasticity of a semi-flexible polymer: (A) A single inextensible semiflexible filament with a contour length of  $l_c$ . (a) At absolute zero temperature (T = 0), where thermal effects vanish, the end-to-end distance, l, of a semiflexible polymer equals  $l_c$ . (b) For T > 0, the filament undergoes thermal fluctuation of a magnitude h, and l contracts by  $\Delta'$  due to the thermal bending such that  $l = l_c - \Delta'$ . The corresponding bending energy is  $U_{\scriptscriptstyle B} \sim \kappa_{\scriptscriptstyle 0} l (h/l^2)^2$ , where  $\kappa_{\scriptscriptstyle 0}$  is the filament bending rigidity. (c) In the presence of an applied extensional force, F, the contracted filament extends by  $\delta$  with the stretching energy of  $U_F \sim Fl\varepsilon \sim Fh^2/l$ , where  $\varepsilon$  is the net stain of the filament due to both the bending and stretching,  $\varepsilon = (\Delta' - \delta)/l_c$ . The elastic energy due to bending and stretching must balance the thermal energy by equipartition such that  $U_{\scriptscriptstyle B}$  +  $U_{\scriptscriptstyle F}$   $\sim$   $(\kappa/l^{^2}+F)\varepsilon l \sim k_{\scriptscriptstyle B}T$  . This energy balance equation can be rewritten for  $\varepsilon \sim (l^2/l_p - F l^4/k_B T l_p^2)/l$  with the persistence length,  $l_p = \kappa/k_B T$ , yielding the lateral displacements  $\Delta' \sim l^2/l_p$  and  $\delta \sim F l^4 / k_B T l_p^2$ ; thus, the linear force-extension is  $F \sim (\kappa^2 / k_B T l^4) \delta$ . (B) For a crosslinked network characterized by a pore size  $\xi$ , the stress  $\sigma$  is defined by  $\sigma \sim F/\xi^2$  and the imposed strain is  $\gamma \sim \delta/l_c$  , where  $l_c$  is now the distance between cross-links. This calculation leads to the network elastic modulus  $G' \sim \sigma / \gamma \sim \kappa^2 / (k_B T \xi^2 l_c^3)$ .

