

**S1 Table. Potentials and corresponding parameters used in modeling of the axon membrane skeleton.**

| <b>Potentials</b>                    |   |  |  |
|--------------------------------------|---|--|--|
| Spring potential                     |   | $U_{Spring}(r) = 1/2 K(r - r_0)^2$   |  |
| Lennard-Jones potential              |   | $U_{LJ}(r) = 4E \left[ (S/r)^{12} - (S/r)^6 \right]$   |  |
| Bending FENE potential               |   | $U_{bending} = -\frac{1}{2} k_b \Delta\theta_{max} \ln \left[ 1 - \left( \frac{\theta - \theta_0}{\Delta\theta_{max}} \right)^2 \right]$ |  |
| FENE potential between actin rings   |   | $U_{mt} = -\frac{1}{2} k_{mt} \Delta d_{max} \ln \left[ 1 - \left( \frac{d - d_{eq}^{RR}}{\Delta d_{max}} \right)^2 \right]$             |  |
| <b>Parameters used in potentials</b> |   |  |  |
| <b>Actin-Actin</b>                   |   | <b>Actin-Spectrin</b>  |  |
| $U^{AA}(r)$                          | $K = 38 \epsilon / \sigma^2$            | $U_{LJ}^{AS}(r)$   | $E = \epsilon$                         |
|                                      | $r_0 = 2^{1/6} \times 7\sigma$          |  | $S = 4\sigma$                          |
| $U_{rep}^{AA}(r)$                    | $E = (98/3) \epsilon$ (*)               | <b>Actin ring – Actin ring</b>   |  |
|                                      | $S = 7\sigma$                           |  |  |
| $U_{bending}$                        | $k_b = 3500 K_B T$                      | $U_{mt}$   | $k_{mt} = 19,822 K_B T / d_{eq}^{RR}$  |
|                                      | $\theta_0 \approx 170.77^\circ$ (*)     |  | $d_{eq}^{RR} = 185 \text{ nm}$         |
|                                      | $\Delta\theta_{max} = 0.3 \theta_0$ (*) |  | $\Delta d_{max} = 0.3 d_{eq}^{RR}$ (*) |
| <b>Spectrin-Spectrin</b>             |   | <b>Spectrin-Ankyrin</b>  |  |
| $U^{SS}(r)$                          | $K = 3.56 \epsilon / \sigma^2$          | $U^{SK}(r)$  | $K = 3.56 \epsilon / \sigma^2$         |
|                                      | $r_0 = 2^{1/6} \sigma$                  |  | $r_0 = 2^{1/6} \times 3\sigma$         |
| $U_{rep}^{SS}(r)$                    | $E = (1/16) \epsilon$ (*)               | $U_{rep}^{SK}(r)$  | $E = (9/16) \epsilon$ (*)              |
|                                      | $S = \sigma$                            |  | $S = 3\sigma$                          |

(\*) Indicates that the parameter does not correspond to a well-defined measurable quantity but it rather represents an effective parameter that embodies a host of processes that are ignored here. All other parameters are defined based on experimental data.