

## Optomechanical measurement of the stiffness of single adherent cells

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### One-dimensional analytical model

As shown in Fig. 2a, a cell attached on a vibrating substrate is modelled with one dimensional array of mass-spring-damper system. The height of the culture media and the height of the cell are approximated to 5 mm and 10  $\mu\text{m}$ , respectively. The media region is divided with 500 layers and the cell region is divided with 10 layers. Mass, spring constant, and damping coefficient of each layer are obtained from the mechanical properties reported in literature.

Dynamical equation for each layer in the model can be described as below.

$$m_i x_i'' = k_i(x_i - x_{i-1}) + c_i(x_i' - x_{i-1}') + k_{i+1}(x_i - x_{i+1}) + c_{i+1}(x_i' - x_{i+1}') \quad 1 \leq i \leq n \quad (\text{S1})$$

where  $m_i$ ,  $k_i$ ,  $c_i$ , and  $x_i$  are mass, spring constant, damping coefficient, and displacement of each layer, respectively. The top ceiling is assumed to be stationary and the displacement of the top ceiling,  $x_{n+1}$  is fixed to 0 as a boundary condition ( $x_{n+1} = 0$ ). The displacement of the substrate at  $x_0$ , which is an external loading in the model, is assumed to be sinusoidally varying with amplitude  $A_s$  and the phase of the substrate vibration is set to 0 ( $x_0 = A_s \sin \omega t$ ).

To solve the analytical model, eq. (S1) is re-written in a frequency domain, as shown in eq. (S2).

$$(-m_i \omega^2 + k_i + k_{i+1} + c_i j \omega + c_{i+1} j \omega) X_i - (k_i + c_i j \omega) X_{i-1} - (k_{i+1} + c_{i+1} j \omega) X_{i+1} = 0 \quad 1 \leq i \leq n \quad (\text{S2})$$

where  $\omega$ ,  $X_i$  are angular velocity and phasor representation of the displacement at  $i$ -th layer,  $x_i$ , respectively.

To obtain the solution of the model, eq. (S2) is converted in a matrix form and solved for  $X$ , as shown below.

$$AX = B$$

where,

$$A = \begin{pmatrix} (-m_1\omega^2 + k_1 + k_2 + c_1j\omega + c_2j\omega) & -(k_2 + c_2j\omega) & 0 & \dots & 0 \\ -(k_2 + c_2j\omega) & (-m_2\omega^2 + k_2 + k_3 + c_2j\omega + c_3j\omega) & -(k_3 + c_3j\omega) & \dots & 0 \\ 0 & -(k_3 + c_3j\omega) & (-m_3\omega^2 + k_3 + k_4 + c_3j\omega + c_4j\omega) & \dots & 0 \\ \vdots & \vdots & \vdots & \ddots & \vdots \\ 0 & 0 & 0 & -(k_n + c_nj\omega) & (-m_n\omega^2 + k_n + k_{n+1} + c_nj\omega + c_{n+1}j\omega) \end{pmatrix}$$

$$B = \begin{pmatrix} (k_1 + c_1j\omega)X_0 \\ 0 \\ 0 \\ \vdots \\ 0 \end{pmatrix}$$

$$X = \begin{pmatrix} X_1 \\ X_2 \\ X_3 \\ \vdots \\ X_n \end{pmatrix} = A^{-1}B$$

As the matrix  $A$  is non-singular, solution  $X$  can be readily obtained. After obtaining the solution, the VIPS was calculated using Eq. (2) in the main text, where  $A_c$  and  $\phi$  are  $|X_k|$  and  $\angle X_k$  respectively ( $X_k$  is the displacement of the top layer of the cell region.).

The above process was repeated with varying viscosity and elasticity of the cell, to produce the plots in Fig. 2b.