

## Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

### Statistical parameters

When statistical analyses are reported, confirm that the following items are present in the relevant location (e.g. figure legend, table legend, main text, or Methods section).

n/a Confirmed

- The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- An indication of whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistics including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated
- Clearly defined error bars  
*State explicitly what error bars represent (e.g. SD, SE, CI)*

*Our web collection on [statistics for biologists](#) may be useful.*

### Software and code

Policy information about [availability of computer code](#)

Data collection

Micro-Manager (1.4.22 Nightly-build) was used for device control and multi-dimensional data acquisition. LabVIEW 2011 was used to perform global exposures to the PCO Edge camera.

Data analysis

The raw 3D data is processed (descrewed, deconvolved and rotated) using Lattice Light Deconvolution Software (<https://www.flintbox.com/public/project/31374/>). ChimeraX (0.5-daily <https://www.cgl.ucsf.edu/chimerax/download.html>) was used for view and demonstrate the volumetric date in 4D. Single molecule localization analysis was performed with home-written C++ software. Fuji was used to manually recognize the leading edge of actin. All other analysis code are custom written in Python 3.6.

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors/reviewers upon request. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

The data that support the findings of this study are available from the authors on reasonable request.

## Field-specific reporting

Please select the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences  Behavioural & social sciences

For a reference copy of the document with all sections, see [nature.com/authors/policies/ReportingSummary-flat.pdf](https://nature.com/authors/policies/ReportingSummary-flat.pdf)

## Life sciences

### Study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

Data exclusions

Replication

Randomization

Blinding

### Materials & experimental systems

Policy information about [availability of materials](#)

n/a | Involved in the study

Unique materials

Antibodies

Eukaryotic cell lines

Research animals

Human research participants

#### Eukaryotic cell lines

Policy information about [cell lines](#)

Cell line source(s)

Authentication

Mycoplasma contamination

Commonly misidentified lines (See [ICLAC](#) register)

## Method-specific reporting

n/a | Involved in the study

ChIP-seq

Flow cytometry

Magnetic resonance imaging