### Soft matter and Biology

Some classical examples and illustrations

**T. Risler** Université Pierre et Marie Curie Paris VI Institut Curie, Paris

## The cell cytoskeleton



Source: J. V. Small 2013–2014 http://cellix.imba.oeaw.ac.at/cytoskeleton

#### The cell cytoskeleton



Fibroblast Cytoskeleton Source: J. V. Small 2013–2014 http://cellix.imba.oeaw.ac.at/cytoskeleton



Source: Josef Käs ; https://www.uni-leipzig.de

# Cytoskeleton and cell motility

#### Actin



Source: Vic Small http://cellix.imba.oeaw.ac.at/cytoskeleton

#### Microtubules



Green: Microtubules ; Blue: Chromosomes ; Pink: Kinetochores.

https://fr.wikipedia.org/wiki/Kinétochore

**T. Risler,** *Cytoskeleton and Cell Motility*, in **Encyclopedia of Complexity and System Science**, Springer NY (2009)



**T. Risler,** *Cytoskeleton and Cell Motility*, in **Encyclopedia of Complexity and System Science**, Springer NY (2009)

## **Osmotic pressure**



(a) Cells in dilute salt solution







(c) Cells in concentrated salt solution

#### http://chemwiki.ucdavis.edu



Source: Wikipedia

# Depletion interaction and microtubule bundles





Depletion forces from the polymer PEG induces spontaneous bundling of Microtubule filaments.

Source: S. DeCamp http://www.stephenjdecamp.com

# Depletion interaction and active nematics



Scale bars: 50 µm

Sanchez et al., Nature (2012) ; DeCamp et al., Nat. Mat. (2015)

# Nematic topological defects and cytoskeleton patterns

Nematic Defects





-1/2 Defect Schematic

+1/2 Defect Schematic

+1/2 Defect in the microtubule

-1/2 Defect in the microtubule

#### http://www.stephenjdecamp.com



Nedelec et al., Nature (1997)

# Numerical simulations



DeCamp et al., Nat. Mat. (2015)

t = 8t

# **Example of active nematics**



Voituriez et al., Europhys. Lett. (2005)





Voituriez et al., PRL (2006)

#### General framework of active gels

Kruse et al., EPJE (2005) Jülicher et al., Phys. Rep. (2007) Risler, Springer Encyclopedia (2009) Sound detection out of equilibrium

The Hopf bifurcation revisited

**F. Jülicher, J. Prost** Institut Curie, Paris

Max-Planck Institute, Dresden

#### **Auditory performances**

<b>Frequency range:</b>	20 Hz - 20 kHz	(Human)
	Up to 100 kHz	(Bats; Wales)

Frequency discrimination:  $\Delta f/f \approx 0.2 - 0.5$  %

 Dynamic range:
 Stimulus: 20 μPa - 20 Pa (1.000.000 fold)

 Response: < 1 nm - 10s nm (100 fold)</td>

Threshold:Thermal-noise limitedVibrations < 1 nm</td>

Nonlinear sensitivity ; Active amplification

Hearing and activity

#### **Spontaneous Oto-Acoustic Emissions (SOAE)**



Manley & Köppel, Cur. Op. Neurobiol. (1998)

#### The human ear Cupula Auricle Stapes Vestibular nerve Incus SEMICIRCULAR CANAL Malleus Cochlear nerve Cochlea **Tectorial membrane** Round window Tympanum Middle External auditory meatus Eustachian tube ear cavity Otolithic membrane anana lanan sana sana Basilar membrane COCHLEA SACCULUS (R. Pujol, http://www.iurc.montp.inserm.fr/cric/audition)

Hudspeth, Nature (1989) (review)

# The sensory cells: the hair Cells





A.J. Hudspeth's Laboratory

# **Mechano-transduction**



Holt & Corey, *PNAS* (2000)



Corey & Hudspeth, J. Neurosci. (1983) Howard & Hudspeth, Neuron (1988)

# **Ionic fluxes**



A.J. Hudspeth's Laboratory Yamoah *et al.*, J. Neurosci. (1998)



Hudspeth, Science (1985)

# **Ribbon synapse**



Jacobs & Hudspeth, Cold Spring Harbor Symposia (1990)

200 nm

# The degrees of freedom





P. Gillespie

A.J. Hudspeth

One or many degrees of freedom ?

#### **Double-laser interferometer**



Kozlov et al., J. Physiol. (2012)

# FEM model









#### J. Baumgart

#### **Observables**

Drag



#### Coherency



$$\begin{bmatrix} x_{ii} & x_{ij} \\ x_{ji} & x_{jj} \end{bmatrix} \begin{bmatrix} F_i \\ F_j \end{bmatrix} = \begin{bmatrix} u_i \\ u_j \end{bmatrix}$$
$$\mathbf{G} = 2 \, k_{\mathrm{B}} \, T \, \frac{\mathrm{Im} \, (\chi(\omega))}{\omega}$$
$$\gamma_{ii} = \frac{\mathbf{G}_{ij}}{\omega}$$

$$\gamma_{ij} = \frac{\mathbf{G}_{ij}}{\sqrt{\mathbf{G}_{ii} \, \mathbf{G}_{jj}}}$$

#### **FEM results**



Kozlov et al., Nature 474, 376 (2011)

"Wild-type" cells



Kozlov et al., Nat. Neurosci. (2007)

#### **Stochastic model**

#### Hair bundle of the bullfrog's sacculus

- 61 stereocilia in hexagonal arrangement
- ▶ 122 degrees of freedom (finite element model ≈ 350 000)



Formulation of stochastic model Passive system:  $D_{i,j} \frac{\partial x_j}{\partial t} + K_{i,j} x_j = f_i$ 

#### **Comparison FEM - Analytic**



- Lubrication approximation
- Very small axial flow

#### Numerical integration scheme

Formulation of stochastic model Passive system:  $D_{i,j} \frac{\partial x_j}{\partial t} + K_{i,j} x_j = f_i$ Euler time integration:  $x_i^{t+\Delta t} = \left(x_i - \Delta t D_{i,j}^{-1} K_{j,k} x_k + 2\sqrt{k_B T \Delta t} G_{i,j} \eta_j\right)$  $-k_{B} T \Delta t D_{j,i}^{-1} \frac{\partial D_{j,l}}{\partial x_{L}} D_{l,k}^{-1} \Big)^{t}$ 

- D: Damping matrix  $\Delta t$ : Time step
- K: Stiffness matrix
- x: Displacement vector
- f: Force vector
- t: Time

- $k_B$ : Boltzmann constant
- T: Temperature
- G:  $G_{k,i}G_{j,i} = D_{k,i}^{-1}$  and  $G_{j,i} = G_{i,j}$
- $\eta$ : Noise with zero mean and variance of 1/2

#### **Relative importance of the drift term**



- Letting evolve for 5 times the largest eigenvalue (memory < 1%)

- Time step: gaps between adj. ster. vary by less than 5%

#### **Stochastic model results**





Kozlov *et al.*, (2011)

# Splaying distances



Kozlov et al., Nature (2011)

#### **Check of the FEM model**

Splaying distances ≅ 1 nm or less

#### **Relative phases**



Kozlov et al., J. Physiol. (2012)

# **Experiments**



Howard, Hudspeth, *PNAS* (1987)



#### **Fluctuation spectrum**

$$\tilde{S}(\omega) = \langle X(\omega)X(-\omega) \rangle$$

#### Spontaneous oscillations with a preferred mean frequency



Martin et al., PNAS (2001)

#### Activity and fluctuation-dissipation



**Effective temperature** 





The hair bundle: a critical oscillator





Martin, Hudspeth, PNAS (2001)



$$\partial_t Z \simeq -(r+i\omega_0)Z - (u+iu_a)|Z|^2Z + f$$

$$X \cong \operatorname{Re}(Z)$$
$$f \cong \Lambda^{-1} e^{i\theta} F$$

**Bifurcation point** 

$$r = 0$$
;  $\omega = \omega_0$ 

$$\frac{|X|}{|F|} \propto |F|^{-2/3}$$

**Choe et al.,** *PNAS* (1998) **Camalet et al.,** *PNAS* (2000) **Ospeck et al.,** *Biophys. J.* (2001)
# The cochlea: an ensemble of critical oscillators?







Martin, Hudspeth, PNAS (2001)

Ruggero et al., J. Acoust. Soc. Am. (1997)

#### Fluctuations and spontaneous oscillations

**Noisy oscillator** 

 $C(t) = \left\langle X(0)X(t) \right\rangle$ 



Synchronization Transition or Hopf Bifurcation of Coupled Oscillators

**C(x,t)** 



**Field theory for coupled oscillators** 

$$\partial_t Z = -(r + i\omega_0)Z - (u + iu_a)|Z|^2 Z + (c + ic_a)\Delta_d Z + \Lambda^{-1}e^{i\theta}F + \eta$$

CGLE: Aranson, Kramer, Rev. Mod. Phys. (2002)



$$\langle \eta(\mathbf{x},t) \rangle = 0 \langle \eta(\mathbf{x},t)\eta(\mathbf{x}',t') \rangle = 0 \langle \eta(\mathbf{x},t)\eta^*(\mathbf{x}',t') \rangle = 4D\delta(t-t')\delta^d(\mathbf{x}-\mathbf{x}')$$

Phase invariance

$$Z \to Z \exp(i\varphi)$$

#### A special case

$$\partial_t Z = -(r + i\omega_0)Z - (u + i\omega_a)|Z|^2 Z + (c + i\alpha_a)\Delta_d Z + \Lambda^{-1}e^{i\theta}F + \eta$$



Exact mapping to the XY model



**Risler, Prost, Jülicher,** *PRL* (2004) & *PRE* (2005)

## **Perturbation theory**

## **Elementary diagrams**

$$(Z = \psi_1 + i\psi_2)$$

$$\psi_{\alpha} = \alpha - C_{\alpha\beta}^{0} = \left\langle \psi_{\alpha} \psi_{\beta} \right\rangle_{0} = \alpha - \beta$$

$$\widetilde{\psi}_{\alpha} = \alpha - \chi_{\alpha\beta}^{0} = \left\langle \psi_{\alpha} \widetilde{\psi}_{\beta} \right\rangle_{0} = \alpha - \eta$$

$$-\left(u\delta_{\alpha\beta}+u_{a}\varepsilon_{\alpha\beta}\right)\delta_{\gamma\sigma}=\overset{\alpha}{\overset{\mathbf{z}_{\alpha\beta}}{\swarrow}}_{\gamma}\overset{\beta}{\overset{\beta}{\phantom{\beta}}}_{\sigma}$$

## Feynman diagrams





# **First order flow equations**

**Fixed points** 
$$r^*, u^* \propto \varepsilon$$
 ;  $u_a^* \propto \varepsilon c_a$  ;  $c_a$ 

## **Renormalization flow diagram**

**One-loop order** 







**Two-loop order** 





Risler, Prost, Jülicher, PRL (2004) & PRE (2005)

## Results

**Fixed point Dynamical XY model: Equilibrium fixed point!** 

$$\cos\theta_{\rm eff} \ \chi_{11}^{"} + \sin\theta_{\rm eff} \ \chi_{12}^{"} = \frac{1}{2\Lambda_{\rm eff}} \left( \omega \ C_{11} + i\omega_0^{\rm eff} \ C_{12} \right)$$

### **Response function**

Risler, Prost, Jülicher, PRE 72, 016130 (2005)



Risler, Prost, Jülicher, PRL (2004) & PRE (2005)

**Numerical verification** 

Wood, Broeck, Kawai, Lindenberg, *PRL* 96, 145701 (2006) *PRE* 74, 031113 (2006) Summary

# **Synchronization Transition**

Hopf bifurcation of coupled oscillators: An out-of-equilibrium phase transition

**Renormalization group and flow** 

New universal properties



# **Real Systems?**



P. Gillespie



http://www.ux.his.no/~ruoff/BZ\_Phenomenology.html

# Acknowledgements

#### F. Jülicher



#### A. Kozlov



#### J. Baumgart



#### J. Prost



A. J. Hudspeth



**Morphological instabilities in tissues** 

A hydrodynamic instability

M. Basan, J. Prost & J.-F. Joanny ETH, Zürick Institut Curie, Paris

# **Epithelia and carcinoma**

Epithelia constitute the most common tissue type throughout the body

Over 80% of human tumors originate from epithelia

#### Mutlilayred, stratified epithelium

**Free surface** 

Basement membrane





# **Epithelial undulations**



# **Epithelial instability**



Basan et al., PRL (2011)

Risler and Basan, New J. Phys. (2013)

# **Relaxation and rheology**



Foty et al., Development (1996) Forgacs et al., Biophys. J. (1998)



**Guevorkian** *et al.*, *Phys. Rev. Lett.* (2010) *PNAS* (2011)

Elastic modulus	$E \simeq 10^2 - 10^4 \text{ Pa}$	
Viscosity	$\eta \simeq 10^3 - 10^5  \mathrm{Pa} \cdot \mathrm{s}$	
<b>Relaxation time</b>	$ au \simeq 10 \ { m s} - 10 \ { m mn}$	
	$\tau \simeq \text{hours} \qquad \stackrel{\mathbf{M}}{\underset{Pl}{\overset{Pl}{P}}{\overset{Pl}{}}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{\overset{Pl}{}}}{\overset{Pl}{\overset{P}}{\overset{P}}}{\overset{P}}{\overset{P}}{\overset{P}}{\overset{P}}{\overset{P}}}{\overset{P}}{\overset{P}}{\overset{P}}}{\overset{P}}{\overset{P}}{\overset{P}}{\overset{P}}{\overset{P}}}}}}}}$	armottant <i>et al.</i> , VAS <b>(2009)</b>

Soft-matter models for tissues

**Gonzalez-Rodriguez** *et al.*, *Science* (2012)

## **Surface tension**





$$\frac{F_{\rm eq}}{\pi R_3^2} = \gamma \left(\frac{1}{R_1} + \frac{1}{R_2}\right)$$

Foty et al., Development (1996) M. Steinberg et al.

#### **Constitutive equations**



**Epithelium: Incompressible viscous medium with material production** 

$$\partial_{\alpha} v_{\alpha} = k_{\rm d} - k_{\rm a}$$

 $\partial_{\alpha}\sigma_{\alpha\beta} = 0$ 

$$\sigma_{\alpha\beta} + P\delta_{\alpha\beta} = \eta \left(\partial_{\alpha}v_{\beta} + \partial_{\beta}v_{\alpha}\right)$$

Connective tissue (stroma): Standard viscoelastic medium

 $\partial_{\alpha} v_{\alpha}^{s} = 0 \qquad \partial_{\alpha} \sigma_{\alpha\beta}^{s} = 0$  $(\tau \partial_{t} + 1) \left( \sigma_{\alpha\beta}^{s} + P^{s} \delta_{\alpha\beta} \right) = \eta^{s} \left( \partial_{\alpha} v_{\beta}^{s} + \partial_{\beta} v_{\alpha}^{s} \right)$ 

## **Epithelial source term**



**Epithelium: Incompressible viscous medium with material production** 

$$\partial_{\alpha} v_{\alpha} = k_{\rm d} - k_{\rm a}$$

**Material production** 

$$k_{\rm p} = k \exp\left(-z/l\right) - k_0$$
$$v_{z|z=H}^0 = \int_0^H k_{\rm p}(z) dz = 0$$

#### **Boundary conditions**



#### Upper surface of the epithelium

Free tangential stress

 $\sigma_{\rm nt} = 0$ 

Normal stress: Laplace's law

$$\sigma_{\rm nn} = \gamma_{\rm a} \, \delta H^{\prime\prime}$$

**Opposite side** Hard-wall kinematic condition

 $v_{\alpha}^{\mathrm{s}} = 0$ 

#### Interface

Normal stress: Laplace's law

**Tangential stress: Friction term** 

$$\sigma_{\rm nn}^{\rm s} = \sigma_{\rm nn} + \gamma_{\rm i} \, \delta h^{\prime\prime}$$

$$\sigma_{\rm nt}^{\rm s} = \sigma_{\rm nt} = \xi (v_{\rm t} - v_{\rm t}^{\rm s})$$

## **Modes: elastic connective tissue**



k

l

Rate of cell division

Thickness of dividing region

## **Modes: viscous connective tissue**



#### **Modes: viscous connective tissue**



## Coupling to nutrient diffusion



$$k_{\rm d} - k_{\rm a} = \kappa_1 \rho - \kappa_0$$

$$\partial_t \rho = D \nabla^2 \rho - c \rho$$
$$\partial_t \rho^{\rm s} = D^{\rm s} \nabla^2 \rho^{\rm s}$$

Risler and Basan, New J. Phys. (2013)

#### **Boundary conditions**

Distance *d* from the interface

$$\rho^{\rm s} = \bar{\rho}_0$$

$$-D\partial_{\perp}\rho = k_{\text{off}}\rho$$

# **Comparison of the two models**

#### Fit the cellproduction function

(1) 
$$k_{\rm d} - k_{\rm a} = \kappa_1 \rho - \kappa_0$$
  
 $\partial_t \rho = D \nabla^2 \rho - c \rho$   
 $\partial_t \rho_{\rm s} = D_{\rm s} \nabla^2 \rho_{\rm s}$ 



(2) 
$$k_{\rm d} - k_{\rm a} = k \exp(-z/l) - k_0$$



# New large-scale instability peak





--- Without coupling to diffusion

#### Instabilities in crystal growth



www.its.caltech.edu/~atomic/ snowcrystals

# Mullins-Sekerka type peak





www.its.caltech.edu/~atomic/ snowcrystals



$$D^{s} = 2.10^{-11} \text{ m}^{2} \cdot \text{s}^{-1}$$
$$D^{s} = 2.10^{-10} \text{ m}^{2} \cdot \text{s}^{-1}$$
$$D^{s} = 2.10^{-9} \text{ m}^{2} \cdot \text{s}^{-1}$$

Risler and Basan, New J. Phys. (2013)



## **Epithelial undulations**





http://en.wikipedia.org/wiki/Cervical\_dysplasia GNU Free Documentation License, Version 1.2





Basan *et al.*, *PRL* (2011) Risler and Basan, *New J. Phys.* (2013)

M. Basan J.-F. Joanny J. Prost

Review: Risler, New J. Phys. (2015)

**Tissue alone with fluctuations** 

Homeostatic pressure and density Surface fluctuations Effective temperature

M. Basan, A. Peilloux, J.-F. Joanny & J. Prost ETH, Zürick Université Paris Diderot Paris VII Institut Curie, Paris

# **Epithelial undulations**



http://en.wikipedia.org/wiki/ Cervical\_dysplasia

# **Regulated pressure of tissue growth**

Homeostatic pressure  $P_{\rm h}$ 

Basan *et al.*, *HFSP J.* (2009)



## **Regulated pressure of tissue growth**

Homeostatic pressure  $P_{\rm h}$ 

Basan et al., HFSP J. (2009)



Pressure regulation of tissue growth

Spheroids in an agarose gel

Helmlinger et al., Nature Biotech. (1997)



Mechanical feedback in development

B. Shraiman, PNAS (2005)

## **Experiments**

#### **Osmotic stress exerted by Dextran**

F. Montel, M. Delarue. G. Capello, L. Malaquin, D. Vignjevic, et al.





Montel, Delarue, Elgeti et al., Phys. Rev. Lett. (2011) New J. Phys. (2012)

## **Tissue competition**

Homeostatic pressure  $P_{\rm h}$ 

#### **Tissue competition and tumor growth**



 $P_{\rm h}^{\rm ct} > P_{\rm h}^{\rm ht}$ 

Dysplasic tissue Healthy tissue

#### **Dissipative particle dynamics**



**Dysplasic tissue** Healthy tissue

Basan et al., HFSP J. (2009)

Basan et al., Phys. Biol. (2011)


Nucleation and metastatic inefficiency

Fidler, Nature Rev. Cancer (2003)

Basan et al., HFSP J. (2009)

# **Tissue alone with fluctuations**

## Epithelium

**Compressible medium with stochastic source term** 



$$\partial_t \rho + \partial_\alpha (\rho v_\alpha) = (k_{\rm p} + \xi_{\rm c})\rho$$
$$\langle \xi_{\rm c}(\mathbf{r}, t) \rangle = 0$$
$$\langle \xi_c(\mathbf{r}, t) \xi_c(\mathbf{r}', t') \rangle = \frac{k_d + k_a}{\rho} \delta(\mathbf{r} - \mathbf{r}') \delta(t - t')$$

**Close to homeostatic conditions** 

$$\begin{split} \delta\rho &= \rho - \rho_{\rm h} \qquad \delta\sigma = \sigma - \sigma_{\rm h} \\ k_{\rm p} &= -(1/\tau_{\rm i}) \left( \delta\rho/\rho_{\rm h} \right) = (1/\tau_{\rm i}) \, \chi_{\rm c} \, \delta\sigma \end{split}$$

# **Tissue alone with fluctuations**

### **Effective Maxwell model**

$$(1 + \tau_{i}\partial_{t})\delta\sigma = \zeta v_{\gamma\gamma} - \xi \qquad \qquad \delta\sigma_{\alpha\beta} = \tilde{\sigma}_{\alpha\beta} + \delta\sigma\,\delta_{\alpha\beta}$$
$$(1 + \tau_{a}\partial_{t})\,\tilde{\sigma}_{\alpha\beta} = 2\eta\tilde{v}_{\alpha\beta} - \tilde{\xi}_{\alpha\beta} \qquad \qquad \partial_{\alpha}\delta\sigma_{\alpha\beta} = 0$$

Ranft et al., PNAS (2010)

### **Correlation and response functions**

$$C(\mathbf{r} - \mathbf{r}', t - t') = \langle \delta H(\mathbf{r}, t) \delta H(\mathbf{r}', t') \rangle$$
$$\langle \delta H(\mathbf{r}, t) \rangle = \int \chi(\mathbf{r} - \mathbf{r}', t - t') \delta P_e(\mathbf{r}', t') d\mathbf{r}' dt'$$

## **Effective temperature**

$$k_{\rm B}T_{\rm eff}(q,\omega) = \frac{\omega}{2} \frac{C(q,\omega)}{\chi''(q,\omega)}$$

#### Thermodynamic limit

 $T_{\rm eff}(q,\omega) \equiv T$  for  $\theta = 2\eta k_{\rm B}T$  and  $\vartheta = 2\zeta k_{\rm B}T$ 

 $\begin{array}{lll} \eta & \text{shear viscosity} & \theta & \text{shear noise amplitude} \\ \zeta & \text{bulk viscosity} & \vartheta & \text{bulk noise amplitude} \end{array}$ 

#### **Infinite-thickness limit**

Long-time limitPassive fluid at Teff, infinitely compressibleShort-time limitPassive compressible Maxwell elastomere

## **Effective temperature**

$$k_{\rm B}T_{\rm eff}(q,\omega) = \frac{\omega}{2} \frac{C(q,\omega)}{\chi''(q,\omega)}$$

### Finite thickness in the long-time limit



Risler, Peilloux, Prost, PRL (2015)

Generalized fluctuationdissipation relation

In the long-time limit

$$\partial_t \,\delta H(q,t) = -\tau(q)^{-1} \,\delta H(q,t) + f(q,t) + \xi_H(q,t)$$
$$\langle \delta H(q,t) \delta H(q',t) \rangle = \Sigma(q) \,\delta(q+q')$$

Prost et al., PRL (2009)

$$X(q,t) = -\tau(q)^{-1} \Sigma(q)^{-1} \,\delta H(q,t)$$

$$\chi_{XX}''(q,\omega) = \frac{\omega}{2}C_{XX}(q,\omega)$$

Risler, Peilloux, Prost, PRL (2015)

# Analogy with membranes

### In the long-time and long-wavelength limit

$$C(q,\omega) \simeq \frac{1}{H} \frac{\vartheta + \frac{4}{3}\theta}{(\gamma q^2 + \kappa q^4)^2 + \omega^2 \lambda_{\rm p}^{-2}}$$

Analogous to a membrane near a wall with permeation constant

$$\chi(q,\omega) \simeq -\frac{1}{\gamma q^2 + \kappa q^4 + i\omega \lambda_p^{-1}}$$

$$\lambda_{\rm p} = \frac{H}{\zeta + \frac{4}{3}\eta}$$

$$k_{\rm B}T_{\rm eff} \simeq \frac{1}{2} \frac{\vartheta + \frac{4}{3}\theta}{\zeta + \frac{4}{3}\eta}$$

# Analogy with membranes

**Equal-time correlation function** 

$$C(q, t - t' = 0) \simeq \frac{k_{\rm B}T_{\rm eff}}{\gamma q^2 + \kappa q^4}$$

**Collision length**  $\langle \delta H(0,t) \delta H(l_{\rm c},t) \rangle = H^2$ 

**Tension-dominated regime** 

$$\gamma H^2 \gg k_{\rm B} T_{\rm eff}$$

$$l_{\rm c} \propto H \sqrt{\frac{\kappa}{k_{\rm B} T_{\rm eff}}} = l_{\kappa} \sqrt{\frac{\gamma H^2}{k_{\rm B} T_{\rm eff}}} \qquad \qquad l_{\kappa} = \sqrt{\kappa/\gamma}$$

**Bending-dominated regime** 

 $\gamma H^2 \ll k_{\rm B} T_{\rm eff}$ 

$$l_{\rm c} \propto l_{\kappa} \exp\left(\frac{\pi \gamma H^2}{k_{\rm B} T_{\rm eff}}\right)$$

Risler, Peilloux, Prost, PRL (2015)

# Acknowledgements

### A. Peilloux



### M. Basan



### J.-F. Joanny



### J. Prost



### X. Sastre-Garau

