

## SUPPORTING MATERIAL

### *Mathematical derivation of dissipative friction coefficients*

Dissipated power ( $P$ ) released by ruptures of integrin receptor-ligand bonds is expressed as

$$P = -\frac{dE}{dt} = -\mathbf{F}_{D,i}^c \cdot \mathbf{v}_i^c = C_c \mathbf{v}_i^c \cdot \mathbf{v}_i^c = C_c |\mathbf{v}_i^c|^2 . \quad (\text{A-7})$$

Consider that there were  $m$  ruptures over time  $t_1 \leq t \leq t_2$ . The energy released at the  $i$ -th rupture that occurred at time  $t_i$  is given by:

$$\Delta E_i = \frac{1}{2} k_{LR} (L_b(t_i) - \lambda)^2 . \quad (\text{A-8})$$

The total energy released by the  $m$  ruptures is given by

$$\Delta E = \sum_{i=1}^m \Delta E_i = \frac{1}{2} k_{LR} \sum_{i=1}^m (L_b(t_i) - \lambda)^2 . \quad (\text{A-9})$$

Assuming that the velocity is constant over time  $t_1 \leq t \leq t_2$ , we relate this energy release to the frictional dissipation coefficient:

$$\begin{aligned} C_c |\mathbf{v}_i^c|^2 (t_2 - t_1) &= \Delta E \\ C_c &= \frac{\Delta E}{|\mathbf{v}_i^c|^2 (t_2 - t_1)} \end{aligned} \quad (\text{A-10})$$

## Supporting Figure Legends

**Figure S1.** Meshes of lumen models of diameters of A) 8.8  $\mu\text{m}$  and B) 20  $\mu\text{m}$ ; all meshes have equilateral triangular element with a side length of 0.75  $\mu\text{m}$ .

**Figure S2.** A) Simulated trajectories of cell migrations along seven rectangular conduits with the identical height of 3  $\mu\text{m}$ , and different widths of 6  $\mu\text{m}$ , 10  $\mu\text{m}$ , 15  $\mu\text{m}$ , 20  $\mu\text{m}$ , 30  $\mu\text{m}$ , 50  $\mu\text{m}$  and 70  $\mu\text{m}$ . Cells are initially spherical. Ligand surface density is varied continuously from  $1.25 \times 10^3$  molecules/ $\mu\text{m}^2$  to  $1.55 \times 10^3$  molecules/ $\mu\text{m}^2$  over a longitudinal conduit length of 100  $\mu\text{m}$ . The black lines indicate trajectories of nuclei for the first three hours, B) comparison of average cell migration speeds: the simulation model vs. experiment data by Irimia and Toner (S20). Average speed and standard error of mean (N=5) are shown for the seven different channels, and C). linear regression ( $R^2 = 0.719$ ) of simulated migration speed vs. experimental migration speed.

**Figure S3.** Steps of individual cell's migratory direction at the 3  $\mu\text{m}$  tall channel with the width of 30  $\mu\text{m}$  at times of A) 60 min, B) 90 min, and C) 114 min.

**Figure S4.** Three different plug shaped cell migrations in narrowed lumens, whose diameters are A) 12  $\mu\text{m}$ , B) 8.8  $\mu\text{m}$ , and C) 6  $\mu\text{m}$ ; black arrows indicate the directions of cell migrations, and blue arrows represent tangential forces of stress fibers on the surface of lumens.

## Supporting Figures

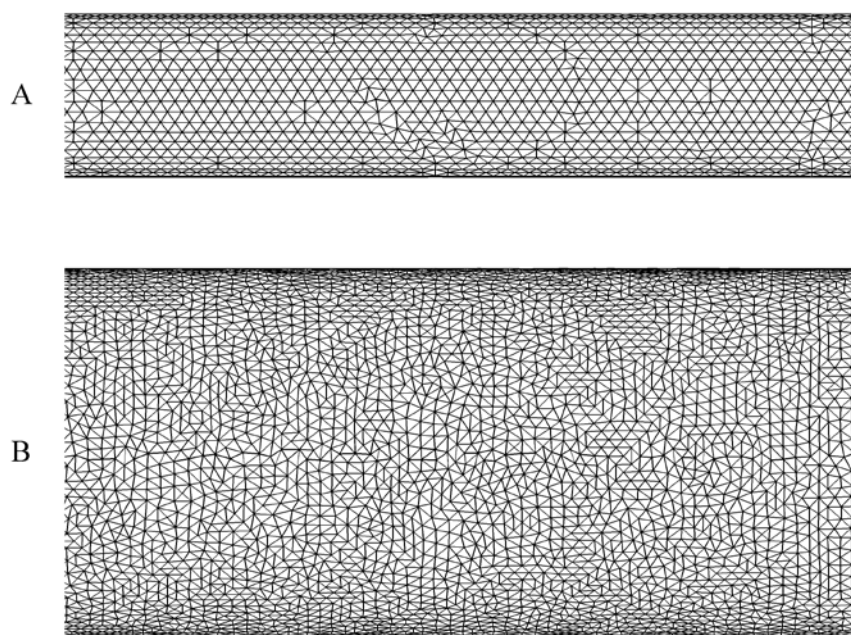


Figure S1

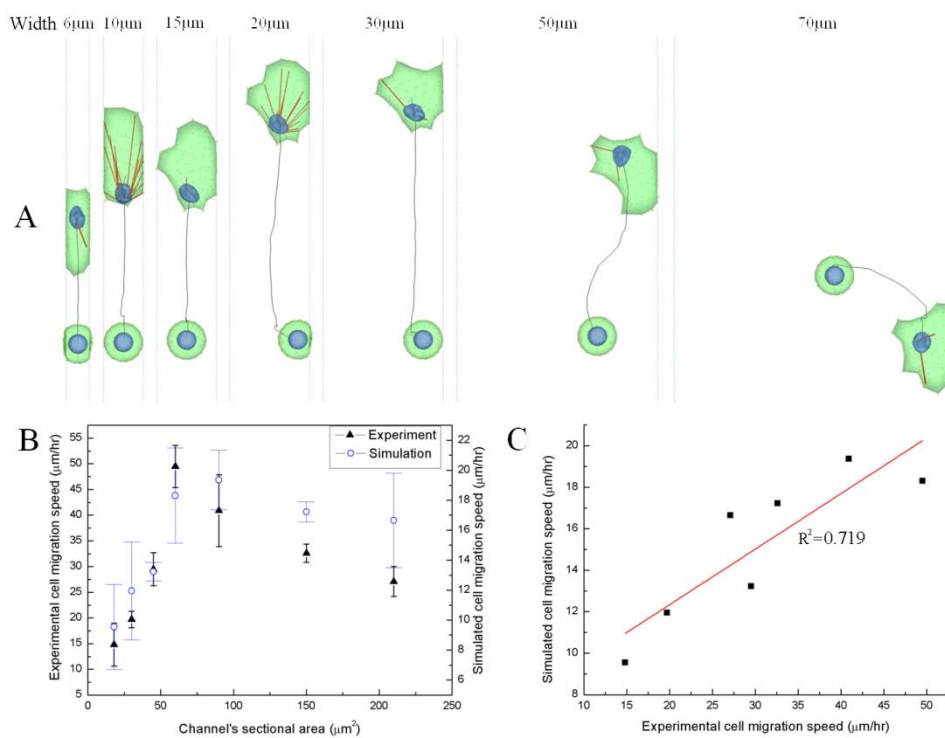
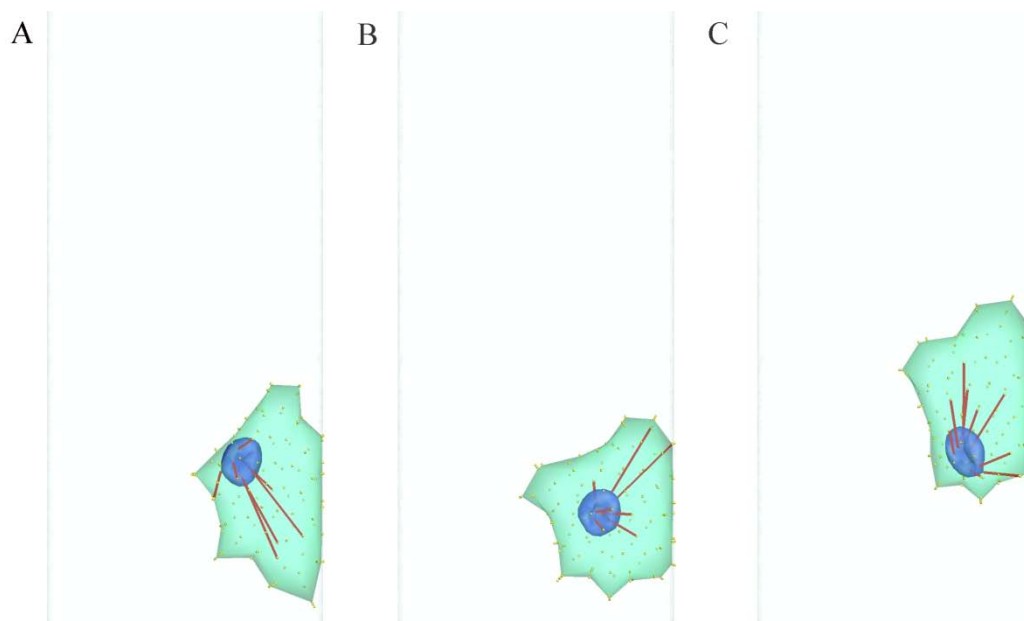
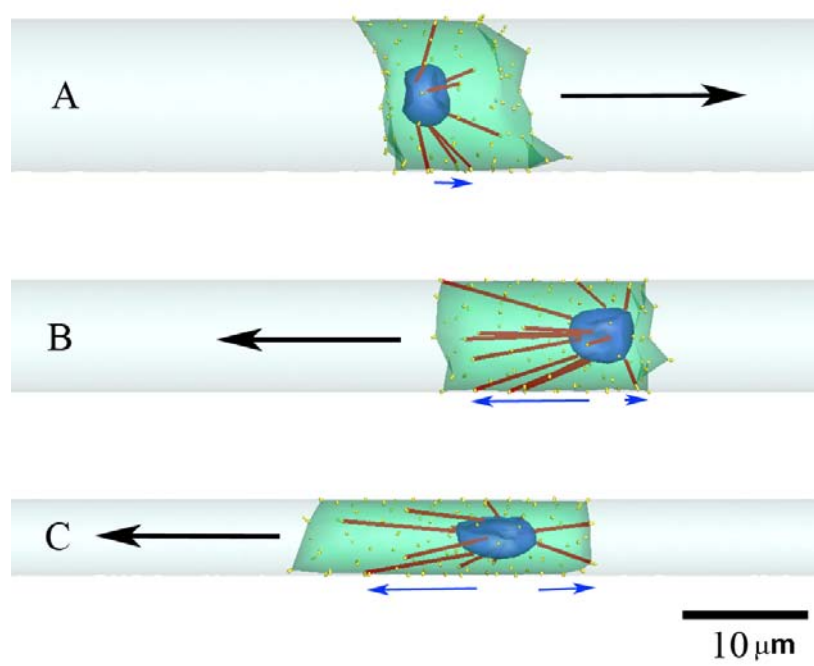


Figure S2



**Figure S3**



**Figure S4**