# Supplementary Information for Energy barriers and cell migration in densely packed tissues $^{\dagger}$

Dapeng Bi\*, J. H. Lopez\*, J. M. Schwarz\* and M. Lisa Manning\*a

Received Xth XXXXXXXXX 20XX, Accepted Xth XXXXXXXX 20XX First published on the web Xth XXXXXXXX 200X DOI: 10.1039/b000000x

## 1 Aboov-Weaire law

In a cellular packing where all vertices are three-edge coordinated, the coordination number of nearest adjacent neighbors are correlated and can be described by the empirical Aboav-Weaire law<sup>1</sup>:

$$\langle z_{n.n.}(z) \rangle \approx A + B/z,$$
 (1)

where z is the coordination number of a given cell and  $z_{n.n.}$  is the coordination number of its neighbor. The  $\langle ... \rangle$  notation means averaging over all cells in the packing. As shown in Fig. 1, this also holds for the packings used in this work.



**Fig. 1** The topological correlations from cell packings used in our simulations are represented by the blue squares. *Z* is the number of neighbors for a cell, and  $\langle Z_{n,n} \rangle$  is the average number of neighbors of the nearest neighbors. The solid blue line is fitting using Aboav-weaire law, with *A* and *B* as fitting parameters

- † Electronic Supplementary Information (ESI) available: [details of any supplementary information available should be included here]. See DOI: 10.1039/b000000x/
- \* Department of Physics, Syracuse University, Syracuse, NY 13244, USA Fax:
- +1 315 443 9103; Tel: +1 315 443 3920; E-mail: mmanning@syr.edu

<sup>b</sup> Syracuse Biomaterials Institute, Syracuse, NY 13244, USA

Therefore, for the four cells involved in a T1 transition labeled S1,S2,E1 and E2, their topologies are not independent from each other. Statistically, given  $Z_{S1}$  and  $Z_{S2}$  it is possible to determine  $Z_{E1}$  and  $Z_{E2}$ .

## 2 Trap Model for glases

The trap model for glasses<sup>2</sup> models a system with a complex potential energy landscape, that is captured by a quenched distribution  $\rho(\Delta u)$ . The simple assumption is that the evolution between different metastable states occur via activated processes. The probability for a state to be in trap labeled by  $\Delta u$  at time *t*,  $P(\Delta u, t)$ , evolves according to the master equation<sup>2</sup>:

$$\frac{d}{dt}P(\Delta u,t) = -\omega_0 e^{-\Delta u/\varepsilon} P(\Delta u,t) + \omega(t)\rho(\Delta u).$$
(2)

In Eq. (2), the first term on the r.h.s. is the rate of escape from trap labeled by  $\Delta u$ . This is modeled as an activated process where the fluctuation is given by  $\varepsilon$ . In thermal systems  $\varepsilon = k_B T$ .  $\omega_0$  is an inherent attempt frequency which is assumed to be independent of  $\varepsilon$ . The second term on the r.h.s. of Eq. (2) is the rate of entering a trap with  $\Delta u$ , where a time dependent attempt frequency is given by

$$\omega(t) = \omega_0 \int_0^\infty d\Delta u P(\Delta u, t) \ e^{-\Delta u/\varepsilon}.$$
 (3)

The rate of entering includes  $\rho(\Delta u)$  which is the underlaying distribution of the trap depth  $\Delta u$  in the potential energy landscape.

Here we chose the form of  $\rho(\Delta u)$  from the simulation result of the main text

$$\rho(\Delta u) = \frac{1}{\varepsilon_0} e^{-\Delta u/\varepsilon_0}.$$
 (4)

#### 2.1 Steady state solution

For this work we are interested in the steady state solution to Eq. (2) which is given by

$$f_{ss}(\Delta u) = \frac{\varepsilon - \varepsilon_0}{\varepsilon \varepsilon_0} e^{-\Delta u (1 - 1/x)}$$
(5)

where  $x = \varepsilon/\varepsilon_0$ . For x < 1 the system is glassy, since Eq. (5) is not normalizable. For x > 1 which is normalizable only when  $x \ge 1$ . The steady state distribution (Eq. 5 in main text) can also be written in terms of the trapping time  $\tilde{\tau}$ , which is the inverse of the escape rate  $\tilde{\tau} = e^{\Delta u/x}$ 

$$g_{ss}(\tilde{\tau}) = f_{ss}(\Delta u) \frac{d\Delta u}{d\tilde{\tau}} \propto \tau^{-x}.$$
 (6)

#### 2.2 Two-time correlation function

We also study dynamics of the trap model in terms of two-time correlation for a particle starting in one trap at time t = 0 and remaining in the same at t. The probability that a state is in a trap labelled by  $\Delta u$  at t = 0 will stay in the same state  $\Delta u$  at time t is given by the homogeneous part of the solution of Eq. (2):

$$\mathscr{F}_{\Delta u}^{stay}(t) = f_{ss}(\Delta u) \exp\left[-\omega_0 e^{-\Delta u/x} t\right].$$
 (7)

A two-time correlation function can be defined by including the contribution from all initial traps  $\Delta u$ ,

$$c_{trap}(0,t) = \int_0^\infty d\Delta u \mathscr{F}_{\Delta u}^{stay}(t) = \frac{x-1}{(\omega_0 t)^{x-1}} \int_0^{\omega_0 t} dw \ w^{x-2} e^{-w}.$$
(8)

A plot of  $c_{trap}(0,t)$  for different values of  $x = \varepsilon/\varepsilon_0$  is shown in Fig. 3(a) of the main text.

### **3** Soft Glassy Rheology model for tissues



Fig. 2 A schematic of the model for glassy dynamics in tissues.  $\Delta u$  labels the trap (represented by the black dot with arrow). *bt* is the amount of energy generated as the cell moves in a directed manner.

Following the ideas of Soft Glassy Rheology<sup>3</sup>, we model self-propelled, directed motion in a simple way, by assuming the cell generates energy at a constant rate *b* that allows it to traverse the Potential Energy Landscape. At time *t*, directed cell motion has consumed energy  $\sim bt$ , bringing it

closer to a T1 rearrangement, and making the effective barrier height  $\Delta u - bt$ . There is also a finite probability for it to undergo a rearrangement due to non-directed fluctuations in its shape; we describe this as an activated process controlled by a temperature-like parameter  $\varepsilon$ . Then the rate for overcoming a barrier at time t can be written as

$$R = \omega_0 \exp\left[-(\Delta u - bt)/\varepsilon\right]. \tag{9}$$

After escaping a trap with the rate given in Eq. (9), the T1 four-cell region enters into a new trap chosen from the distribution  $\rho(\Delta u)$ . A master equation can be written<sup>3</sup> to describe the evolution of the four-cell T1 location:

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$$\frac{\partial}{\partial t} P(\Delta u, t) = -\omega_0 e^{-[\Delta u - bt]/\varepsilon} P(\Delta u, t) +\rho(\Delta u) \int d\Delta u' \omega_0 e^{-[\Delta u' - bt]/\varepsilon} P(\Delta u', t),$$
(10)

where  $P(\Delta u, t)$  is the probability that T1 location is in trap labeled by  $\Delta u$  at time t. On the r.h.s., the first term describes the rate of hopping out of a trap and second term is the total rate of entering trap with  $\Delta u$ , which is proportional to  $\rho(\Delta u)$ , the distribution of choosing a new trap.

Equation 10 can be rewritten in terms of nondimensionalized time  $s = \omega_0 t$  and energy  $u = \Delta u / \varepsilon_0$ 

$$\frac{\partial}{\partial s}f(u,s) = -e^{-(u-Bs)/x}f(u,s) + e^{-u}\int du' e^{-(u'-Bs)/x}f(u',s)$$
(11)

where we have also introduced the dimensionless parameters  $B = b/(\omega_0 \varepsilon_0)$  and  $x = \varepsilon/\varepsilon_0$ .

The steady-state solution of Eq. 11 is the same as the result for the trap model Eq. (5):

$$f_{ss}(u) = (1 - 1/x)e^{-u(1 - 1/x)},$$
 (12)

which is not normalizable for 1 < 1/x or  $\varepsilon > \varepsilon_0$ . This indicates a glass transition at  $\varepsilon = \varepsilon_0$ .

The probability that a T1 location with u at s = 0 will stay in the same state u at time s is given by the homogeneous part of the solution of Eq. (11):

$$\mathscr{F}_{u}^{stay}(s) = f_{ss}(u) \exp\left[-\frac{x}{B}e^{-u/x}(e^{Bs/x}-1)\right].$$
 (13)

A two-time correlation function can be defined by including the contribution from all traps depths u,

$$c_{sgr}(0,s) = \int_0^\infty du \,\mathscr{F}_u^{stay}(t) = \frac{x-1}{y(s)^{x-1}} \int_0^{y(s)} dw \, w^{x-2} e^{-w},$$
(14)

where  $y(s) = \frac{x}{B} (e^{Bs/x} - 1)$ . We can define a caging time as the value of  $\tau$  such that  $C_{sgr}(0, \tau) = e^{-1}$ . The dependence of  $\tau$  on  $x = \varepsilon/\varepsilon_0$  and  $B = b/(\omega_0\varepsilon_0)$  is plotted in Fig. 3.



Fig. 3 Eq. (14) is used to define a caging time  $\tau$ , such that  $c(0, \tau) = e^{-1}$ , as a function of the two dimensionless parameters of the model.

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