**Supplementary File 4.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Molecule (bi-exponential)** | **Fast t1/2** | **Slow t1/2** | **Percent Fast** | **Recovery** |
| pCas | 2 s | 39 s | 35% | nd |
| N-WASP | 1 s | 37 s | 30% | 99% |
| FAK (alone) | 6 s | 56 s | 36% | 62% |
| FAK (+Paxillin) | 10 s | 98 s | 21% | nd |
| Paxillin | 7 s | 78 s | 34% | nd |
|  |  |  |  |  |
| **Molecule (single exponential)** | **t1/2** | **Recovery** |  |  |
| Nck | 8 s | 39% |  |  |