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# Resolving Cytosolic Diffusive States in

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# Bacteria by Single-Molecule Tracking

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Running Title: **Resolving Cytosolic Diffusion in Bacteria**

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## 11 **Abstract**

12           The trajectory of a single protein in the cytosol of a living cell contains information about  
13 its molecular interactions in its native environment. However, it has remained challenging to  
14 accurately resolve and characterize the diffusive states that can manifest in the cytosol using  
15 analytical approaches based on simplifying assumptions. Here, we show that multiple intracellular  
16 diffusive states can be successfully resolved if sufficient single-molecule trajectory information is  
17 available to generate well-sampled distributions of experimental measurements and if  
18 experimental biases are taken into account during data analysis. To address the inherent  
19 experimental biases in camera-based and MINFLUX-based single-molecule tracking, we use an  
20 empirical data analysis framework based on Monte Carlo simulations of confined Brownian  
21 motion. This framework is general and adaptable to arbitrary cell geometries and data acquisition  
22 parameters employed in 2D or 3D single-molecule tracking. We show that, in addition to  
23 determining the diffusion coefficients and populations of prevalent diffusive states, the timescales  
24 of diffusive state switching can be determined by stepwise increasing the time window of  
25 averaging over subsequent single-molecule displacements. Time-averaged diffusion (TAD)  
26 analysis of single-molecule tracking data may thus provide quantitative insights into binding and  
27 unbinding reactions among rapidly diffusing molecules that are integral for cellular functions.

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29

## 30 **Introduction**

31           The ability to probe the positions and motions of single molecules in living cells has made  
32 single-molecule localization and tracking microscopy a powerful experimental tool to study the  
33 molecular basis of cellular functions (1-3). Single-molecule trajectories, if sampled in sufficient  
34 numbers, provide the distribution of molecular motion behavior in cells, and statistical analyses of  
35 localization and trajectory data has been used to resolve the prevalent diffusive states as well as  
36 their population fractions. A key benefit of tracking single molecules is that individual trajectories  
37 can be sorted according to predefined (quality) metrics, for example, to include only non-blinking  
38 molecules (4), or molecules localized in specific subcellular regions of interest (5). These  
39 advantages are not shared by ensemble-averaged measurements such as fluorescence recovery  
40 after photobleaching (FRAP) and fluorescence correlation spectroscopy (FCS) (6).

41           Bacteria are ideally suited specimens for single-molecule localization and tracking  
42 microscopy. Unlike eukaryotic cells, the small size of bacteria (~1  $\mu\text{m}$  in diameter) guarantees that  
43 all molecules remain in focus during imaging (7), particularly when the microscope uses an  
44 engineered 3D point-spread-function (PSF), such as an astigmatic (8) or a double-helix PSF  
45 (DHPSF) (9, 10). Early applications of single-molecule localization microscopy in bacteria  
46 focused on differentiating stationary vs. freely diffusing molecules and quantifying the relative  
47 population fractions and lifetimes of these diffusive states. For example, DNA bound lac repressors  
48 in search of their promoter region appear stationary at 10 ms frame rates and can thus be clearly  
49 distinguished from unbound lac repressors which explore the entire *E. coli* cell volume on the same  
50 timescale (11). Similarly, the *E. coli* chromosome-partitioning protein MukB forms stationary  
51 clusters only when incorporated into the quasi-static DNA-bound structural maintenance of  
52 chromosomes (SMC) complex (12). In both of these cases, the stationary, DNA-bound states

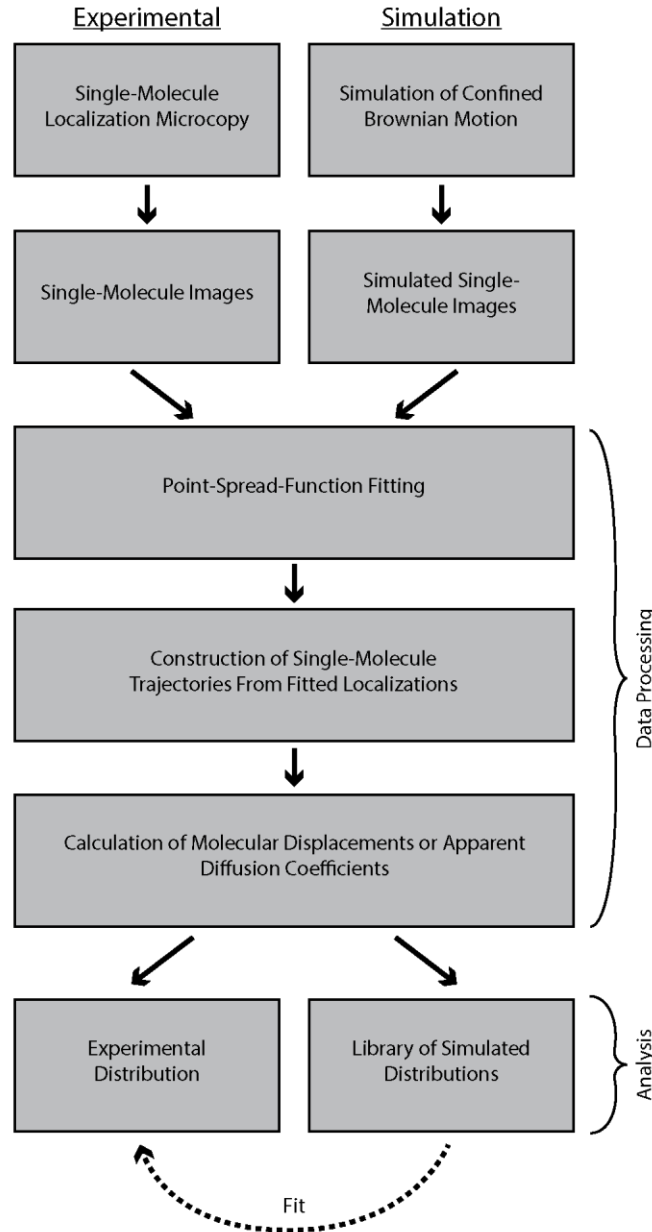
53 represent the biologically active form of the protein while the unbound diffusive state represents  
54 the inactive protein. However, other proteins, in particular those involved in delocalized regulatory  
55 and signaling networks, may not exhibit such stationary states. These proteins may instead form  
56 oligomeric complexes that diffuse at measurably different rates (13-17). A major objective for  
57 single-molecule tracking microscopy is therefore to resolve the different diffusive states that  
58 manifest in the cytosol of living cells.

59         Assigning a single molecule to a specific diffusive state is challenging, especially for fast  
60 diffusing cytosolic species. The molecular displacements measured in single-molecule tracking  
61 can be used to compute apparent diffusion coefficients for each detected single molecule, but these  
62 estimates are prone to large errors, particularly when the trajectories are short and the number of  
63 available molecular displacements are low (15, 18). Short trajectories (<20 displacements) are the  
64 norm in live-cell single-molecule tracking with genetically encodable fluorescent protein labels.  
65 However, genetically encoded fluorescent proteins offer unmatched labeling specificity and  
66 efficiency and therefore remain preferable when off-target labeling with chemical dyes may lead  
67 to artifacts (19). For slowly diffusing molecules in bacteria, it is possible to resolve multiple  
68 diffusive states by fitting the experimentally measured distributions of molecular displacements,  
69  $r$ , or apparent diffusion coefficients,  $D^*$ , using analytical equations describing Brownian, i.e.  
70 normal, diffusion (15, 18, 20-22). Such analytical approaches produce acceptable results only if  
71 biomolecular motion is slow enough that confinement effects can be ignored. However, a typical  
72 cytosolic protein undergoing Brownian diffusion at a rate  $D = 10 \mu\text{m}^2/\text{s}$  can traverse the entire  
73 width of a rod-shaped bacterial cell in as little as 10-25 milliseconds. As a result, observed motion  
74 of cytosolic proteins in bacteria is strongly confined by the cell boundaries and molecular  
75 displacements will, on average, be smaller than those expected for unconfined diffusion.

76 Approaches assuming unconfined Brownian motion are therefore not suitable when tracking fast  
77 diffusing molecules in the cytosol of bacterial cells.

78         Several approaches have been developed in recent years to extract the diffusion rates and  
79 population fractions of different diffusive states that manifest for unbound molecules in confined  
80 cellular environments. These approaches account for confinement effects by the cell boundaries  
81 either (semi-)analytically (23-26) or numerically through Monte Carlo simulation of Brownian  
82 diffusion trajectories (7, 13, 17, 27, 28). Here, we test and experimentally validate a numerical  
83 analysis framework based on Monte Carlo simulations for both 2D and 3D single-molecule  
84 tracking in bacterial cells (**Fig. 1**). By explicitly accounting for confinement as well as ‘motion-  
85 blur’ of diffusing molecules inside small bacterial cells, we extract the *unconfined* diffusion  
86 coefficients for two genetically encoded fluorescence proteins, eYFP and mEos3.2, in living *Y.*  
87 *enterocolitica* cells. Using simulated 2D or 3D single-molecule tracking data of known diffusive  
88 state composition, we quantify to what extent two or more simultaneously present diffusive states  
89 can be resolved by numerical fitting of the displacement or apparent diffusion coefficient  
90 distributions. Finally, we consider the influence of dynamic transitions between different diffusive  
91 states that may manifest upon association and dissociation of freely diffusing molecules. We  
92 propose a new approach, based on time-averaged diffusion (TAD) analysis, to determine the  
93 timescales of such association and dissociation dynamics. We conclude that quantitative numerical  
94 analysis of 2D and 3D single-molecule trajectories can provide accurate estimations of diffusion  
95 rates, population fractions, and interconversion rates of prevalent intracellular diffusive states.  
96 Such information is crucial for investigating the dynamic molecular-level events that regulate the  
97 functional outputs of signaling and control networks in living cells.

98



99

100 **Figure 1.** Diagram of numerical diffusion fitting analysis workflow. Experimental and simulated  
101 data are analyzed using the same data processing routines so that experimentally determined  
102 apparent diffusion coefficient (or displacement) distributions can be analyzed using linear  
103 combinations of simulated distributions.

104

105 **Materials and Methods**

## 106 *Super-resolution Fluorescence Imaging Setup*

107 Experiments were performed on a custom-built dual-color inverted fluorescence  
108 microscope based on the RM21 platform (Mad City Labs, Inc, Madison, Wisconsin). Immersion  
109 oil was placed between the objective lens (UPLSAPO 100X 1.4 NA) and the glass cover slip  
110 (VWR, Radnor, Pennsylvania, #1.5, 22mmx22mm). A 514 nm laser (Coherent, Santa Clara,  
111 California, Genesis MX514 MTM) was used for excitation of eYFP (~350 W/cm<sup>2</sup>) and 561 nm  
112 laser (Coherent Genesis MX561 MTM) was used for excitation of mEos3.2 (~350 W/cm<sup>2</sup>). A  
113 405 nm laser (Coherent OBIS 405nm LX) was used to activate mEos3.2 (~20 W/cm<sup>2</sup>)  
114 simultaneously with 561nm excitation. Single-molecule images were obtained by utilizing eYFP  
115 photoblinking (29) and mEos3.2 photo-switching. Zero-order quarter-wave plates (Thorlabs,  
116 Newton, New Jersey, WPQ05M-405, WPQ05M-514, WPQ05M-561) were used to circularly  
117 polarize all excitation lasers. The spectral profile of the 514nm laser was filtered using a bandpass  
118 filter (Chroma, Bellows Falls, Vermont, ET510/10bp). Fluorescence emission was passed through  
119 a shared filter set (Semrock, Rochester, New York, LP02-514RU-25, Semrock NF03-561E-25,  
120 and Chroma ET700SP-2P8). A dichroic beam splitter (Chroma T560lpxr-uf3) was then used to  
121 split the emission pathway into ‘green’ and ‘red’ channels to image eYFP and mEos3.2,  
122 respectively. An additional 561nm notch filter (Chroma ZET561NF) was inserted into the ‘red’  
123 channel to block scattered laser light. Each emission path contains a wavelength-specific dielectric  
124 phase mask (Double Helix, LLC, Boulder, Colorado) that is placed in the Fourier plane of the  
125 microscope to generate a DHPSF (10, 30). The fluorescence signals in both channels are detected  
126 on two separate sCMOS cameras (Hamamatsu, Bridgewater, New Jersey, ORCA-Flash 4.0 V2).  
127 Up to 20,000 frames are collected per field-of-view with an exposure time of 25ms. Exposure  
128 times of 25ms were used for all experiments to maximize fluorescent signal to background ratio

129 (31). A flip-mirror in the emission pathway enables toggling the microscope between fluorescence  
130 imaging and phase contrast imaging modes without having to change the objective lens of the  
131 microscope.

132

### 133 *Raw Data Processing*

134 Raw single-molecule PSF images were processed and analyzed using MATLAB (The  
135 MathWorks, Inc, Natick, Massachusetts). Standard PSF images were analyzed using centroid  
136 estimation (32). DHPSF images were analyzed using a modified version of the easyDHPSF code  
137 (33). Specifically, maximum likelihood estimation based on a double-Gaussian PSF model was  
138 used to extract the 3D localizations of single-molecule emitters (34). For experimental data, the  
139 background was estimated using a median filter with a time window of 10 frames (35).

140 To assign localizations to individual cells, cell outlines were generated based on the phase  
141 contrast images using the open-source software OUFTI (36). The cell outlines were transformed  
142 to overlay on the fluorescence data by a two-step 2D affine transformation using the ‘cp2tform’  
143 function in MATLAB. First, five control point pairs were manually selected by estimating the  
144 position of the cell poles of the same five cells in both the single-molecule localization data and  
145 cell outlines. A rough transformation was generated, and cell outlines containing less than 10  
146 localizations within their boundaries were removed. In addition, cells positioned partly outside the  
147 field-of-view were manually removed so they do not skew the final transformation. The center of  
148 mass for all remaining cell outlines and single-molecule localizations within them then served as  
149 a larger set of control point pairs to compute the final transformation function. Only localizations  
150 that lie within the cell outlines after transformation were considered for further analysis.

151



## 152 *Single Molecule Tracking Analysis*

153 Molecular displacements were computed as the Euclidean distance between subsequent  
154 localizations of the same molecule using a distance threshold of 2.5  $\mu\text{m}$ . Displacements were  
155 linked into a trajectories and considered for further analysis only if at least 3 subsequent (i.e.  
156 localizations in adjacent frames) displacements were available. In addition, if two or more  
157 localizations were present in the cell simultaneously during the length of the trajectory, the  
158 trajectory was discarded. These steps minimized miss-assignment of two or more molecules to the  
159 same trajectory (37).

160 To obtain apparent diffusion coefficients for a given trajectory, its Mean Squared  
161 Displacement (MSD) was calculated using

$$162 \quad MSD_N = \frac{1}{N-1} \sum_{n=2}^N (x_n - x_{n-1})^2 \quad (1)$$

163 where  $N$  is the total number of localizations in the trajectory and  $x_n$  is the position of the molecule  
164 at time point  $n$ . The apparent diffusion coefficient,  $D^*$  was then computed by

$$165 \quad D^* = \frac{MSD}{2 \cdot m \cdot \Delta t} \quad (2)$$

166 where  $m = 2$  or  $3$  is the dimensionality and  $\Delta t = 25$  ms is the camera exposure time used in all our  
167 experiments and simulations. We note that the so-estimated single-step apparent diffusion  
168 coefficients and displacements do not directly take into account static and dynamic localization  
169 errors (18), or the effect of confinement within the bacterial cells. We instead account for these  
170 effects through explicit simulation of experimental data, as described in the following section.

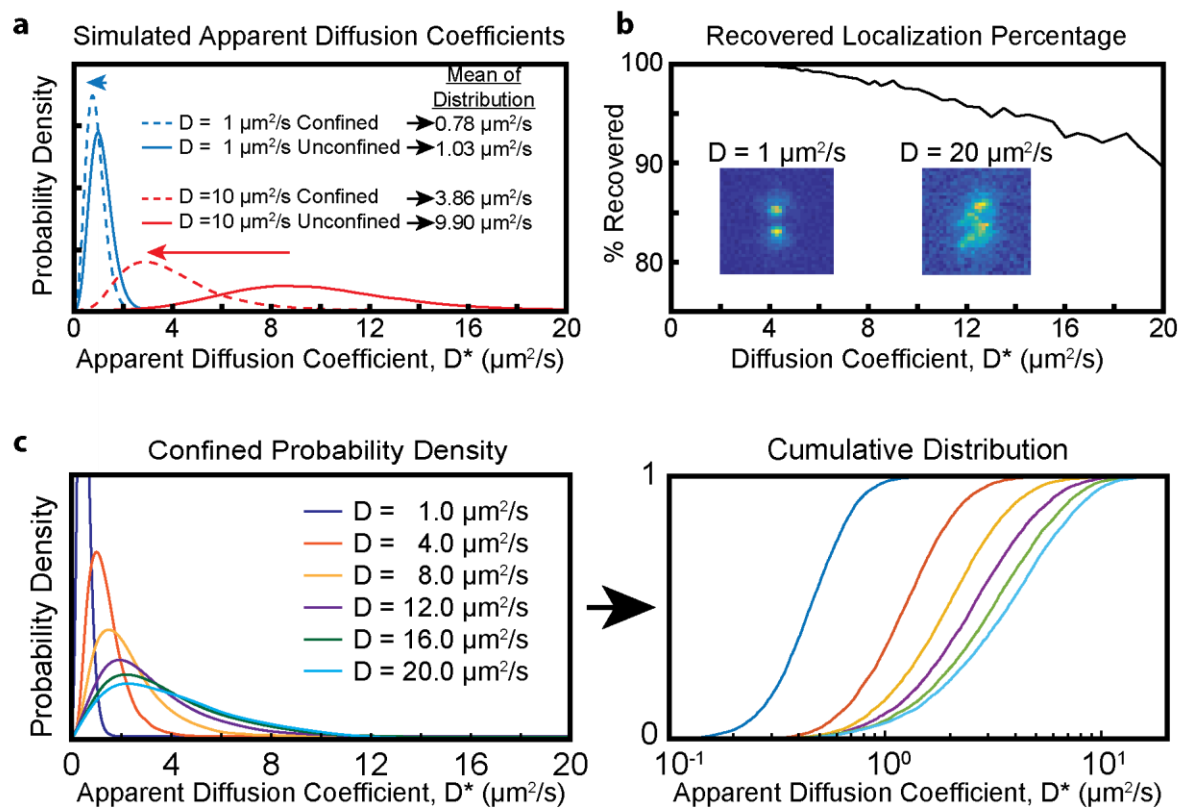
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173 **Monte Carlo Simulations for Camera-Based Tracking**

174 Calculation of the apparent diffusion coefficients for a large number of tracked molecules  
175 will result in a distribution of values even if molecular diffusion is governed by a single diffusive  
176 state. In addition, for confined diffusion within small bacterial cell volumes, the movement of  
177 molecules is restricted in space. Such confinement results in an overall left shift of the apparent  
178 diffusion coefficient distributions for a given diffusive state (**Fig 2a**, dashed lines). The shape of  
179 the confined distribution is dependent on the size and shape of the confining volume.

180



181

182 **Figure 2.** Monte-Carlo simulations of expected experimental distribution. (a) Probability density  
183 functions showing the effect of spatial confinement. The apparent diffusion coefficients are  
184 computed based on the time-integrated (25 ms) center-of-mass coordinates of simulated particles  
185 undergoing Brownian diffusion in a cylindrical volume (radius = 0.4  $\mu\text{m}$ , length = 5  $\mu\text{m}$ ). The  
186 confined distributions are left-shifted (dashed lines) compared to the unconfined distributions. (b)  
187 Fraction of successfully localized single-molecules. Time-integrated (25 ms) single-molecule

188 fluorescence signals produce images that resemble PSFs that are blurred to different extents  
189 (insets). Faster moving molecules are localized less efficiently due to motion blurring. (c) Expected  
190 distributions of apparent diffusion coefficients when confinement and motion blur is taken into  
191 account. The similarity of the distributions increase for faster diffusion coefficients. Figure panels  
192 a and c are adapted from Ref. (4).  
193  
194

195       To generate libraries of simulated distributions for arbitrary diffusion coefficients, we  
196 performed Monte Carlo simulations of confined Brownian motion inside the volume of a cylinder  
197 using a set of 64 diffusion coefficients ranging from 0.05–20  $\mu\text{m}^2/\text{s}$  as input parameters. The size  
198 of the confining cylinder was chosen to match the average size of a typical rod-shaped bacterial  
199 cell (radius = 0.4  $\mu\text{m}$ , length = 5  $\mu\text{m}$ ). The starting position of the trajectory was randomly set  
200 within the volume of the cylinder and Brownian motion was simulated using short time intervals  
201 of 100 ns. If a molecule was displaced outside of the volume of the cylinder within a time step, it  
202 was redirected back towards the inside of the cylinder at a random angle. Choosing a short time  
203 step ensured that the entire volume of the cylinder, including the interfacial region near the cell  
204 boundary, could be sampled by the diffusing molecule.

205       To simulate the raw experimental observable, we generated noisy, motion-blurred single-  
206 molecule images. For 2D simulations, we summed 50 standard PSFs (approximated as 2D  
207 Gaussians with FWHM  $\sim$  325 nm) corresponding to 50 periodically sampled positions of a  
208 fluorescent emitter during the camera exposure time (25ms). Similarly, for 3D simulations, we  
209 summed 50 DHPSFs. Because the DHPSF has a larger cross section than the standard PSF, fewer  
210 photons are necessary for localizing emitters in 2D. To match photon counts measured  
211 experimentally, we scaled the photon count of each simulated image to 500 photons per  
212 localization for the standard PSF and 1000 photons per localization for the DHPSF. To normalize  
213 to the total photon budget, we simulated 3D trajectories with 5 displacements (3D) and 2D  
214 trajectories with 11 displacements. To each simulated frame, we added a laser background of  $\sim$ 13

215 photons/pixel and introduced Poisson noise based on final photon count in each pixel. A dark offset  
216 (50 photons/pixel on average) with Gaussian read noise ( $\sigma \sim 1.5$  photons) was added as well to  
217 produce the final image. The resulting image was then multiplied by the experimentally measured  
218 pixel-dependent gain of our sCMOS camera to obtain an image in units of detector counts.

219 By explicitly simulating spatially blurred emission profiles with realistic signal to-noise  
220 ratios, we can account for both static and dynamic localization error. Static localization error is the  
221 result of finite numbers of fluorescence signal photons that provide an imprecise measure of the  
222 PSF shape and thus result in single-molecule localizations of limited precision (1). Dynamic  
223 localization errors manifest for moving emitters that generate motion-blurred images on the  
224 detector (**Fig 2b inset**). When analyzed using common fitting algorithms (which are based on data  
225 fitting to well-defined PSF shapes), motion-blurred images provide 2D or 3D position estimates  
226 with limited accuracy and precision (38). If the motion blur is too severe, then the point-spread-  
227 function (PSF) of the molecule may become too distorted to result in a successful fit. Motion blur  
228 therefore limits the detection efficiency of fast diffusing molecules (**Fig 2b**).

229 We simulated  $N = 5000$  single-molecule trajectories for each of the 64 input diffusion  
230 coefficients to obtain 5000 apparent diffusion coefficient estimates and  $5 \times 5000 = 25,000$   
231 molecular displacements (3D data) or  $11 \times 5000 = 55,000$  molecular displacements (2D data). The  
232 corresponding probability density functions  $PDF(D^*)$  and the empirical cumulative distribution  
233 functions  $CDF(D^*)$ , or alternatively  $PDF(r)$  and  $CDF(r)$ , were then smoothed by B-spline  
234 interpolation of order 25 and normalized individually (**Fig. 2c** and **Fig. S1, S2 in the Supporting**  
235 **Material**). The interpolated distributions were then interpolated again along the  $D$ -axis ( $D$  is the  
236 unconfined (input) diffusion coefficient) using the ‘natural’ interpolation method in the  
237 ‘scatteredInterpolant’ MATLAB function. This two-step interpolation provides a continuous

238 function that provides the experimentally expected distribution for any species whose Brownian  
239 motion is governed by a diffusion coefficient value in the range of 0.05 and 20  $\mu\text{m}^2/\text{s}$ . The  
240 simulated distributions account for the effects of molecular confinement due to the cell boundaries,  
241 signal integration over the camera exposure time, and the experimentally calibrated signal-to-noise  
242 levels.

243

#### 244 *Data Fitting*

245 To estimate the number of diffusive states, their diffusion coefficients, and their population  
246 fractions, we fit the experimentally measured cumulative distribution functions using linear  
247 combinations of simulated  $CDF(r)$  or  $CDF(D^*)$ . Using the CDF for fitting instead of a PDF  
248 histogram eliminates bin-size ambiguities that can bias the fitting results. To determine the number  
249 of diffusive states, we performed a constrained linear least-squares fit (using the 'lsqin' function  
250 in MATLAB) and a periodically sampled array of simulated CDFs. We combined diffusive states  
251 that had diffusion coefficient values within 20% of each other into a single diffusive state by a  
252 weighted average based on their population fractions. The resulting vector of fitting parameters,  
253 consisting of diffusion coefficients of individual diffusive states and their respective population  
254 fractions, was used as a starting point to create arrays of trial fitting parameter vectors with  
255 different numbers of diffusive states, ranging from a single diffusive state to a user-defined  
256 maximum number of states (five in all cases considered here). We generated the trial parameter  
257 vectors as follows: We either combined adjacent diffusive states through weighted averaging or  
258 we split diffusive states into two states with equal population fractions and diffusion coefficient  
259 20% above and below the original value. We considered all state combination and splitting  
260 possibilities. We used each trial vector as a starting point for non-linear least-squares fitting of 5

261 separate subsets of the data (using the ‘fmincon’ function in MATLAB). In each case, the quality  
262 of the fit (quantified as the residual sum of squares) was found by comparing the quality of the fit  
263 with respect to the remaining subsets (data cross-validation). The average residual sum of squares  
264 was used to quantify the quality of the fit corresponding to a given trial vector. This method yielded  
265 multiple trial vectors given the number of diffusive states.

266 For each number of diffusive states, only the trial vector with the best quality of fit was  
267 retained. The optimal number of states was then determined by identifying the last trial vector for  
268 which adding an additional state resulted in at least a 5% improvement in the quality of the fit.  
269 Finally, this trial vector was then used as the starting point to fit the full data set using non-linear  
270 least squares fitting. To estimate error in each of the fitted parameters, we resampled the dataset  
271 100 times by bootstrapping and then fit them individually, initializing the fit with the same starting  
272 parameter vector. To constrain the optimization, the population fractions of diffusive states below  
273  $0.5 \mu\text{m}^2/\text{s}$  were not refined through non-linear least-squares fitting, but instead assigned to  
274 stationary molecules. This choice was made because even completely stationary molecules exhibit  
275 non-zero apparent diffusion coefficients in single-molecule tracking experiments due to finite  
276 single-molecule localization precision (static localization error). For simplicity, all data and fits  
277 are displayed as PDFs instead of CDFs throughout this manuscript.

278

### 279 *Simulation of MINFLUX Trajectories*

280 To simulate experimental tracking data obtained by MINFLUX microscopy, we first  
281 computed three-dimensional isotropic Brownian motion trajectories, sampled at high time  
282 resolution and confined within a spherocylinder of length  $l = 5 \mu\text{m}$  and radius  $r = 0.4 \mu\text{m}$  (same as  
283 for camera-based tracking). The short time-step for each displacement was  $1 \mu\text{s}$  and the total

284 trajectory length was 20 ms. We assumed exponentially distributed fluorescence blinking on- and  
285 off-times with  $t_{on} = 2$  ms and  $t_{off} = 0.6$  ms, in agreement with experimental measurements of the  
286 fluorescent protein mEos2 (39). As before, we simulated 5000 trajectories for 64 diffusion  
287 coefficients in the range of  $D \in [0.05, 15] \mu\text{m}^2/\text{s}$  to create libraries of distributions used for fitting  
288 of simulated experimental data. We then projected the 3D motion trajectories onto the  $xy$ -plane  
289 and tracked the blinking emitters using a doughnut intensity profile scanned over the emitter using  
290 a 4-step multiplex cycle, as described previously (39). The doughnut size parameter was set to  
291  $fwhm = 800 \mu\text{m}$  and the field-of-view scanning parameter was set to  $L = 400 \mu\text{m}$ . Choosing larger  
292 values for  $fwhm$  and  $L$  minimizes the probability of fast moving emitters ( $D > 5 \mu\text{m}^2/\text{s}$ ) escaping  
293 from the MINFLUX observation region during tracking. The multiplex cycle time was  $\Delta t = 200 \mu\text{s}$ .  
294 To account for motion blurring during a multiplex cycle, we considered the excitation and emission  
295 probabilities from each of the computed emitter positions (sampled at  $1 \mu\text{s}$  time steps). The  
296 detected photon counts were assumed to follow Poisson statistics. Emitter localization was  
297 performed with the previously described modified least mean squared (mLMS) estimator (39),  
298 with  $k=2$ ,  $\beta_0 = 0.96$  and  $\beta_1 = 5.75$ . The resulting trajectories each had 100 localizations, which  
299 were sampled every  $200 \mu\text{s}$ .

300

### 301 ***Modeling State Transition Simulation***

302 To address the effect of a dynamic equilibrium between two diffusive states, we simulated  
303 trajectories for which one or more state transitions take place during a single-molecule trajectory.  
304 3D state-switching trajectories were simulated with track lengths of 5 displacements. 2D  
305 MINFLUX state-switching trajectories were simulated with track lengths of 99 displacements. We  
306 considered a two-state system in which molecules spend equal amounts of time in each state,

307 resulting in a populations fractions of 50% for each state. The average time,  $T$ , that a molecule  
308 takes to switch from one state to the other and back again is

$$309 \quad T = t_1 + t_2 \quad (3),$$

310 where  $t_1$  and  $t_2$  are the average time spent in states 1 and 2, respectively. The state-switching  
311 kinetics were modeled as follows: Each individual molecule trajectory randomly started in one of  
312 the two states. The time  $t$  spent in a given state before transitioning to the other was modeled as  
313 the exponential decay

$$314 \quad p(t) = e^{-\frac{t}{t_1}} \quad (4).$$

315 Thus, the time spent in a given state is given by

$$316 \quad t = -\ln(p(t)) \cdot t_1 \quad (5),$$

317 where the value of  $p(t)$  was a value between 0 and 1 randomly chosen from a uniform distribution.  
318 This process was repeated, allowing the molecule to switch back and forth between the two states,  
319 until the total amount of time reached the total length of the trajectory. State-switching trajectories  
320 were then simulated for camera-based or MINFLUX-based tracking as described above.

321

### 322 ***Bacterial Strains and Plasmids***

323 Plasmids for the inducible exogenous expression of fluorescent and fluorescently-tagged  
324 proteins were derived from IPTG-inducible pAH12 and arabinose-inducible pBAD vectors. The  
325 coding sequences of eYFP were PCR amplified using Q5 DNA polymerase (New England  
326 Biolabs, Ipswich, Maine) from pXYFPN-2 (40). The PCR product was isolated using a gel  
327 purification kit (Invitrogen, Carlsbad, California) and used as a megaprimer for amplification and  
328 introduction into a pAH12-derivative containing a kanamycin resistance cassette, LacI, and a lac  
329 promoter to generate pAH12-eYFP. The pAH12 backbone was a gift from Carrie Wilmot.



330 For the pBAD-mEos3.2, the protein coding sequence was amplified from a mEos3.2-N1  
331 plasmid, gifted to us by Michael Davidson (Addgene plasmid # 54525). The PCR products were  
332 gel purified, and both the PCR products and the pBAD-backbone were digested with EcoRI and  
333 XhoI restriction enzymes (New England Biolabs). Digested vector and inserts were ligated using  
334 T4 DNA ligase and transformed into *E. coli* TOP10 cells. Colonies were PCR screened for  
335 presence of correct insert using GoTaq DNA Polymerase (Fisher Scientific, Hampton, New  
336 Hampshire), and plasmid was isolated from positive clones (Omega Biotek, Norcross, Georgia)

337 All plasmids were sequenced by GeneWiz (South Plainfield, New Jersey) prior to  
338 electroporation into *Y. enterocolitica* for analysis. Transformed cells were plated on LB agar [10  
339 g/L peptone, 5 g/L yeast extract, 10 g/L NaCl, 1.5% agar] (Fisher Scientific, Hampton, New  
340 Hampshire) containing kanamycin [50 µg/mL] or ampicillin [200 µg/mL]. For electroporation of  
341 *Y. enterocolitica* pIML421asd cells, recovery media and plates also contained diaminopimelic acid  
342 (dap). A list of all strains and plasmids can be found in **Table S1 in the Supporting Material**.

343

#### 344 *Cell Culture*

345 *Y. enterocolitica* cultures were inoculated from a freezer stock in BHI media (Sigma  
346 Aldrich, St. Louis, Missouri) with nalidixic acid (Sigma Aldrich) [35 µg/mL] and 2,6-  
347 diaminopimelic acid (Chem Impex International, Wood Dale, Illinois) [80 µg/mL] one day prior  
348 to an experiment and grown at 28°C with shaking. After 24 hours, 300 µL of overnight culture  
349 was diluted in 5 mL fresh BHI, nalidixic acid, and diaminopimelic acid (dap) and grown at 28°C  
350 for another 60-90 minutes. In addition, inoculation media also contained kanamycin or ampicillin  
351 for pAH12- or pBAD-based plasmids, respectively. Cultures of cells containing pAH12- or pBAD-  
352 based plasmids were induced with IPTG (Sigma Aldrich) [0.2 mM, final] or arabinose (Chem

353 Impex) [0.2%], respectively, for the final 2 hours of incubation. Cells were pelleted by  
354 centrifugation at 5000 g for 3 minutes and washed 3 times with M2G (4.9 mM Na<sub>2</sub>HPO<sub>4</sub>, 3.1 mM  
355 KH<sub>2</sub>PO<sub>4</sub>, 7.5 mM NH<sub>4</sub>Cl, 0.5 mM MgSO<sub>4</sub>, 10 μM FeSO<sub>4</sub> (EDTA chelate; Sigma), 0.5 mM CaCl<sub>2</sub>)  
356 with 0.2% glucose as the sole carbon source). The remaining pellet was then re-suspended in M2G  
357 and dap. Cells were plated on 1.5 – 2% agarose pads in M2G containing dap.

358

## 359 **Results and Discussion**

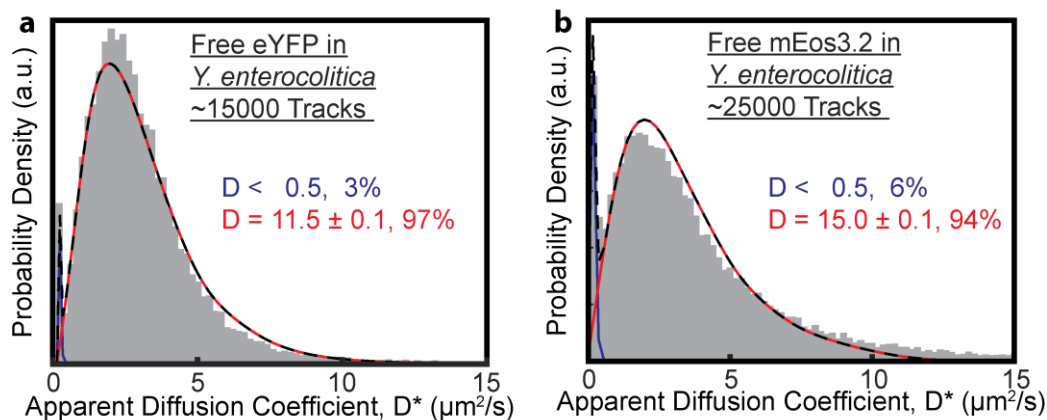
### 360 **eYFP and mEos3.2 undergo confined Brownian Diffusion in *Y. enterocolitica***

361 To experimentally validate the numerical analysis framework based on Monte Carlo  
362 simulations of confined diffusion, we tracked the 3D motion of individual eYFP and mEos3.2  
363 fluorescent proteins in living *Y. enterocolitica* cells. Previous studies in *E. coli* (28, 41) and *C.*  
364 *crescentus* (42) have established that small cytosolic proteins undergo Brownian motion. Non-  
365 specific interactions due to macromolecular crowding reduce the diffusion coefficient for small  
366 cytosolic proteins, but do not by themselves lead to measurable deviations from normal Brownian  
367 diffusion (43). In contrast, the motion of large macromolecular complexes (>30 nm in diameter)  
368 is best described by anomalous diffusion due to glass-like properties of the bacterial cytoplasm  
369 (44).

370 The experimentally measured distributions of apparent diffusion coefficients are fit well  
371 using a single diffusive state with  $D = 11.3 \mu\text{m}^2/\text{s}$  (for eYFP, **Fig. 3a**) and  $D = 15.0 \mu\text{m}^2/\text{s}$  (for  
372 mEos3.2, **Fig. 3b**). The close agreement between simulations and experiment confirms that the  
373 assumption of spatially confined Brownian diffusion is valid for both eYFP and mEos3.2 in  
374 *Y. enterocolitica* under our experimental conditions. These diffusion coefficient values are in  
375 agreement with previously measured values of GFP in bacteria (28, 45-50). The structure and

376 molecular weights of eYFP (27 kDa) and mEos3.2 (26 kDa) are very similar. The differences in  
377 their diffusion coefficients may thus be due to differences in non-specific transient interactions  
378 with other cellular components. We also note that there is a small (6% or less) stationary  
379 ( $<0.5 \mu\text{m}^2/\text{s}$ ) population for both fluorescence proteins. We find small numbers of stationary  
380 trajectories in all of our single-molecule tracking datasets, which indicates that even freely  
381 diffusing cytosolic proteins may become immobilized. However we did not find that that these  
382 stationary molecules exhibit any subcellular preference.

383



384

385 **Figure 3.** The 3D diffusion of cytosolic fluorescent proteins eYFP and mEos3.2 in  
386 *Y. enterocolitica* can be explained using a single diffusive state. (a) eYFP diffuses at  $11.5 \mu\text{m}^2/\text{s}$   
387 (red). (b) mEos3.2 diffuses at  $15.0 \mu\text{m}^2/\text{s}$  (red). A small fraction ( $<6\%$ ) of stationary trajectories is  
388 present in both datasets (blue). The total fit is shown as a dashed black line.

389

390

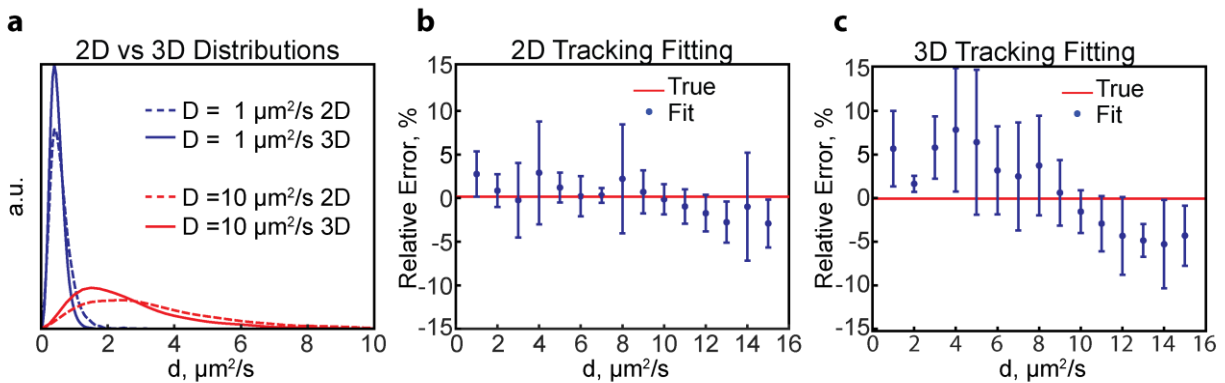
### 391 2D vs 3D Single-Molecule Tracking to Estimate Diffusion Coefficients

392 Most single-molecule tracking results reported to-date utilize the standard PSF for 2D  
393 single-molecule tracking. Acquiring 3D trajectories requires engineered PSFs, such as astigmatic,  
394 double-helix, or tetra-pod PSFs (10, 51-55). A common feature of engineered PSFs is their  
395 increased footprint on the detector compared to the standard PSF. Due to their increased size,

396 engineered PSFs require higher photon counts to achieve lateral localization precisions equivalent  
397 to those obtained with the standard PSF. Given the finite photon-budgets of fluorescent labels, 2D  
398 tracking can thus yield longer single-molecule trajectories that contain roughly twice the number  
399 of displacements than 3D trajectories acquired with engineered PSFs.

400 To determine whether diffusion coefficients are more accurately estimated by 2D or by 3D  
401 tracking, we repeated the 3D DHPSF simulations using the standard PSF. We generated simulated  
402 distributions of apparent 2D diffusion coefficients in the same way as for the 3D data (Materials  
403 and Methods). However, the simulated 2D trajectories had twice as many displacements as the 3D  
404 trajectories to provide an equivalent total photon count over the course of a trajectory. We found  
405 that the resulting 2D apparent diffusion coefficient distributions are broader and their peaks are  
406 systematically right-shifted compared to their 3D equivalents (**Fig. 4a**). The increased left-shift of  
407 the 3D distribution is due to the additional confinement of the molecule's motion in the  $z$ -  
408 dimension that is not measured in 2D tracking.

409 We then performed numerical fitting of simulated 2D tracking data to estimate the diffusion  
410 coefficient. We found that there is a slight increase in accuracy when fitting 2D data compared to  
411 3D data for a single diffusive state, particularly for fast diffusion. (**Fig. 4b,c**). The improved  
412 accuracy of 2D tracking may be due to the decreased similarity of the 2D distributions for fast  
413 diffusion coefficients (**Fig. S1**), which enables more accurate parameter estimation.



414

415 **Figure 4.** Comparison of 2D and 3D tracking. (a) Comparison of 2D and 3D apparent diffusion  
416 coefficient distributions corresponding to  $1 \mu\text{m}^2/\text{s}$  and  $10 \mu\text{m}^2/\text{s}$ . The distributions for 3D  
417 tracking are left-shifted to a larger extent due to the additional confinement in the 3<sup>rd</sup> dimension.  
418 (b,c) Relative errors in determining the diffusion coefficient of a single diffusive state using 2D  
419 (b) and 3D (c) single-molecule tracking. Shown are the averages and standard deviations of four  
420 independent simulations containing  $N = 5000$  trajectories each resampled 10 times by  
421 bootstrapping.

422

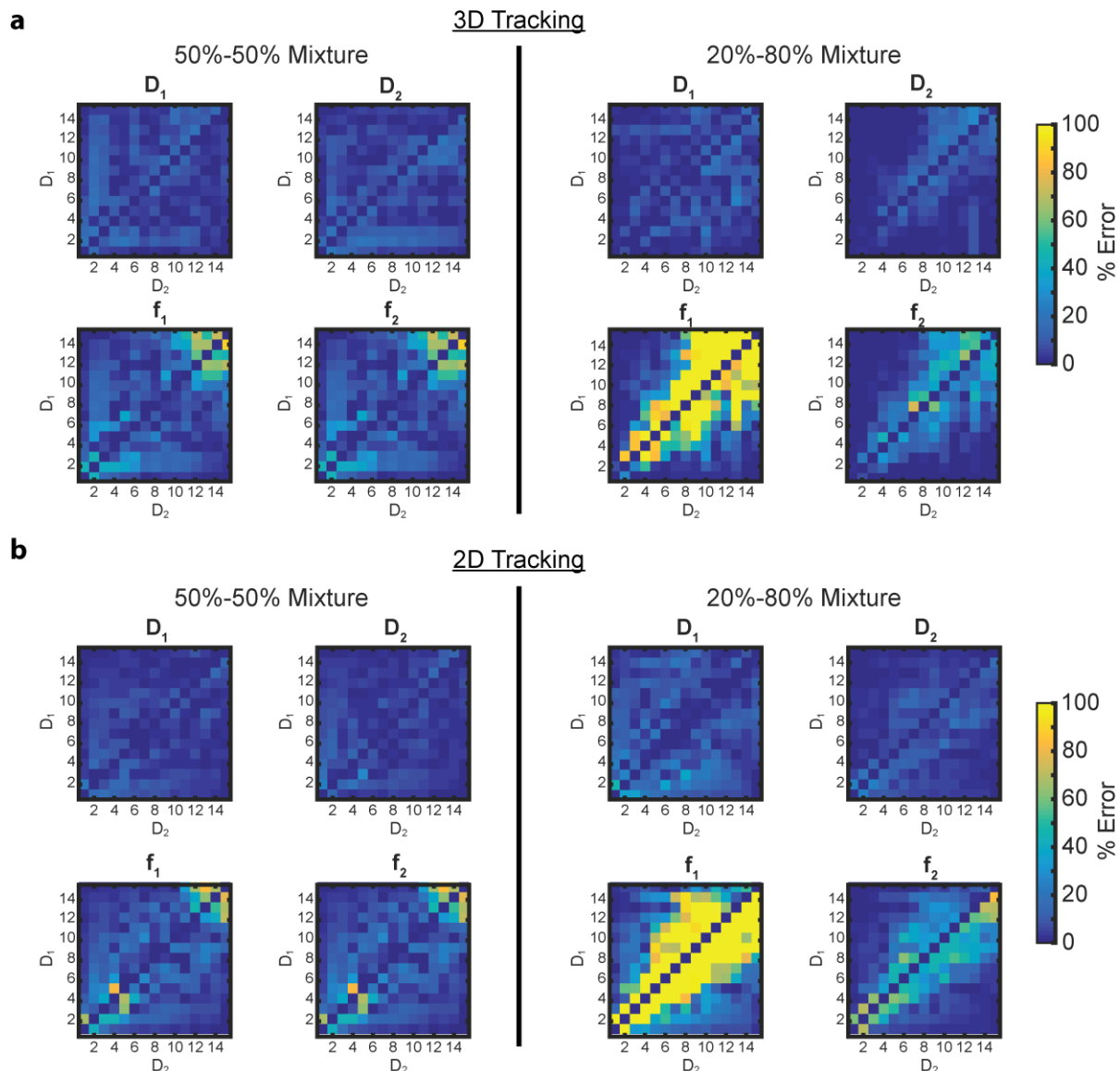
423

#### 424 **Single-molecule tracking can be used to resolve different diffusive states**

425 The free fluorescent proteins examined in the previous section each exhibited a single  
426 predominant diffusive state, which means that these two proteins do not exhibit stable interactions  
427 with other cellular components. This property is important for their use as non-perturbative labels  
428 that do not alter the diffusive behaviors of the target proteins beyond an overall reduction in their  
429 native diffusion rate. An overall reduction in diffusion rate is expected due to the increased  
430 molecular weight and hydrodynamic radius of the fusion protein. If the target protein stably  
431 interacts with cognate binding partners to form homo- or heterooligomeric complexes of different  
432 sizes, then single-molecule tracking of non-perturbatively labeled target proteins may be used to  
433 resolve the corresponding diffusive states. Examples of different diffusive states reported in the  
434 recent literature include the cytosolic pre-assembly of the bacterial type 3 secretion system proteins  
435 SctQ and SctL (4), ternary complex formation of the elongation factor Tu (EF-Tu) which can bind

436 to aminoacyl-tRNA, GTP, and translating ribosomes(17), the nucleotide excision repair initiation  
437 molecule UvrB (14), and short-lived ribosome binding of EF-P(13).

438 To test the resolving capability of single-molecule tracking, we simulated mixed  
439 distributions of 3D displacements or apparent diffusion coefficients that contain two different  
440 diffusive states. We then fit these distributions to obtain the unconfined diffusion coefficients and  
441 relative population fractions of each diffusive state. By systematically varying the diffusion  
442 coefficients, we assessed the error in the optimized fitting parameters for various combinations.  
443 We examined both equal (50:50) and unequal population fractions (80:20). In all cases, the  
444 distributions were based on 5000 trajectories with five displacements each. We found that the  
445 errors in the optimized fitting parameters increased when the diffusion coefficients were similar,  
446 as evidenced by the wedge-shaped diagonal (**Fig. 5a**). Slight differences in diffusion rate are thus  
447 more readily resolved for slowly diffusing molecules than for faster moving ones. We reason that  
448 the ability to resolve fast diffusive states is further compromised by the confinement effect, which  
449 causes the distributions of apparent diffusion coefficients to become more similar in the high  
450 diffusion coefficient limit (**Fig. 2c**).



451

452 **Figure 5.** Multiple diffusive states can be resolved by numerical fitting of single-molecule tracking  
453 data using 2D and 3D tracking. (a,b) Relative errors for determining the diffusion coefficients and  
454 population fractions of binary mixtures of diffusive states using 3D (a) and 2D (b) tracking. The  
455 relative population fractions in the two state mixtures were either 50%-50% (left) or 20%-80%  
456 (right). The relative error for each fitting parameter (diffusion coefficients  $D_1$  and  $D_2$ , and their  
457 corresponding population fractions  $f_1$  and  $f_2$ ) is represented as a matrix for different diffusion  
458 coefficient combinations. Each pixel represents the mean (relative) error of the parameter's fit  
459 value after analyzing ten datasets (resampled by bootstrapping) each containing 5000 tracks.

460

461 Current detector technologies, in particular large field-of-view sCMOS detectors, have

462 made it possible to readily acquire single-molecule trajectories in thousands of cells in a single

463 imaging session. Thus, 5,000 trajectories can be obtained even for proteins expressed at low levels.  
464 For highly expressed proteins up to 100,000 trajectories can be obtained. We therefore repeated  
465 our analysis using distributions based on 100,000 trajectories. As expected, the errors in the  
466 parameter estimates decreased ( $\sim 7\%$  on average) when fitting the now more thoroughly-sampled  
467 distributions (**Fig. S3 in the Supporting Material**). Therefore, the resolving capability improves  
468 when additional measurements are available to sample the shape of experimental distributions.  
469 However, larger errors persist along the diagonal of the error matrices, highlighting the difficulty  
470 in resolving states with similar diffusion coefficients. When the population fractions are split  
471 80:20, larger errors manifest due to the smaller number of proteins in the diffusive state with a  
472 20% population fraction. In those cases, the relative error in the smaller fraction can approach  
473 100%, i.e. the smaller fraction is completely eliminated when the fitting routine converges on a  
474 one-state solution (**Materials and Methods**).

475 To test whether the above results may be extrapolated to more complex state distributions,  
476 we simulated a few selected examples of mixed distributions containing three and four diffusive  
477 states, maintaining  $N = 5000$  total trajectories in each case. We found that three states can be  
478 simultaneously resolved as long as their diffusion coefficients are sufficiently different and their  
479 population fractions are similar (**Fig. S4a in the Supporting Material**). Again, the errors in the  
480 fitting parameters increase for faster (i.e. more similar) diffusion coefficients (**Fig. S4b**). In the  
481 case of a 4-state population, the distribution is best fit with a 3-state results, even when the values  
482 of the diffusion coefficients are well separated (**Fig. S4c**). Specifically, the two fastest states are  
483 combined into a single state with a correspondingly larger population fraction. The 3- and 4- state  
484 simulations thus recapitulate the trends observed for binary diffusive state mixtures.



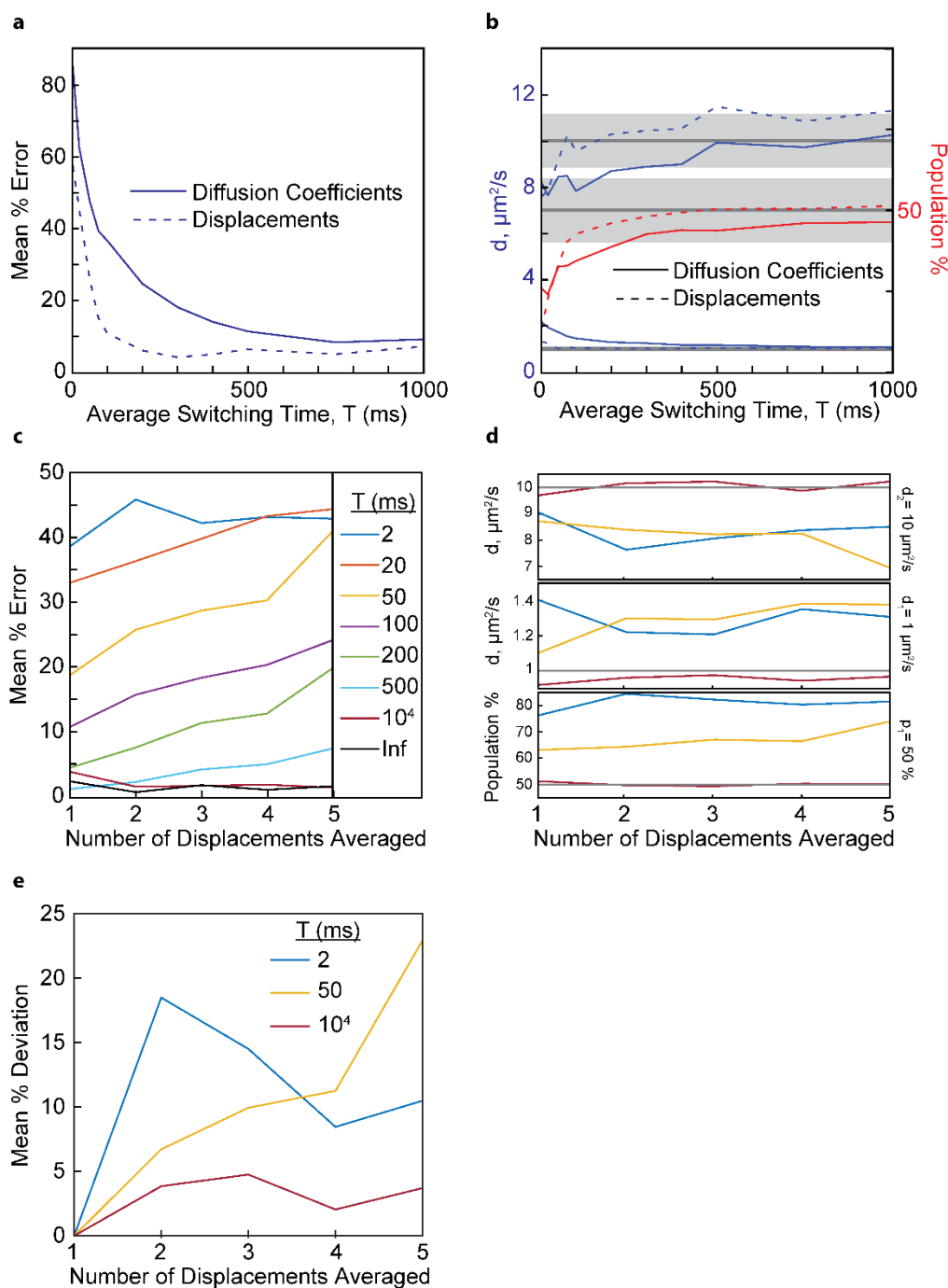
485 To test whether 2D tracking is also more discriminating when multiple diffusive states are  
486 present, we constructed simulated 2-state distributions of apparent diffusion coefficients based on  
487 2D data. Again, we observed only a slight increase in the accuracy of the fitting (~3%) for the 2D  
488 fitting compared to 3D for a two state fitting (**Fig 5b**). We therefore conclude that 2D and 3D  
489 single-molecule tracking are roughly equivalent in their ability to resolve different diffusive states.  
490 We note however that 3D single-molecule localization microscopy has the additional advantage  
491 of providing more detailed spatial information on the subcellular locations of diffusing molecules,  
492 which may provide important additional information in select cases. We also note that the above  
493 analysis only pertains to diffusion of cytosolic proteins. The diffusion of membrane proteins is  
494 subject to different confinement effects that may make it more appropriate to track in 3D (5).

495

#### 496 **Transitions between diffusive states**

497 Thus far, we have only considered diffusive states that do not interconvert on the time-  
498 scale of a single-molecule trajectory (~100-300 ms on average). Under physiological conditions,  
499 however, molecules may frequently bind to or dissociate from cognate interaction partners and  
500 thereby transition between different diffusive states. The time-resolution for making single-step  
501 displacement measurements (~25 ms) is shorter than the time resolution for determining apparent  
502 diffusion coefficients ( $\sim 5 \cdot 25 \text{ ms} = \sim 125 \text{ ms}$ ). We therefore hypothesized that, in the presence of  
503 diffusive state switching, more accurate parameter estimates may be obtained by fitting single-step  
504 displacement distributions. To test this hypothesis, we simulated distributions for two states,  $D_1 =$   
505  $1 \mu\text{m}^2/\text{s}$  and  $D_2 = 10 \mu\text{m}^2/\text{s}$ , that can interconvert on timescales comparable to a single-molecule  
506 trajectory. We then gradually decreased the average diffusive state switching time  $T = (k_1)^{-1} + (k_2)^{-1}$   
507  $= t_1 + t_2$  and imposed  $k_1 = k_2$  to keep the population fractions equal (**Materials and Methods**).

508 To fit the single-step displacement distributions, we generated a library of simulated single-step  
509 displacement distributions as described before for apparent diffusion coefficients (**Fig. S2**). Both  
510 the apparent diffusion coefficient distributions and single-step displacement distributions were  
511 then fit with their respective library. To quantify the overall accuracy of the fit, we averaged the  
512 relative errors of all fitting parameters (in this case the diffusion coefficients  $D_1$  and  $D_2$  and the  
513 population fractions  $f_1$  and  $f_2 = 1 - f_1$ ). We found that, in the limit of infinitely long switching times  
514 (no state transitions), both approaches produce parameter estimates with similar accuracy (**Fig.**  
515 **6a,b** and **Fig. S5 in the Supporting Material**). As the average switching time is decreased, the  
516 mean relative errors start to increase for both methods. Importantly, fitting distributions of apparent  
517 diffusion coefficients produced parameter estimates that deviated sooner from the ground truth (as  
518 a function of decreasing average switching time) than those obtained by fitting single-step  
519 displacement distributions. In the limit of short switching times, fitting of both the apparent  
520 diffusion coefficient and single-step displacement distributions produced large errors, because a  
521 single molecule can sample both diffusive states repeatedly during the timescale of the  
522 measurement. When using 25 ms exposure times, accurate parameter estimates can be made for  
523 this two-state system, if  $T > 75$  ms and  $T > 500$  ms for displacement and apparent diffusion  
524 coefficient fitting, respectively. For accurate extraction of the parameters, the time resolution of  
525 the measurement should be about three times shorter than the average switching time  $T$ .



526

527 **Figure 6.** Resolving diffusive states in the presence of dynamic state transitions. (a) The mean  
 528 relative errors of the fitting parameters for a 2-state mixture ( $D_1 = 1 \mu\text{m}^2/\text{s}$ ,  $D_2 = 10 \mu\text{m}^2/\text{s}$ , 50:50  
 529 population fraction) as a function of different switching times between two diffusive states. The  
 530 mean % error obtained by fitting the single-step displacement distributions diverges for  $T < 75$  ms,  
 531 whereas the mean % error obtained by apparent diffusion coefficient fitting diverges for  $T <$

532 500 ms. (b) Individual parameter estimates as a function of state switching time for the same  
533 simulations as in (a). Population fraction  $f_2 = 1 - f_1$  is not shown for clarity. (c) The mean relative  
534 errors of the fitting parameters as a function of the number of averaged displacements. The shaded  
535 areas represent 10% error limits for each parameter. (d) Parameter estimates as a function of  
536 averaged displacements for the same simulations as in panel c. Color scheme is the same as the  
537 legend in panel c. Grey lines represent the ground truth. The fitted individual parameter value  
538 produces horizontal curves for both the very short (2 ms) and very long ( $10^4$  ms) switching times.  
539 For intermediate switching times (50 ms), the fitted values trend away from the true value as the  
540 number of averaged displacements increases. (e) Mean deviation relative to the single  
541 displacement parameter estimates ( $N_i = 2$ ) for different switching times.  
542

543 The above observations suggest that it should be possible to estimate the timescale of  
544 diffusive state switching by time-averaged diffusion (TAD) analysis, i.e. by varying the number  
545 of averaged displacements. We therefore evaluated the apparent diffusion coefficients for  
546 overlapping sub-trajectories having different numbers of displacements/localizations. Specifically,  
547 within each single-molecule trajectory, we define overlapping sub-trajectories with  $N_i$   
548 localizations and  $N_i - 1$  displacements. The number of sub-trajectories for a given  $N_i$  is  $S = N - N_i + 1$ ,  
549 where  $N$  is the number of localizations in the full-length trajectory. Defining the first localization  
550 in the sub-trajectories as  $P$ , we modified Eqn 1 to

$$551 \quad MSD_{N_i, P} = \frac{1}{N_i - 1} \sum_{n=P+1}^{N_i+P-1} (x_n - x_{n-1})^2 \quad (7),$$

552 to obtain mean squared displacement values for different sub-trajectory lengths and starting points,  
553 namely  $N_i = 2, 3, \dots, 6$  and  $P = 1 \dots S$ .

554 Based on these sets of observables, we generated five new apparent diffusion coefficient  
555 libraries corresponding to the five different values of  $N_i$  (on average our experimental 3D  
556 trajectories are 5 displacements long). The state-switching trajectories were then re-analyzed using  
557 Eqn 7 and fit with the corresponding library. Again, we used the mean relative error over all fitting  
558 parameters to quantify the overall accuracy of the fit for each value of  $N_i$  (**Fig. 6c**). Consistent with  
559 the results above, the accuracy of the fitting parameters is poor for short switching times and good

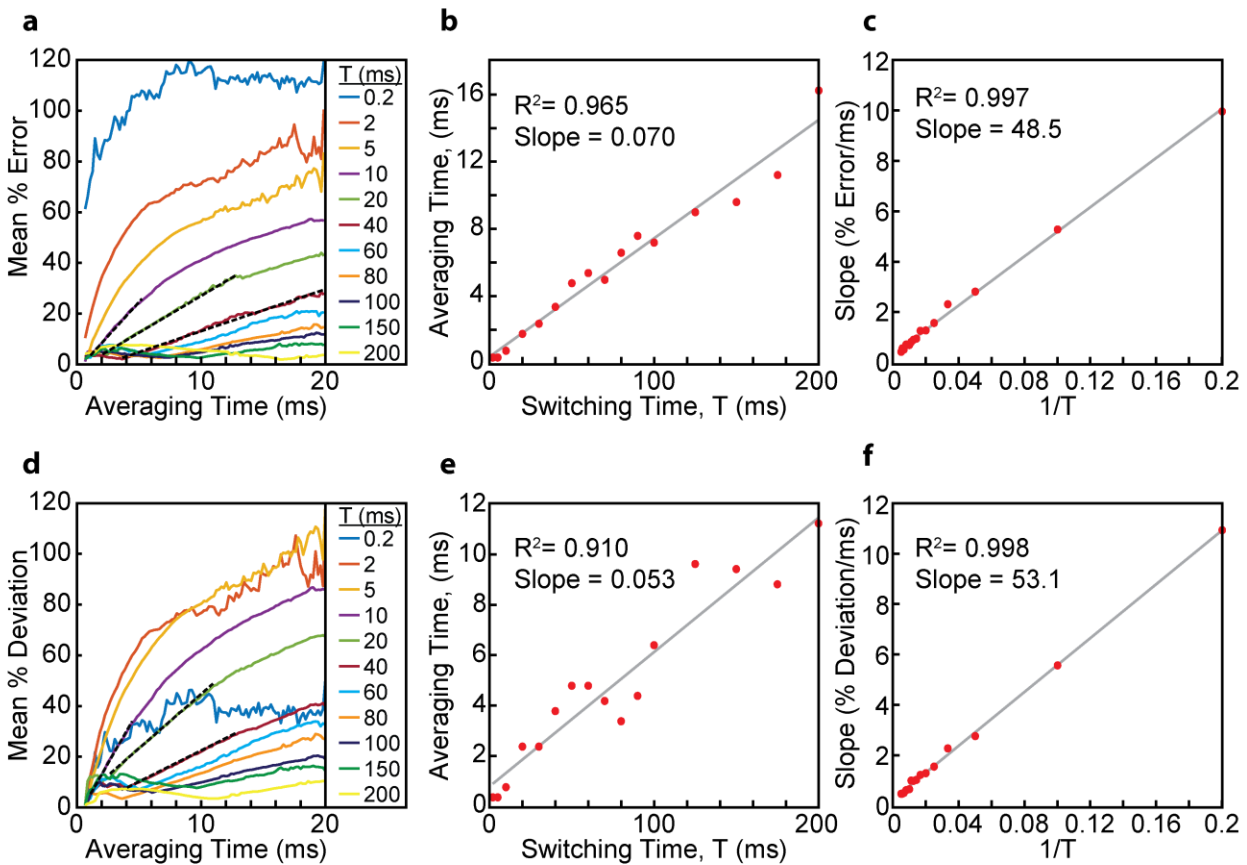
560 for long switching times. Importantly, the mean relative errors are constant for all  $N_i$  in both of  
561 these limiting cases. Thus, if the state switching time is substantially shorter or longer than the  
562 time resolution of the measurement, then the mean error does not change. In contrast, the mean  
563 errors increase for increasing  $N_i$ , if switching times are comparable to the timescale of a single-  
564 molecules trajectory (0.05-0.5s). The same trends are also observed when plotting the individual  
565 parameter fitting results (**Fig. 6d**). Based on these results, we conclude that the timescale of  
566 diffusive state switching can be estimated by determining the rate of change of individual fitting  
567 parameters as a function of the number of averaged displacements. For example, based on the  
568 results in **Fig. 6cd**, observing a consistent increase or decrease of individual fitting parameters as  
569 a function of  $N_i$  would indicate a diffusive state switching time between 20 and 500 ms. We note  
570 that the ground truth is unknowable in experimental work. We therefore computed an error relative  
571 to the parameter values obtained when fitting single displacement distributions (i.e.  $N_i = 2$ ). Single  
572 displacement distributions offer the best time resolution and thus should be least affected by  
573 diffusive state averaging. The parameter deviations relative to the parameter estimates at  $N_i = 2$   
574 displayed similar trends as those referenced to the ground truth (**Fig. 6e**).

575         It is clear that the dynamic range of TAD analysis improves if trajectories contain a large  
576 number of displacements. However, in camera-based tracking of fluorescent fusion proteins, only  
577  $N = 5$  or  $N = 12$  displacements can be observed on average for 3D and 2D tracking, respectively.  
578 Longer trajectories can be acquired using chemical dyes (24, 56, 57) or multiple fluorophores as  
579 labels (58), but potential of non-specific labeling or the size of multivalent fluorescent tags have  
580 to be weighed against this benefit. An important advantage of camera-based tracking is that the  
581 temporal dynamic range is tunable to access slow switching timescales (>500 ms) by adjusting the  
582 exposure time and/or by acquiring single-molecule trajectories in time-lapse mode (17, 27, 59).

583 On the other hand, exposure times shorter than a few milliseconds come at the expense of data  
584 acquisition throughput, because the full chip of current sCMOS cameras cannot be read out faster  
585 than 100 Hz (17). Thus, faster timescales are difficult to assess by camera-based tracking.

586 A solution to access faster time scales is MINFLUX microscopy (39). The time resolution  
587 of MINFLUX-based single-molecule tracking is two orders of magnitude better than camera-based  
588 tracking (0.2 ms vs 25 ms) and the number of localizations  $N$  is larger by one order of magnitude  
589 ( $N \sim 100$  vs.  $N \sim 10$ ). MINFLUX microscopy may thus be able to provide access to state switching  
590 dynamics on 0.2 ms to 20 ms timescales, whereas camera-based tracking can cover state switching  
591 dynamics on millisecond to minute timescales. To test the capability of MINFLUX microscopy to  
592 quantify fast state switching times, we applied TAD analysis to simulated MINFLUX data.  
593 MINFLUX trajectories were generated in the same way as the camera-based trajectories, i.e.  
594 through Monte Carlo simulations of confined Brownian diffusion, but the MINFLUX localization  
595 algorithm was used instead of PSF fitting (**Materials and Methods**). We then used libraries of  
596  $N_i$ -fold averaged MINFLUX displacement distributions to fit state-switching trajectories for  
597 different switching times  $T$  ( $D_1 = 1 \mu\text{m}^2/\text{s}$ ,  $D_2 = 10 \mu\text{m}^2/\text{s}$ ,  $k_1 = k_2$ ). We found that the mean % error  
598 vs.  $N_i$  curves (**Fig. 7a**) displayed two key characteristics that correlate linearly with switching time  
599  $T$  or with switching rate  $1/T$ . First, for each switching time  $T$ , there exists a threshold value  $N_{i,T}$ ,  
600 after which the mean % error increases linearly as a function of  $N_i$ .  $N_{i,T}$  and  $T$  are linearly correlated  
601 (**Fig. 7ab**). Second, the slope of the initial linear increase and the switching rate  $1/T$  are linearly  
602 correlated as well (**Fig 7ac**). Based on these linear relationships, we conclude that the timescale of  
603 state transitions can be determined from the position of  $N_{i,T}$  and from the slope of the following  
604 linear increase.

605



606

607 **Figure 7.** Resolving diffusive states in the presence of dynamic state transitions for MINFLUX  
 608 data. (a) Mean % error in the parameter estimates compared to the ground truth for various  
 609 switching times ( $D_1 = 1 \mu\text{m}^2/\text{s}$ ,  $D_2 = 10 \mu\text{m}^2/\text{s}$ ,  $k_1 = k_2$ ). Initial slope determinations (dashed black  
 610 lines) are shown for the  $T = 10, 20,$  and  $40$  ms datasets. The averaging time is the value of  $N_i$   
 611 multiplied by the multiplex cycle time  $\Delta t = 200 \mu\text{s}$ . (b) Averaging time at which the mean % error  
 612 begins to linearly increase. (c) Slope of the initial linear increase of the mean % error. Switching  
 613 times of  $0.2$  and  $2$  ms are not included here, because the linear section of their curves in panel are  
 614 not sufficiently resolved. (d) Mean % deviation in the parameter estimates relative to the parameter  
 615 estimates at  $N_i = 3$ . Again, initial slope determinations (dashed black lines) are shown for the  $T =$   
 616  $10, 20,$  and  $40$  ms datasets. (e) Averaging time at which the mean % deviation in panel d begins to  
 617 linearly increase. (f) Slope of the initial linear increase of the mean % deviation in panel d. Again,  
 618 switching times of  $0.2$  and  $2$  ms are not included.

619

620 Since the ground truth is not accessible by experiment, we repeated the above analysis by  
621 referencing all parameter estimates to the parameters obtained at  $N_i = 3$  (**Fig. 7d**).  $N_i = 3$   
622 corresponds to a time resolution of 600  $\mu$ s. The curves obtained by plotting the mean % deviation  
623 from the  $N_i = 3$  parameter estimates vs.  $N_i$  displayed the same characteristic linear increases as a  
624 function of  $N_i$ . The onset of the linear increase  $N_{i,T}$  and the slope of the linear increase still  
625 correlated linearly with  $T$  and  $1/T$ , respectively (**Fig. 7def**). These results show that the switching  
626 rate between two diffusive states can be reliably determined by TAD analysis of 2D and 3D single-  
627 molecule tracking data.

628

## 629 **Conclusions**

630 In this work, we present and test a robust analysis method for estimating diffusive state  
631 parameters of fluorescently labeled biomolecules in confined bacterial cell volumes based on  
632 single-molecule tracking. We show that it is possible to resolve the unconfined diffusion  
633 coefficients and the population fractions of multiple diffusive states based on a few thousand short  
634 single-molecule trajectories obtained by camera-based tracking. The numerical analysis  
635 framework presented is generally applicable to both 2D and 3D tracking and any confinement  
636 geometry. We show that 2D and 3D single-molecule tracking are roughly equivalent in their ability  
637 to resolve multiple diffusive states. To address the issue of diffusive state switching during the  
638 timescale of measurement, we propose time-averaged diffusion (TAD) analysis. By averaging over  
639 different number of subsequent displacements, the timescale of state switching can be determined,  
640 if that timescale is comparable to the duration of the recorded trajectories. For example,  
641 MINFLUX microscopy can provide access to state switching dynamics occurring on 2-200 ms  
642 timescales using data acquisition parameters relevant for fluorescent protein localization in living



643 cells. On the other hand, camera-based tracking can be used to detect state switching dynamics on  
644 20 ms to seconds timescales either by using longer exposure times or by acquiring data in time-  
645 lapse mode. TAD analysis of experimental single-molecule trajectories thus provides a general  
646 and robust approach to quantify the diffusive states and diffusive state transitions that manifest in  
647 living cells.

648

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