











**Movie S1:** Live cell single molecule video of CHOK1 cell transfected with mEos2  $\alpha_v\beta_3$  imaged at 25 ms per frame for 2 min (4800 frames). Red circles indicate detected molecules. Interspersed every 10s (400 frames) is an EGFP fill which allows determination of the cell outline. Field size – 28.4 $\mu$ m x 28.4 $\mu$ m.