Contents

Agradecimientos i
Abstract ii
Resumen iv
Resum vii

1 Introduction 1
  1.1 Motivation .................................................... 1
  1.2 Aims ............................................................. 4
  1.3 Thesis organisation .......................................... 6

2 State of the art 9
  2.1 Hierarchical structure of bone ............................... 9
    2.1.1 Introduction to hierarchical levels of the bones structure . 10
    2.1.2 Cancellous bone and lamellar tissue structure, features
         and properties ............................................... 13
    2.1.3 Mechanical behaviour of bone ............................ 16
    2.1.4 Elastic properties of bone ................................ 18
    2.1.5 Strength properties of bone ................................ 22
    2.1.6 Bone failure at different scales ......................... 25
  2.2 Experimental characterisation of cancellous bone .......... 29
  2.3 Bone tissue characterisation using imaging techniques .... 34
    2.3.1 Conventional imaging techniques for bone .............. 35
2.3.2 Techniques to evaluate bone hierarchical levels ............. 38
2.3.3 Artifacts introduced in bone images ........................ 43
2.3.4 Image segmentation methods ................................. 46
2.4 Morphometric characterisation of cancellous bone ............. 48
2.5 Numerical modelling of cancellous bone ........................ 54
  2.5.1 Parametric numerical models of bone ....................... 54
  2.5.2 Image-based models ........................................ 56
  2.5.3 Definition of material properties in numerical models .... 58
  2.5.4 Estimation of bone elastic properties ...................... 59
  2.5.5 Modeling failure in numerical models ....................... 60
2.6 Osteoporotic bone tissue characterisation ...................... 62
  2.6.1 Age-related bone diseases .................................. 63
  2.6.2 Epidemiology and impact of osteoporosis .................. 65
  2.6.3 Pathogenesis of osteoporosis ............................... 67
  2.6.4 Diagnosis of osteoporosis ................................. 71
  2.6.5 Osteoporotic tissue ......................................... 74
2.7 Additive manufacturing in biomechanics ....................... 77
  2.7.1 Definition of additive manufacturing processes .......... 78
  2.7.2 Fused Deposition Modelling (FDM) Technology ............. 81
  2.7.3 Polylactic acid (PLA) ..................................... 83
  2.7.4 Implementation of additive manufacturing in biomedical
  field ............................................................. 84

3 Image analysis of cancellous bone 89
  3.1 Introduction ...................................................... 89
  3.2 Cancellous bone samples description .......................... 90
    3.2.1 Swine cancellous bone samples from lumbar vertebrae .. 91
    3.2.2 Human cancellous bone samples from femoral heads .... 94
    3.2.2.1 Classification of the human femoral cancellous
    bone specimens ............................................. 101
  3.3 Cancellous architecture assessment at the stereomicroscope .. 102
  3.4 μ-CT images analysis of cancellous bone specimens ............ 111
  3.5 Lamellar tissue assessment at the field emission scanning elec-
  tron microscope (FESEM) ........................................ 114
    3.5.1 Cancellous bone sample preparation procedure for FESEM 115
    3.5.2 Imaging assessment of lamellar tissue structure .......... 117
    3.5.3 Imaging assessment of lamellar tissue porosity ........... 119
  3.6 Conclusions ..................................................... 122
4 Explicit expressions for the estimation of the elastic constants of lamellar bone as a function of mineral content and porosity

4.1 Introduction .......................................................... 127
4.2 Explicit modelling of porosity at tissue level ....................... 129
  4.2.1 Modelling porosity at tissue level ................................ 131
  4.2.2 Strength limits inferred of lamellar tissue ..................... 135
  4.2.3 Micro-FE of trabecular vertebral specimen .................... 138
  4.2.4 Bone failure modelling ........................................... 139
  4.2.5 Material property degradation MPDG for damage evolution law .......................................................... 140
4.3 Results ........................................................................ 143
  4.3.1 Stiffness of lamellar tissue as a function of bone mineral density (BMD) and microporosity ......................... 143
  4.3.2 Numerical modelling of the trabecular bone strength ........ 148
  4.3.3 Discussion of the obtained results ............................... 152
4.4 Conclusions ................................................................ 158

5 Estimation of the strength limits of lamellar bone as a function of mineral content and porosity

5.1 Introduction .............................................................. 159
5.2 Finite element model description ..................................... 165
5.3 Bounds on the ultimate tensile strength of non-porous lamellar tissue for different bone mineral content .................... 167
5.4 Bounds on ultimate compressive strength of non-porous lamellar tissue for different bone mineral content .................... 170
5.5 In-plane ultimate strength of porous lamellar tissue considering mineral content and lacunae concentration .................. 173
  5.5.1 Tensile and compressive strength ................................ 173
5.6 Results obtained for in-plane strength limits ...................... 176
  5.6.1 Ultimate strength of non-porous lamellar tissue .............. 176
  5.6.2 In-plane ultimate strength of lamellar tissue considering mineral content and lacunae concentration .................. 178
    5.6.2.1 Ultimate tensile and compressive strength .............. 179
    5.6.2.2 Intralamelar shear stress evolution with porosity and mineral content .............................................. 185
5.7 Discussion .................................................................... 186
5.8 Conclusions ................................................................ 187
6 Experimental characterisation and numerical simulation of the mechanical behaviour of osteoporotic, osteoarthrosic and healthy cancellous human bone

6.1 Introduction ............................................................... 189
6.2 Methodology to obtain the cancellous bone samples ............... 191
6.3 High resolution scanning, image segmentation and morphometric characterisation ................................................................. 193
  6.3.1 Micro-CT image segmentation ................................ 194
  6.3.2 Assessment of the bone mineral density using micro-CT images ................................................................. 195
  6.3.3 Morphometric analysis of the human cancellous bone specimens ................................................................. 202
    6.3.3.1 Morphometric results of the healthy, osteoarthrosic and osteoporotic cancellous bone specimens ... 208
6.4 Compression mechanical characterisation of human cancellous bone specimens ................................................................. 214
  6.4.1 Apparent elastic modulus ($E_{app}$) estimation ............... 215
  6.4.2 Compression mechanical behaviour of human cancellous bone up to failure ................................................................. 217
6.5 Correlation between morphometric parameters and apparent properties of human cancellous bone ................................................................. 222
6.6 Numerical modelling and calibration of the elastic and failure properties of human cancellous bone ................................................................. 228
  6.6.1 Finite element model generation and failure criterion .. 228
  6.6.2 Elastic and failure properties using FE models for healthy and diseased human cancellous specimens ............... 231
6.7 Comparison of apparent and tissue Young’s modulus estimated by µ-CT, compression tests and FE models ............... 235
6.8 Conclusions ............................................................... 237

7 Mechanical characterisation of cancellous bone surrogates and gyroids made out of additive manufacturing. Experimental testing and numerical correlation

7.1 Introduction ............................................................... 241
7.2 Analysis of the compressive behaviour of cancellous bone surrogates ................................................................. 243
  7.2.1 Preparation and manufacture of bone surrogates ............... 244
  7.2.2 Experimental results of the cancellous bone surrogates subjected to compression load ................................................................. 247
  7.2.3 Calibration of elastic and failure properties of cancellous bone surrogates ................................................................. 251
7.3 Characterisation of the compressive behaviour of triply periodic minimal surface (TPMS) structures 253
  7.3.1 Introduction 254
  7.3.2 Analysis and design of a gyroid TPMS 256
    7.3.2.1 Experimental compression characterisation of sheet and solid gyroids 258
    7.3.2.2 Numerical estimation of elastic and failure properties of sheet gyroid 261
  7.3.3 Design and evaluation of non-isotropic gyroids 264
    7.3.3.1 Geometric generation of non-isotropic sheet gyroids 265
    7.3.3.2 3D printing process to obtain the polylactic acid (PLA) samples 266
    7.3.3.3 Analysis of the mechanical compression behaviour of non-isotropic sheet gyroids 268
    7.3.3.4 Numerical calibration of the elastic and failure properties of non-isotropic sheet gyroids 275
  7.4 Conclusions 279

8 Thesis conclusions and main contributions 281
  8.1 Conclusions 281
  8.2 Main contributions of the thesis 285

9 Future work 289