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The use of Three-Dimensional Printing in Orthopaedics: a Systematic Review and Meta-analysis

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Abstract

Objectives: 3D-printing is a rapidly developing technology with applications in orthopaedics including pre-operative planning, intraoperative guides, design of patient specific instruments and prosthetics, and education. Existing literature demonstrates that in the surgical treatment of a wide range of orthopaedic pathology, using 3D printing shows favourable outcomes. Despite this evidence 3D printing is not routinely used in orthopaedic practice. We aim to evaluate the advantages of 3D printing in orthopaedic surgery to demonstrate its widespread applications throughout the field.

Methods: We performed a comprehensive systematic review and meta-analysis. AMED, EMBASE, EMCARE, HMIC, PsycINFO, PubMed, BNI, CINAHL and Medline databases were searched using Healthcare Databases Advanced Search (HDAS) platform. The search was conducted to include papers published before 8th November 2020. Clinical trials, journal articles, Randomised Control Trials and Case Series were included across any area of orthopaedic surgery. The primary outcomes measured were operation time, blood loss, fluoroscopy time, bone fusion time and length of hospital stay.

Results: A total of 65 studies met the inclusion criteria and were reviewed, and 15 were suitable for the metaanalysis, producing a data set of 609 patients. The use of 3D printing in any of its recognised applications across orthopaedic surgery showed an overall reduction in operative time (SMD = -1.30; 95%CI: -1.73, -0.87), reduction in intraoperative blood loss (SMD = -1.58; 95%CI: -2.16, -1.00) and reduction in intraoperative fluoroscopy time (SMD = -1.86; 95%CI: -2.60, -1.12). There was no significant difference in length of hospital stay or in bone fusion time post-operatively.

Conclusion: The use of 3D printing in orthopaedics leads to an improvement in primary outcome measures showing reduced operative time, intraoperative blood loss and number of times fluoroscopy is used. With its wide-reaching applications and as the technology improves, 3D printing could become a valuable addition to an orthopaedic surgeon's toolbox.

Level of evidence: I

Keywords: Orthopedic, Printing, Review, Systematic, Three dimensional

Introduction

hree-dimensional (3D) printing refers to a manufacturing technology that is used to create a three-dimensional object from a digitally designed model. Although its uses in medicine are relatively new, it is not a new technology. 3D printing technology was first developed as "stereolithography" in the early 1980's, with commercial printers becoming available later that decade. ¹ However, since then 3D printing has revolutionised the design and manufacturing processes in many different

Corresponding Author: Olivia O'Connor, Department of Trauma and Orthopaedics, Addenbrookes Major Trauma Unit, Cambridge/ School of Clinical Medicine, University Of Cambridge, Cambridge, United Kingdom University Hospitals, United Kingdom industries, allowing faster production, increased customisation, and rapid refinement. As the technology developed, 3D printing has become more accessible, more applicable and more cost effective ²; thus, facilitating it to emergence into the medical field.

The uses of 3D printing in orthopaedic surgery can be split in six main categories: (1) Surgical planning, (2) Surgical implants, (3) Surgical instruments, (4) Surgical training, (5) Fracture fixations devices and (6) Orthotics; the most



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common of these being its use in surgical planning, surgical implants and surgical instruments. In surgical planning, 3D printing allows surgeons to print a 3D model to visualise the anatomy and better prepare for complex operations. For example, 3D models were created to guide incision, placement of clamps, and the placement of plates and screws in the reduction of complex acetabular fractures. ³ 3D printed surgical implants are often seen as more customisable, and allow for patient-specific needs to be met, for example in complex foot and ankle pathologies. ⁴ Surgical instruments, such as surgical tools and guides can be used to aid operations, allowing for more accurate deformity correction or resection, implant placement and reducing operative time. ⁵

There have been a number of primary studies published on the applications of 3D printing in orthopaedics, especially over the last few years. There have also been some literature reviews giving an overview of 3D printing in orthopaedics and showing possible future directions. ⁶, There has been a recent systematic review and metaanalysis on the use of 3D printing in pre-operative planning in orthopaedic surgery, which found 3D printing reduces operative time, intraoperative blood loss and the number of times fluoroscopy is used. ⁸ However, to our knowledge, there are no recent systematic review and meta-analyses on the clinical applications and surgical outcomes of 3D printing as a whole in orthopaedic surgery. Therefore, the aim of this systematic review and meta-analysis was to analyse studies from all areas of orthopaedic surgery to determine the clinical applications and assess surgical outcomes. We wanted to determine if the use of 3D printing in orthopaedic surgery reduced operative time, blood loss, and fluoroscopy time. We also analysed bone fusion time, and length of hospital stay.

Materials and Methods

Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guideline was used throughout this systematic review. ⁹

To identify all the relevant studies relating to 3D printing in orthopaedic surgery a thorough search was conducted. AMED, EMBASE, EMCARE, HMIC, PsycINFO, PubMed, BNI, CINAHL and Medline databases were searched using Healthcare Databases Advanced Search (HDAS) platform. The search was conducted to include papers published before 8th November 2020.

In order to capture articles on 3D printing the following keywords were searched: '3D Printing', '3-dimensional printing', 'three-dimensional printing', 'additive manufacturing', 'rapid manufacturing', 'stereolithography', 'Selective Laser Sintering', 'fused deposition modelling', 'printed scaffold', 'inkjet printing', '3D modelling', '3-dimensional modelling' 'three-dimensional modelling', 'computed aided design', 'computed aided modelling', 'Additive printing', and 'reverse engineering'. These terms were used in combination with the orthopaedic keywords 'Ortho', 'orthopaedics', 'bone' and 'joint'. The search also excluded the keywords 'jaw', 'maxillofacial', 'craniofacial', 'orthognathic', 'mandibular', 'dental', 'neurosurgery', 'skull', 'ribs', 'cardiothoracic', 'bioprinting', '3D navigation', '3D planning' to remove articles on cranial, maxillofacial and cardiothoracic surgery as well as articles

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that use techniques other than 3D printing.

After duplicates were removed, three independent researchers conducted an abstract screen and excluded animal studies, simulator studies, experimental studies and cadaver studies. This was to ensure all studies included were applicable to the use of orthopaedic surgery on humans in today's practice. Only papers with full text available in English were considered, as we did not have the ability for accurate translation for papers written in languages other than English. Clinical trials, journal articles, Randomised Control Trials and Case Series were included across any area of orthopaedic surgery. After this screening process, 65 papers were found to be relevant and were included in this review. Two independent researchers extracted the following data from these papers: Year of publication, Country of origin, Study design, Number of patients, 3Dprinting materials and technique, Cost, Patient opinion, Surgical opinion, and Surgical outcomes (Operation time, blood loss, fluoroscopy time, healing time, length of hospital stay). A PRISMA flow diagram of the search strategy is provided in [Figure 1].



Figure 1. Figure 1: PRISM Flow diagram summarising study selection process.

We used the population, intervention, comparison, outcome (PICO) framework to develop our search strategy and main questions for the meta-analysis. We analysed the use of 3D printing in all aspects of orthopaedic surgery to ascertain whether it's use reduced operative time, blood loss fluoroscopy time, bone fusion time, and length of hospital stay compared to when 3D printing was not used.

Quality assessment

The GRADE criteria ¹⁰ was used to perform the quality assessment on the included papers [Supplementary Table 1]. For the clinical studies, the risk of bias assessments were conducted using the RoB2 tool ¹¹ for randomised control trials [Supplementary Table 2], and the ROBINS-I tool ¹² for non-randomised control trials [Supplementary Table 3]. After a thorough search, no risk of bias assessment tool could be found to assess the non-animal preclinical studies included in our review. Therefore, in order to assess the risk of bias of the pre-clinical studies we created our own risk of bias tool. This was done by selecting the relevant risk of bias domains from a list of regularly used domains reported by Wang et al.¹³ The risk of bias domains we selected are shown in [Supplementary Table 4]. The supplementary tables include the risk of bias analyses, which includes a number of bias domains including publication bias.

Statistical analysis

Statistical analysis was conducted using Review Manager (RevMan Computer program, Version 5.4.1, The Cochrane Collaboration, 2020). A primary meta-analysis was performed using the DerSimonian-Laird random-effects model to calculate the pooled estimate of the standardised mean differences (SMD) in operative time, blood loss, fluoroscopy time, duration for bone fusion and length of hospital stay between the 3D printing and conventional management groups. A negative SMD suggested that 3D printing was superior to conventional surgery, and forest plots were generated with 95% confidence intervals (95% CIs). The I2 value was used to estimate heterogeneity, with the thresholds of 0-40% as no important heterogeneity, 303D PRINTING IN ORTHOPAEDICS: A SYSTEMATIC REVIEW

60% as moderate, 50-90% as substantial and 75-100% as considerable heterogeneity. $^{\rm 14}$

Results

Characteristics of included studies

After exclusion criteria were applied 65 papers were found to be relevant. Of the 65 studies, 11 were randomised control trials (RCTs), ten were case series, 16 were retrospective case series, 15 were pre-clinical trials, two were retrospective studies, ten were cohort studies and one was a cross-sectional observational study.

The included studies were conducted in 17 different countries, and the five most represented countries were China (n=27, 41.5%), USA (n=10, 15.4%), UK (n=5, 7.7%), South Korea (n=4, 6.2%), and Italy (n=4, 6.2%).

There were eight applications of 3D printing reported including model for surgical planning (n=17, 26.2%), surgical implants (n=13, 20.0%), surgical guides (n=13, 20.0%), surgical training (n=5, 7.7%), conservative fracture fixations (n=4, 6.2%), surgical tools (n=2, 3.1%), orthotics (n=1, 1.5%), and external fixation (n=1, 1.5%).

The 3D printing techniques used were also extracted with 12 different 3D printing techniques being used. The five most commonly used techniques were fused deposition modelling (n=13, 20.0%), selective laser sintering (n=11, 16.9%), stereolithography (n=8, 12.3%), inkjet like 3D printing (n=7, 10.8%), and electron beam melting (n=4, 6.2%). Six studies used multiple 3D printing techniques.

We extracted five different surgical outcomes from the studies: 15 studies investigated operative time, 11 investigated blood loss, seven investigated blood loss, four measured time taken for bone fusion and two calculated length of hospital stay.

Meta-analysis

Studies with comparison groups and reporting surgical outcomes were included in the meta-analysis. Of the 65 studies that were found to be relevant, 15 studies were suitable for the meta-analysis, producing a data set of 609 patients. The characteristics of the studies included in the meta-analysis are shown in [Table 1].

| Table 1. C | lal acteristi | cs of studi | les include | u in the | ineta-analy | /515 | | | | |
|---------------------|---------------|-------------|-----------------|----------|--------------|-------|--------------------|---|------------------------|---------------------------|
| Author | Country | Year | Study type | n 3D | n control | M/F | Age, y (SD) | Orthopaedic condition | Use of 3D printing | FU duration (SD) |
| Cai et al. | China | 2020 | Cohort study | 15 | 28 | 30/13 | 38.0 (range 18-56) | AVN of femoral head | Surgical planning | 14 months |
| Duan et al. | China | 2019 | Cohort study | 14 | 16 | NR | 52.0 (19.0) | Subtalar joint arthrodesis | Surgical guide | 1.8 (0.7) years |
| Giannetti et al. | Italy | 2016 | Cohort study | 16 | 24 | 22/18 | 43.2 (range 23-65) | Displaced tibial plateau fracture | Surgical planning | 13.3 (range 11-21) months |
| Tian et al. | China | 2018 | Cohort study | 31 | 31 | 9/53 | 67.6 (7.9) | Total knee arthroplasty | Surgical instrument | 38 (31-47) months |
| Wang et al. | China | 2018 | Cohort study | 21 | 25 | 14/32 | 71.0 (5.8) | Proximal third humeral shaft fracture | Surgical guide | 16.9 (5.1) months |
| Wang X et al. | China | 2019 | Cohort study | 8 | 12 | 8/12 | 26.0 (8.0) | Periacetabular osteotomy | Surgical guide | 13 (5) months |

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| Table 1. C | ontinued | | | | | | | | | |
|---------------------|----------|------|-----|----|----|-------|----------------------|--|----------------------|-------------------|
| Chen et al. | China | 2019 | RCT | 23 | 25 | 31/15 | 38.7 (13.6) | AO type C distal radius fractures | Surgical planning | 13.1 (0.7) months |
| Huang et al. | China | 2020 | RCT | 20 | 20 | 26/14 | 43.4 (11.6) | Both-column acetabular fractures | Surgical planning | NR |
| Kong et al. | China | 2020 | RCT | 16 | 16 | 19/13 | 42.0 (5.9) | Intra-articular distal radial fracture | Surgical planning | 6 months |
| Liu K et al. | China | 2020 | RCT | 18 | 38 | 28/28 | 17.5 (range 12-19.5) | Pelvic osteotomy | Surgical planning | 24 months |
| Ozturk et al. | Turkey | 2020 | RCT | 10 | 10 | 18/2 | 43.0 (18.7) | High-energy tibial plateau fracture | Surgical planning | 9.8 (3.3) months |
| Wang Xiji et al. | Japan | 2019 | RCT | 10 | 10 | 8/12 | 57.7 (7.0) | Lumbar cortical bone trajectory screw fixation | Surgical guide | NR |
| Wan L et al. | China | 2019 | RCT | 48 | 48 | 66/30 | 43.4 (4.5) | Complex acetabular fracture | Surgical planning | NR |
| Yang et al. | China | 2017 | RCT | 20 | 20 | 28/12 | 38.6 (range 23-61) | Elbow fracture | Surgical planning | NR |
| Yin et al. | China | 2020 | RCT | 8 | 8 | 15/1 | 28.0 (6.9) | Scaphoid nonunion | Surgical planning | 6 months |

Operative time

All 15 studies investigated operative time, of which nine were RCTs. ¹⁵⁻²³ Meta-analysis revealed a statistically significant reduction in operative time (Standardised Mean

Difference (SMD) = -1.30; 95%CI: -1.73, -0.87) in the 3D printing groups compared to the control groups [Figure 2.1]. There was substantial heterogeneity in the data ($I^2 = 81\%$).

| 3D Printing | | | | C | ontrol | | : | Std. Mean Difference | Std. Mean Difference | | | |
|---|-------|------|-------|-------|--------|-------|----------------|----------------------|-------------------------------------|--|--|--|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Random, 95% CI | IV, Random, 95% CI | | | |
| Cai et al. 2020 | 135.4 | 9.5 | 15 | 151 | 15.3 | 28 | 7.1% | -1.13 [-1.80, -0.45] | | | | |
| Chen et al. 2019 | 66.5 | 5.3 | 23 | 75.4 | 6 | 25 | 7.2% | -1.54 [-2.19, -0.89] | | | | |
| Duan et al. 2019 | 2.1 | 0.7 | 14 | 4.6 | 1.9 | 16 | 6.4% | -1.65 [-2.50, -0.81] | | | | |
| Giannetti et al. 2016 | 148.2 | 15.9 | 16 | 174.5 | 22.2 | 24 | 7.0% | -1.29 [-1.99, -0.59] | | | | |
| Huang et al. 2020 | 130.8 | 29.2 | 20 | 206.3 | 34.6 | 20 | 6.6% | -2.31 [-3.13, -1.49] | | | | |
| Kong et al. 2020 | 51.4 | 6.8 | 16 | 63.5 | 5.9 | 16 | 6.4% | -1.85 [-2.70, -1.01] | | | | |
| Liu K et al. 2020 | 288 | 120 | 18 | 372 | 90 | 38 | 7.4% | -0.82 [-1.41, -0.24] | | | | |
| Ozturk et al. 2020 | 89.5 | 5.9 | 10 | 127 | 14.5 | 10 | 4.4% | -3.24 [-4.67, -1.82] | | | | |
| Tian et al. 2018 | 81.5 | 16.4 | 31 | 72.9 | 18.1 | 31 | 7.7% | 0.49 [-0.01, 1.00] | | | | |
| Wang et al. 2018 | 42.6 | 7.6 | 21 | 60.4 | 10.2 | 25 | 7.0% | -1.92 [-2.63, -1.21] | | | | |
| Wang X et al. 2019 | 102 | 7 | 8 | 117 | 19 | 12 | 6.0% | -0.93 [-1.88, 0.02] | | | | |
| Wang Xiji et al. 2019 | 204 | 25 | 10 | 211.1 | 16.7 | 10 | 6.3% | -0.32 [-1.20, 0.56] | | | | |
| Wan L et al. 2019 | 210.8 | 54.5 | 48 | 296.4 | 66.2 | 48 | 7.9% | -1.40 [-1.85, -0.95] | | | | |
| Yang et al. 2017 | 61 | 13 | 20 | 82 | 22 | 20 | 7.1% | -1.14 [-1.81, -0.47] | | | | |
| Yin et al. 2020 | 69.4 | 15.3 | 8 | 94.1 | 18.7 | 8 | 5.4% | -1.37 [-2.49, -0.25] | | | | |
| Total (95% CI) | | | 278 | | | 331 | 100.0% | -1.30 [-1.73, -0.87] | ◆ | | | |
| Heterogeneity: $Tau^2 = 0.55$; $Chi^2 = 72.76$, $df = 14$ (P < 0.00 | | | | | | | ; $I^2 = 81\%$ | 6 | | | | |
| Test for overall effect: $Z = 5.98$ (P < 0.00001 | | | | | | | | | Favours 3D printing Favours control | | | |

Figure 2.1. Forest plot of comparison: 3D printing versus conventional surgery, outcome: Operative time (min)

Intra-operative blood loss

Blood loss was measured in 11 of the 15 studies, seven of which were RCTs. $^{3,15-17,19,20,22}$ This created a data set of 467 patients. Meta-analysis showed that there was a statistically significant reduction in blood loss (SMD = -1.58; 95%CI: -2.16, -1.00) in the 3D printing groups compared to the control groups [Figure 2.2]. There was a substantially high heterogeneity in this data (I² = 84%).

Fluoroscopy time

Fluoroscopy time was measured in seven studies creating a

data set of 286 patients. Five of these studies were RCTs. $^{3,15-17,19}$ Meta-analysis of this data showed there was a statistically significant reduction in fluoroscopy time (SMD = -1.86; 95%CI: -2.60, -1.12) in the 3D printing groups compared to the control groups [Figure 2.3]. The heterogeneity of this data was I² = 83%.

Bone fusion

Time taken for bone fusion was measured in four studies with a total data set of 136 patients. Two of these studies were RCTs. ^{16,19} Meta-analysis revealed a difference in time

taken for bone fusion (SMD = -0.30; 95%CI: -0.84, 0.25) in the 3D printing groups compared to the control groups [Figure 2.4]. The 95% confidence interval overlapping with 0 indicates these results are not statistically significant at 5% significance levels. The heterogeneity of this data was substantial with $I^2 = 58\%$.

Length of hospital stay

Length of hospital stay was measured in two studies both of

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which are RCTs. 18,20 This created a data set of 76 patients. Pooled estimation revealed a difference in length of hospital stay (SMD = -0.58; 95%CI: -1.16, 0.01) in the 3D printing groups compared to the control groups [Figure 2.5]. The 95% confidence interval overlapping with 0 indicates these results are not statistically significant at 5% significance levels. There was an insignificant heterogeneity in this data ($I^2 = 26\%$).

| | 3D Printing | | | Control | | Std. Mean Difference | | Std. Mean Difference | |
|---|-------------|------------|--------|--------------|-------|----------------------|--------|----------------------|-------------------------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Random, 95% CI | IV, Random, 95% CI |
| Cai et al. 2020 | 225.1 | 13.4 | 15 | 283.6 | 30.6 | 28 | 9.2% | -2.21 [-3.00, -1.41] | _ - |
| Chen et al. 2019 | 41.1 | 7.5 | 23 | 54.2 | 7.9 | 25 | 9.7% | -1.67 [-2.34, -1.01] | |
| Huang et al. 2020 | 572 | 319.1 | 20 | 1,068 | 199.5 | 20 | 9.4% | -1.83 [-2.58, -1.08] | _ - |
| Kong et al. 2020 | 52.3 | 9.9 | 16 | 74.2 | 10.3 | 16 | 8.8% | -2.11 [-3.00, -1.23] | |
| Ozturk et al. 2020 | 160.5 | 15.3 | 10 | 276 | 44.8 | 10 | 6.6% | -3.30 [-4.74, -1.86] | |
| Tian et al. 2018 | 250.9 | 148.8 | 31 | 602.1 | 230.6 | 31 | 10.0% | -1.79 [-2.38, -1.19] | |
| Wang et al. 2018 | 105.2 | 14.7 | 21 | 120.8 | 10.6 | 25 | 9.8% | -1.21 [-1.85, -0.58] | |
| Wang X et al. 2019 | 695 | 119 | 8 | 545 | 81 | 12 | 8.2% | 1.47 [0.44, 2.50] | |
| Wang Xiji et al. 2019 | 295 | 101.2 | 10 | 435 | 122.6 | 10 | 8.5% | -1.19 [-2.16, -0.22] | |
| Wan L et al. 2019 | 1,147.2 | 235.4 | 48 | 1,832.5 | 268.1 | 48 | 10.1% | -2.69 [-3.25, -2.14] | |
| Yang et al. 2017 | 47 | 16 | 20 | 69 | 28 | 20 | 9.7% | -0.95 [-1.60, -0.29] | |
| Total (95% CI) | | | 222 | | | 245 | 100.0% | -1.58 [-2.16, -1.00] | ◆ |
| Heterogeneity: Tau ² = | 9, df = | 10 (P < 0) | .00001 |); $I^2 = 8$ | 34% | | | | |
| Test for overall effect: $Z = 5.35$ (P < 0.00001) | | | | | | | | | Favours 3D printing Favours control |

Figure 2.2. Forest plot of comparison: 3D printing versus conventional, outcome: Blood loss (ml)

| | 3D Printing Control | | | | I | | Std. Mean Difference | Std. Mean Difference | | | |
|---|---------------------|-----|-------|------|------|-------|----------------------|----------------------|-------------------------------------|--|--|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Random, 95% CI | IV, Random, 95% CI | | |
| Chen et al. 2019 | 4.4 | 1.4 | 23 | 5.6 | 1.6 | 25 | 16.1% | -0.78 [-1.37, -0.19] | | | |
| Duan et al. 2019 | 2.4 | 0.2 | 14 | 3.5 | 0.8 | 16 | 14.4% | -1.78 [-2.65, -0.92] | _ - | | |
| Huang et al. 2020 | 4.2 | 1.8 | 20 | 7.7 | 2.6 | 20 | 15.4% | -1.53 [-2.25, -0.82] | | | |
| Kong et al. 2020 | 4.2 | 1.3 | 16 | 5.6 | 1.1 | 16 | 15.1% | -1.13 [-1.89, -0.38] | | | |
| Ozturk et al. 2020 | 10.7 | 1.8 | 10 | 18.5 | 2.2 | 10 | 10.0% | -3.72 [-5.27, -2.16] | ← | | |
| Wang X et al. 2019 | 4 | 1 | 8 | 7 | 2 | 12 | 13.0% | -1.71 [-2.78, -0.64] | . | | |
| Wan L et al. 2019 | 6.8 | 1.6 | 48 | 12.4 | 2.1 | 48 | 16.1% | -2.98 [-3.56, -2.39] | | | |
| Total (95% CI) | | | 139 | | | 147 | 100.0% | -1.86 [-2.60, -1.12] | • | | |
| Heterogeneity: $Tau^2 = 0.79$; $Chi^2 = 36.15$, $df = 6$ (P < 0 | | | | | (P < | 0.000 | 01); $I^2 = 8$ | 33% | | | |
| Test for overall effect: $Z = 4.95$ (P < 0.00001) | | | | | | | | | Favours 3D printing Favours control | | |

Figure 2.3. Forest plot of comparison: 3D printing versus conventional, outcome: Fluoroscopy time (min)

| | 3D Printing Control | | | I | 1 | Std. Mean Difference | Std. Mean Difference | | | |
|-----------------------------------|---------------------|--------------------|---------|----------|-------|-----------------------|----------------------|----------------------|-------------------------------------|--|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Random, 95% CI | IV, Random, 95% CI | |
| Duan et al. 2019 | 14 | 3 | 14 | 13 | 2 | 16 | 24.5% | 0.39 [-0.34, 1.11] | | |
| Huang et al. 2020 | 14.5 | 1.5 | 20 | 15.9 | 1.6 | 20 | 26.7% | -0.88 [-1.54, -0.23] | e | |
| Ozturk et al. 2020 | 11.9 | 1 | 10 | 12.5 | 1 | 10 | 19.8% | -0.57 [-1.47, 0.32] | | |
| Wang et al. 2018 | 15.7 | 3 | 21 | 16.2 | 3.7 | 25 | 29.0% | -0.14 [-0.73, 0.44] | | |
| Total (95% CI) | | | 65 | | | 71 | 100.0% | -0.30 [-0.84, 0.25] | | |
| Heterogeneity: Tau ² = | • 0.18; C | Chi ² = | 7.17, | df = 3 (| P = 0 |).07); I ² | ² = 58% | | | |
| Test for overall effect: | Z = 1.0 | 7 (P = | = 0.28) |) | | | | | Favours 3D printing Favours control | |

Figure 2.4. Forest plot of comparison: 3D printing versus conventional, outcome: Bone fusion (weeks)

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Figure 2.5. Forest plot of comparison: 3D printing versus conventional, outcome: Length of hospital stay (days)

Subgroup analyses are also performed separating RCT and cohort studies, which showed that in each of the two individual groups, 3D printing is associated with reduced operation time and volume of blood loss [Figure 3]. Importantly, there was no significant differences in operative time and blood loss between the RCTs and cohort studies, indicating that the findings from the two different types of studies show a high degree of concordance.



Figure 3. Subgroup analysis of RCTs-only and cohort studies-only for the outcomes (a) operative time and (b) blood loss

Discussion

From our results and meta-analysis we have found that the use of 3D printing in orthopaedics leads to a statistically significant reduction in operative time, intraoperative blood loss, and fluoroscopy time. This has been shown in a variety of different operation types [Table 1], including fracture fixation, osteotomy and arthroplasty. There was also a non-statistically significant reduction in both bone fusion time and length of hospital stay.

In all but one paper included in the meta-analysis, use of 3D printing was shown to reduce operative time. Reasons hypothesized for this reduction in operative time differed depending on the specific application of 3D printing utilized. For example, in those papers which used 3D printing to produce a model of the fractured bone for preoperative selection of appropriate plates and screws for fixation, operative time was reduced as fewer adjustments to selected plates and screws had to be made intraoperatively as compared to the control groups. ^{3,15–17,19,24,25} In those papers which used 3D printing to produce a surgical guide or templates for aspects of the surgical procedure for example insertion of K-wires or as a template for bone cutting, operative time was reduced due to reduction of surgical uncertainty and fewer revisions needed intraoperatively. ^{20,23,26-28} The only paper which reported an increase in operative time was that by Tian et al, in which patient specific instruments (PSIs) were generated using 3D printing. ²⁹ It was hypothesised that there is a learning curve with using PSIs, and once the surgeon surpasses the learning curve operative time will reduce. Applying this argument to the other papers, it is remarkable that operative time was shown to be reduced when 3D printing is such a novel technology and the application to surgical procedure will therefore require a learning curve. Indeed, a recent RCT published after the search date of the present meta-analysis similarly revealed a significant reduction in operation time in patients treated for displaced and intra-articular calcaneal fractures upon incorporation of 3D printing during the perioperative stage.³⁰ The reduction in operative time has been shown to be clinically relevant as a meta-analysis has demonstrated a 14% increase in complications for every 30 minutes of additional operating time.³¹ Therefore, the reduction in operative time that 3D printing may bring, could directly reduce complication rate, and benefit patient care.

It may be argued that despite the reductions in operative time shown in the meta-analysis, the overall time spent to treat each patient is increased when factoring in the time for manufacturing of the models. However, reducing intraoperative time in orthopaedic surgery has been shown to reduce the risk of short-term complications such as surgical site infections, reoperation and mortality. $^{32-34}$ Additionally, longer operative times lead to markedly increased costs- in 2016, NHS orthopaedic theatres cost £24.77 per minute to run. 35 The paper by Yin et al estimated a cost of \$300 (£219 on 31/12/2020) per 3D printed surgical guide, so in this example paper, use of 3D printing for surgical guides in scaphoid non-union fractures would have been cost effective with the £219 to produce the model being 3D PRINTING IN ORTHOPAEDICS: A SYSTEMATIC REVIEW

overshadowed by the reduction of an estimated £625 due to the resulting decrease in the operative time associated with the use of the 3D printed model (but note this estimate does not factor in additional medical costs for example, the costs of CT scans used to create the models). ²³ Additionally, it has been hypothesised that as the technology further advances the cost of 3D printing will further reduce further exacerbating the economic benefits.

Intraoperative blood loss was reduced in all but one of the papers included in our meta-analysis. This could be attributed to the shorter operative times. Wang et al reported an non-significant increase in intraoperative blood loss attributing this outlying result to unskilled installation of the cutting template for use in bernese periacetabular osteotomy for developmental dysplasia of the hip. ²⁸ This led to an increased dissection scope of the soft tissue particularly in the first few cases. They noticed blood loss decreased as the technique of the surgeons improved with more experience installing the template. As techniques become more refined, blood loss intraoperatively will decrease even further.

Intraoperative fluoroscopy time was reduced in all papers included in our meta-analysis which assessed fluoroscopy time, which is beneficial both in terms of reduced costs and reduced radiation exposure. However, for all the papers which studied fluoroscopy time, CT scans were used to aid the design of the 3D printed component. There is little literature which compares the amount of radiation using CT to intraoperative fluoroscopy. It has been shown that the use of fluoroscopy reduces the dose of radiation delivered to both patients and staff when compared with a standard CT scan.³⁶ Increased use of CT scanning in preoperative planning may therefore nullify the benefits reaped in terms of reduced radiation exposure for the patient due to reductions in fluoroscopy time. However, reduced intraoperative fluoroscopy time would reduce radiation exposure to the operating surgeons and theatre staff.

This systematic review looked at 3D printing in orthopaedics taking a broader view than much of the existing literature. However, when comparing our results to other systematic reviews already published in the field of 3D printing in orthopaedics with more focused applications, we saw comparable trends. Morgan et al showed when exclusively applied to preoperative planning in orthopaedic trauma, the use of 3D printing reduced intraoperative time, blood loss and intraoperative fluoroscopy. 8 The use of 3D printing in the treatment of individual orthopaedic pathologies has been the subject of a number of systematic reviews showing reduced intraoperative time and blood loss in the context of the treatment of complex pelvic and acetabular fractures ^{37,38} proximal humerus fractures ³⁹ and displaced intra-articular calcaneal fractures. ⁴⁰ Despite the support in the literature for its use, there are no existing guidelines in the UK from either National Institute of Clinical Excellence or British Orthopaedics Association which recommend the use of 3D printing in the routine treatment of orthopaedic pathology. With the improving costs of 3D printing and literature supporting its application, such as in pre-operative planning, it is possible we will see 3D printing

incorporated into clinical guidelines in the near future.

Limitation

Limitations of this meta-analysis lie in the sample sizes used in each of the papers included. A total of 278 patients treated using 3D printing were included in this meta-analysis with some of the included studies drawing results from as few as eight patients. Additionally, the broad scope of the paper means that it is difficult to draw conclusions about separate applications of 3D printing (for example preoperative planning, prosthesis design, implant design). This information would be useful in furthering the application of practice. orthopaedics in routine clinical as recommendations for its use to governing clinical bodies will ultimately be made based on data available for each of these separate applications, not data available regarding the use of 3D printing as a whole. Furthermore, the systematic review and meta-analysis search was performed on November 2020, and therefore studies published after this date are not incorporated in the meta-analysis. Importantly, studies published after the search date, for example by Lu and colleagues, showed highly concordant results to the present systematic review.³⁰ In that RCT of patients with displaced and intra-articular calcaneal fractures, use of perioperative 3D printing led to a reduction in operation duration, volume of blood loss and number of fluoroscopy used compared to the control group whom received conventional surgery. These findings are highly concordant to the present metaanalysis which similarly found 3D printing for orthopaedic procedures to be associated with shorter operative time. less blood loss and reduced intraoperative fluoroscopy time. Together, the high consistency between the present metaanalysis and studies published after the search date complement each other and strengthens the overall findings that 3D printing has significant benefits in orthopaedic surgery. Finally this meta-analysis did not look at clinical outcomes for patients despite data being available for many of the papers included. Since the papers included each focused on different orthopaedic pathologies, different clinical outcome scores were employed for different surgeries for instance the Knee Society score or the Harris Hip score so creating homogenous data for this paper with a broad scope using multiple different indices would prove difficult. In four of the papers, secondary outcome measures were significantly improved with the use of 3D printing. ^{16,18,27,28} Nine papers showed no difference in clinical outcomes, and two did not comment. Data on secondary outcome measures including postoperative function and pain scores are likely to prove vital in informing recommendations in future guidelines, given the weight placed on post-operative quality of life for patients in 3D PRINTING IN ORTHOPAEDICS: A SYSTEMATIC REVIEW

orthopaedics.

A limitation of this meta-analysis when looking specifically at operative time is that each of the papers had a different definition of operative time, for instance Duan et al defined operative time as the time to drill the K-wires, whilst Liu eat al., 2020 defined it as time from skin opening to skin closure. ^{18,26} This means that reduction in operative time with 3D printing will appear relatively greater in those papers which define operative time as only the aspect of the operation on which 3D printing will have an impact, for example those which define operative time as time to drill K-wires. In order to have a more accurate estimate of the impact of 3D printing on operating time a consistent definition of operative time would be useful.

Conclusion

The use of 3D printing in orthopaedics is rapidly progressing with the development of the technology. This review has shown the use of 3D printing in orthopaedics generally yields significant improvements in the primary outcomes of operative time, blood loss and intraoperative fluoroscopy use. As the use of 3D printing becomes cheaper and more accessible, further work should be carried out to assess secondary outcome measures to allow the technology's incorporation into routine clinical practice and clinical guidelines.

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upplementary table 1. GRADE criteria for quality assessment of the included papers

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- 37. Lee AKX, Lin TL, Hsu CJ, Fong YC, Chen HT, Tsai CH. Three-Dimensional Printing and Fracture Mapping in Pelvic and Acetabular Fractures: A Systematic Review and Meta-Analysis. J Clin Med. 2022; 11(18). doi:10.3390/jcm11185258.
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|---|---------------------------|--------------|-------------|----------------|----------------|---------------------|--------------|---------------------------------|----------|
| Author | Study Design | Risk of Bias | Imprecision | Inconsistency | Indirectness | Publication Bias | Large Effect | Plausible confounding | Quality |
| Ozturk A.M.; Suer O.; Aktuglu K.; Derin O.; Ozer M.A.; Govsa F. | Randomised control trial | High | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Maier J.; Weiherer M.; Palm C.; Huber M. | Pre-clinical trial | Low | Not serious | Not serious | Not serious | Not serious | No | No | High |
| Yin HW.; Feng JT.; Yu BF.; Shen Y D.; Gu YD.; Xu WD. | Randomised control trial | Low | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |
| Lipskas J.; Yao W.; Deep K. | Pre-clinical trial | Low | Not serious | Not serious | Serious | Not serious | N/A | No | High |
| Hasan S.; Hamersveld K.T.V.; Mheen P.J.MV.; Kaptein B.L.; Nelissen R.G.H.H.; Toksvig-Larsen S. | Randomised control trial | Low | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |
| Wang K.C.; Leong N.; Hasan S.A.; Siegel E.L.; Jones A.; Kambhampati S.; Shiu B.; Liacouras P.C.; Stuelke S. | Retrospective study | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |
| Wang X.; Zhu Z.; Peng J.; Chen X. (chenxdmd@163.com); Liu S.; Zhang L.; Guan J. | Cohort study | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Jovicic M.S.; Ribicic T.; Simunic S.; Vuletic F.; Petrovic T.; Kolundzic R. (robert.kolundzic@zg.t-com.hr) | Retrospective case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Chen J.V.; Dang A.B.C.; Lee C.S. | Pre-clinical trial | Moderate | Not serious | Not serious | Not serious | Serious | N/A | No | Moderate |
| Punyaratabandhu T.; Pairojboriboon S.; Liacouras P.C. | Case series | High | Serious | Not serious | Not serious | Not serious | N/A | No | Moderate |
| Hao J.; Wu Y.Y; Rajaraman M.; Shimada K.; Nangunoori R.; Cook D.; Yu A.; Cheng B. | Pre-clinical trial | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | Yes | High |
| Wang X.J.; Sun H.H.; Zhang Y.Y.; Yang R.Z.; Hao D.J. | Cohort study | Low | Not serious | Not serious | Not serious | Serious | N/A | No | Moderate |

| Supplementary table 1. Continued | | | | | | | | | |
|---|-----------------------------------|----------|-------------|----------------|------------------|------------------|-----|-----|----------|
| Chaoyan H.; Zhifang W.; Fei H.; Runai Y.; Peiyi X.; Yiwen L.; Yanjun C. | Randomised control trial | High | Not serious | Not serious | Not serious | Not serious | N/A | No | Moderate |
| Wei F.; Li Z.; Liu Z.; Liu X.; Jiang L.; Yu M.; Xu N.; Wu F.; Dang L.; Zhou H.; Cai H. | Retrospective case series | Low | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |
| Angelini A.; Trovarelli G.; Ruggieri P.; Kotrych D.; Bohatyrewicz A.; Szafranski A. | Retrospective case series | Moderate | Not serious | Not serious | Some concerns | Not serious | N/A | Yes | Moderate |
| Farrell D.A.; Miller T.J.; Chambers J.R.; Joseph V.A.; McClellan W.T. | Pre-clinical trial | High | Serious | Not serious | Serious | Not serious | N/A | No | Low |
| Samaila E.M.; Negri S.; Maluta T.; Magnan B.; Zardini A.; Rossignoli C.; Bizzotto N. | Cohort study | Moderate | Not serious | Not serious | Some concerns | Not serious | N/A | No | High |
| Horas K.; Hoffmann R.; Faulenbach M.; Heinz S.M.; Schweigkofler U.; Langheinrich A. | Case series | High | Serious | Not serious | Some concerns | Not serious | N/A | No | Low |
| Cai X.; Xu Y.; Yu K.; He X.; Luo H.; Duan J.; Wu Y. | Cohort study | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |
| Park J.W.; Kang H.G. (ostumor@ncc.re.kr); Kim J.H.; Kim HS. | Retrospective case series | Moderate | Serious | Not serious | Not serious | Not serious | N/A | Yes | Moderate |
| Huang JH.; Liao H.; Tan XY.; Zhou Q.; Cao HY.; Zeng CJ.; Zheng YS.; Xing WR. | Prospective case control study | Low | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Liu W.; Shao Z.; Hu B.; Wu Q.; Hu H.; Zhang S.; Wang P.; Pai S | Retrospective | Moderate | Not serious | Not | Some | Some | N/A | Yes | Moderate |
| Stefan P.; Pfandler M.; Lazarovici M.; Weigl M.; Navab N.; Euler E.; Furmetz J.; Weidert S. | Pre-clinical trial | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Liu K.; Li Z.; Ma Y.; Lian H. | Randomised | Low | Not serious | Not | Not | Not | N/A | No | High |
| Hu H.; Liu W.; Wang S.; Zhang Z.; Liu J.; Shao Z. (szwpro@163.com); Wang B. (wangbaichuan- 112@163.com); Zeng Q.; Zhang Y. | Retrospective case series | Moderate | Serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Tilton M.; Manogharan G.P.; Armstrong A.; Lewis G.S.; Sanville J.; Chin M.; Hast M.W. | Pre-clinical trial | Low | Not serious | Not serious | Some concerns | Some concerns | N/A | No | High |
| Blaya F.; Pedro P.S.; Lopez-Silva J.; D'Amato R.; Pedro A.B.S.; Juanes J.A. | Pre-clinical trial | Low | Not serious | Not serious | Serious | Not serious | N/A | No | Moderate |
| Javan R.; Ellenbogen A.L.; Haji- Momenian S.; Greek N. | Pre-clinical trial | High | Serious | Not serious | Serious | Some concerns | N/A | No | Low |
| Mishra A.; Verma T.; Vaish A.; Vaish R.; Maini L.; Vaishya R. | Case series | High | Serious | Not serious | Some concerns | Not serious | N/A | No | Low |
| Duan XJ.; Fan HQ.; Wang FY.; Yang L.; He P. | Cohort study | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |
| van Duren B.H.; Pandit H.; Lebe M.; Davies D.C.; Somashekar N. | Pre-clinical trial | High | Serious | Not serious | Some concerns | Some concerns | N/A | No | Low |
| Wan L.; Zhang X.; Zhang S.; Li K.; Cao P.; Li J.; Wu G. | Randomised control trial | High | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Wan J.; Zhang C.; Liu YP.; He HB. | Retrospective case series | Moderate | Not serious | Not serious | Some concerns | Not serious | N/A | No | Moderate |
| Xu J.; Zhong S.; Huang W.; He Z.; Wei C.; Zheng Y.; Li W.; Zhang G.; Lin H.; Chen Y. | Cohort study | High | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Tracey J.; Arora D.; Gross C.E.; Parekh S.G. | Retrospective case series | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |

| Supplementary table 1. Continued | | | | | | | | | |
|---|---|----------|-------------|----------------|------------------|------------------|-----|-----|----------|
| Tomazevic M.; Kristan A.; Cimerman M.; Kamath A.F. | Pre-clinical trial | Moderate | Not serious | Not serious | Some concerns | Not serious | N/A | No | Moderate |
| Dekker T.J.; Steele J.R.; Federer A.E.; Hamid K.S.; Adams S.B. | Retrospective case series | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | Moderate |
| Girolami M.; Bandiera S.; Barbanti- Brodano G.; Ghermandi R.; Terzi S.; Tedesco G.; Evangelisti G.; Pipola V.; Gasbarrini A.; Boriani S. | Retrospective case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Park J.W.; Kang H.G.; Kim J.H.; Park D.W.; Lim K.M.; Kim H.S. | Retrospective case series | High | Not serious | Not serious | Some concerns | Not serious | N/A | No | Moderate |
| Gorbatov R.O.; Malyshev E.E.; Romanov A.D.; Karyakin N.N. | Retrospective case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Tian H.; Zhao MW.; Geng X.; Zhou QY.; Li Y. | Cohort study | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |
| Liu Y.; Zhou W.; Xia T.; Liu J.; Mi BB.; Hu LC.; Shao ZW.; Liu GH. | Cohort study | Moderate | Not serious | Not serious | Serious | Some concerns | N/A | No | Low |
| Wang Q.; Guan J.; Chen Y.; Wang L.; Hu J. | Cohort study | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |
| Bauer A.S.; Storelli D.A.R.; Mccarroll H.R.; Lattanza L.L.; Sibbel S.E. | Retrospective case series | High | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |
| Zang CW.; Zhang JL.; Meng ZZ.; Liu LF.; Zhang WZ.; Chen YX.; Cong R. | Case series | Moderate | Not serious | Not serious | Serious | Not serious | N/A | No | Moderate |
| Giannetti S.; Stancati A.; Santucci A.; Bizzotto N. | Cohort study | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Liang H.; Ji T.; Zhang Y.; Wang Y.; Guo W. | Retrospective case series | High | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |
| Ma L.; Zhou Y.; Lin Z.; Chen L.; Xia H.; Zhu Y.; Mao C.; Zhang Y. | Case series | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Luo W.; Huang L.; Liu H.; Qu W.; Zhao X.; Wang C.; Li C.; Yu T.; Han Q.; Wang J. (jinchengwang2015@gmail.com); Qin Y. (yanguoqin2015@gmail.com) | Case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Cazon A.; Kelly S.; Paterson A.M.; Bibb R.J.; Campbell R.I. | Pre-clinical trial | Moderate | Serious | Not serious | Some concerns | Not serious | N/A | No | Moderate |
| Allan R.; Woodburn J.; Abbott M.; Steultjens M.P.; Telfer S. | Cross-sectional observational study | Low | Not serious | Not serious | Some concerns | Not serious | N/A | No | High |
| Li H.; Qu X.; Mao Y.; Dai K.; Zhu Z. (zhenan_zhu@126.com) | Retrospective case series | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Burzynska K.; Filipiak J.; Morasiewicz P. | Pre-clinical trial | High | Not serious | Not serious | Serious | Some concerns | N/A | No | Low |
| Serra T.; Capelli C.; Toumpaniari R.; Orriss I.R.; Leong J.J.; Dalgarno K.; Kalaskar D.M. | Pre-clinical trial | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |
| Ma L.; Wang Y.; Zhou Y.; Zhu Y.; Mao C.; Lin Z.; Zhang Y.; Xia H. | Case series | Moderate | Not serious | Not serious | Serious | Not serious | N/A | No | Moderate |
| Storelli D.A.; Bauer A.S.; Lattanza L.L.; McCarroll H.R. | Case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Ozturk A.M.; Suer O.; Coban I.; Ozer M.A.; Govsa F. | Case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |
| Nam HS.; Kim D.H.; Park DS.; Seo C.H.; Joo SY. | Case series | High | Not serious | Not serious | Serious | Not serious | N/A | Yes | Low |

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| Supplementary table 1. Continued | | | | | | | | | |
|--|------------------------------|----------|-------------|----------------|------------------|------------------|-----|----|----------|
| Ozturk; Suer, Onur; Derin, Okan; Ozer, Mehmet Asim; Govsa, Figen; Aktuglu, Kemal | Randomised control trial | High | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Gang Yang; Jian Yu; Yanqing Zhou; Sujuan Li; Quanhui Zheng; Bing Zhang; Kong, Lingde; Yang, Gang; Yu, Jian; Zhou, Yanqing; Li, Sujuan; Zheng, Quanhui; Zhang, Bing | Randomised control trial | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Kang; Kim, Bom Soo; Kim, Seung Min; Kim, Yu Mi; Kim, Hyong Nyun; Park, Jae Yong; Cho, Jae Ho; Choi, Youngrak | Pre-clinical trial | Low | Not serious | Not serious | Not serious | Not serious | N/A | No | High |
| Chen; Cai, Leyi; Zheng, Wenhao; Wang, Jianshun; Guo, Xiaoshan; Chen, Hua | Randomised control trial | Moderate | Not serious | Not serious | Some concerns | Not serious | N/A | No | High |
| Nie; Gu, Fei; Wang, Zhaojun; Wu, Rui; Yue, Yang; Shao, Anze | Retrospective case series | Moderate | Not serious | Not serious | Not serious | Not serious | N/A | No | Moderate |
| Wang; Hu, Jian; Guan, Junjie; Chen, Yunfeng; Wang, Lei | Retrospective study | High | Not serious | Not serious | Not serious | Some concerns | N/A | No | Moderate |
| Yang; Grottkau, Brian; He, Zhixu; Ye, Chuan | Randomised control trial | Moderate | Not serious | Not serious | Not serious | Some concerns | N/A | No | High |

Supplementary table 2. Risk of bias assessment for randomised control trial using RoB2 tool

| ltem | Ozturk A.M.; Suer O.; Aktuglu K.; Derin O.; Ozer M.A.; Govsa F. | Yin HW.; Feng JT.; Yu BF.; Shen Y D.; Gu YD.; Xu WD. | Hasan S.; Hamersveld K.T.V.; Mheen P.J.MV.; Kaptein B.L.; Nelissen R.G.H.H.; Toksvig-Larsen S. | Wang X.J.; Sun H.H.; Zhang Y.Y.; Yang R.Z.; Hao D.J. | Liu K.; Li Z.; Ma Y.; Lian H. | Wan L.; Zhang X.; Zhang S.; Li K.; Cao P.; Li J.; Wu G. | Ozturk; Suer, Onur; Derin, Okan; Ozer, Mehmet Asim; Govsa, Figen; Aktuglu, Kemal | Gang Yang; Jian Yu; Yanqing Zhou; Sujuan Li; Quanhui Zheng; Bing Zhang; Kong, Lingde; Yang, Gang; Yu, Jian; Zhou, Yanqing: Li, Sujuan; Zheng, Quanhui; Zhang, Bing | Chen; Cai, Leyi; Zheng, Wenhao; Wang, Jianshum, Guo, Xiaoshan; Chen, Hua | Yang; Grottkau, Brian; He, Zhixu; Ye, Chuan |
|---|--|---|--|---|-------------------------------|--|--|--|--|--|
| Random sequence generation | Unclear | Low risk | Low risk | Low risk | Low risk | Low risk | Moderate risk | Low risk | Moderate risk | Low risk |
| Allocation concealment to participant | High risk | High risk | Low risk | High risk | Low risk | Moderate risk | High risk | Low risk | Low risk | Moderate risk |
| Allocation concealment to researcher | High risk | High risk | High risk | High risk | Low risk | High risk | High risk | High risk | High risk | High risk |
| Blinding of outcome assessment | High risk | Low risk | Low risk | High risk | Moderate risk | High risk | High risk | High risk | High risk | High risk |
| Incomplete outcome data | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk |
| Selective reporting | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk |
| Risk of bias | High | Low | Low | High | Low | High | High | Moderate | Moderate | Moderate |

| Supplementary table 3. Risk of bias assessments for non-ran | domised control tr | ials using the F | ROBINS-I tool | | | | |
|---|--------------------|-------------------------|-----------------------------|-----------------|------------------------|---------------------|----------|
| Study | Confounding | Selection | Intervention Measurement | Missing Data | Outcome Measurement | Reported Results | Overall |
| Wang K.C.; Leong N.; Hasan S.A.; Siegel E.L.; Jones A.; Kambhampati S.; Shiu B.; Liacouras P.C.; Stuelke S. | Low | Moderate | Low | Low | High | Low | Moderate |
| Wang X.; Zhu Z.; Peng J.; Chen X. (chenxdmd@163.com); Liu S.; Zhang L.; Guan J. | Low | Moderate | Low | Low | High | Low | Moderate |
| Jovicic M.S.; Ribicic T.; Simunic S.; Vuletic F.; Petrovic T.; Kolundzic R. (robert.kolundzic@zg.t-com.hr) | Moderate | High | Low | Low | Moderate | Low | High |
| Punyaratabandhu T.; Pairojboriboon S.; Liacouras P.C. | Moderate | High | Low | Moderate | Moderate | Low | High |
| Wang X.J.; Sun H.H.; Zhang Y.Y.; Yang R.Z.; Hao D.J. | Low | Low | Low | Low | High | Low | Low |
| Wei F.; Li Z.; Liu Z.; Liu X.; Jiang L.; Yu M.; Xu N.; Wu F.; Dang L.; Zhou H.; Cai H. | Low | Moderate | Low | Low | Moderate | Low | Low |
| Angelini A.; Trovarelli G.; Ruggieri P.; Kotrych D.; Bohatyrewicz A.; Szafranski A. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Samaila E.M.; Negri S.; Maluta T.; Magnan B.; Zardini A.; Rossignoli C.; Bizzotto N. | Low | Moderate | Low | Low | High | Low | Moderate |
| Horas K.; Hoffmann R.; Faulenbach M.; Heinz S.M.; Schweigkofler U.; Langheinrich A. | Moderate | High | Moderate | Low | High | Low | High |
| Cai X.; Xu Y.; Yu K.; He X.; Luo H.; Duan J.; Wu Y. | Low | Moderate | Low | Low | Moderate | Low | Moderate |
| Park J.W.; Kang H.G. (ostumor@ncc.re.kr); Kim J.H.; Kim HS. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Huang JH.; Liao H.; Tan XY.; Zhou Q.; Cao HY.; Zeng CJ.; Zheng YS.; Xing WR. | Low | Low | Low | Low | High | Low | Low |
| Liu W.; Shao Z.; Hu B.; Wu Q.; Hu H.; Zhang S.; Wang B.; Rai S. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Hu H.; Liu W.; Wang S.; Zhang Z.; Liu J.; Shao Z. (szwpro@163.com); Wang B. (wangbaichuan-112@163.com); Zeng Q.; Zhang Y. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Mishra A.; Verma T.; Vaish A.; Vaish R.; Maini L.; Vaishya R. | Low | Moderate | Moderate | Moderate | Moderate | Moderate | High |
| Duan XJ.; Fan HQ.; Wang FY.; Yang L.; He P. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Wan J.; Zhang C.; Liu YP.; He HB. | Low | Moderate | Low | Low | Moderate | Low | Moderate |
| Xu J.; Zhong S.; Huang W.; He Z.; Wei C.; Zheng Y.; Li W.; Zhang G.; Lin H.; Chen Y. | Moderate | Moderate | Low | Low | High | Low | High |
| Tracey J.; Arora D.; Gross C.E.; Parekh S.G. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Dekker T.J.; Steele J.R.; Federer A.E.; Hamid K.S.; Adams S.B. | Low | High | Low | Low | High | Low | Moderate |
| Girolami M.; Bandiera S.; Barbanti-Brodano G.; Ghermandi R.; Terzi S.; Tedesco G.; Evangelisti G.; Pipola V.; Gasbarrini A.; Boriani S. | Moderate | High | Low | Low | High | Moderate | High |
| Park J.W.; Kang H.G.; Kim J.H.; Park D.W.; Lim K.M.; Kim H.S. | Moderate | High | Low | Low | High | Low | High |
| Gorbatov R.O.; Malyshev E.E.; Romanov A.D.; Karyakin N.N. | Moderate | High | Low | Low | High | Low | High |
| Tian H.; Zhao MW.; Geng X.; Zhou QY.; Li Y. | Low | Moderate | Low | Low | High | Low | Moderate |
| Liu Y.; Zhou W.; Xia T.; Liu J.; Mi BB.; Hu LC.; Shao ZW.; Liu GH. | Low | Moderate | Low | Low | High | Low | Moderate |
| Wang Q.; Guan J.; Chen Y.; Wang L.; Hu J. | Low | Moderate | Low | Low | Moderate | Low | Moderate |
| Bauer A.S.; Storelli D.A.R.; Mccarroll H.R.; Lattanza L.L.; Sibbel S.E. | Low | Moderate | Low | Low | High | Low | High |

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| Supplementary table 3. Continued | | | | | | | |
|---|----------|----------|----------|----------|----------|-----|----------|
| Zang CW; Zhang JL.; Meng ZZ.; Liu LF.; Zhang WZ.; Chen YX.; Cong R. | Moderate | Moderate | Low | Low | Moderate | Low | Moderate |
| Giannetti S.; Stancati A.; Santucci A.; Bizzotto N. | Low | Moderate | Low | Low | Moderate | Low | Moderate |
| Liang H.; Ji T.; Zhang Y.; Wang Y.; Guo W. | Low | Moderate | Low | Moderate | High | Low | High |
| Ma L.; Zhou Y.; Lin Z.; Chen L.; Xia H.; Zhu Y.; Mao C.; Zhang Y. | Low | High | Low | Low | Moderate | Low | Moderate |
| Luo W.; Huang L.; Liu H.; Qu W.; Zhao X.; Wang C.; Li C.; Yu T.; Han Q.; Wang J. (jinchengwang2015@gmail.com); Qin Y. (yanguoqin2015@gmail.com) | Moderate | Moderate | Low | Low | High | Low | High |
| Allan R.; Woodburn J.; Abbott M.; Steultjens M.P.; Telfer S. | Low | High | Low | Low | Low | Low | Low |
| Li H.; Qu X.; Mao Y.; Dai K.; Zhu Z. (zhenan_zhu@126.com) | Low | Low | Low | Low | High | Low | Moderate |
| Ma L.; Wang Y.; Zhou Y.; Zhu Y.; Mao C.; Lin Z.; Zhang Y.; Xia H. | Low | High | Low | Low | High | Low | Moderate |
| Storelli D.A.; Bauer A.S.; Lattanza L.L.; McCarroll H.R. | Moderate | High | Low | Low | High | Low | High |
| Ozturk A.M.; Suer O.; Coban I.; Ozer M.A.; Govsa F. | Moderate | High | Low | Low | High | Low | High |
| Nam HS.; Kim D.H.; Park DS.; Seo C.H.; Joo SY. | Moderate | High | Low | Low | High | Low | High |
| Nie; Gu, Fei; Wang, Zhaojun; Wu, Rui; Yue, Yang; Shao, Anze | Low | High | Low | Low | High | Low | Moderate |
| Wang; Hu, Jian; Guan, Junjie; Chen, Yunfeng; Wang, Lei | Low | High | Moderate | Low | High | Low | High |

Supplementary table 4. Risk of bias assessment of non-animal preclinical studies. We used the following domains:

Exposure - Was exposure status measured in a reliable, standardised way? Outcome assessment - Were the outcome measures accurate? Were the outcome measures valid/reliable? Were the assessors of the outcomes blinded to the exposure status?

Confounders - were confounding variables described and accounted for?

Analysis - Were appropriate statistical measures used? Selective reporting - Were all measured outcomes reported by the authors? Conflict of interest - Were there any funding sources or conflicts of interest that may add bias to the authors' interpretation of the results?

| Study | Exposure | Outcome assessment | Confounders | Analysis | Selective reporting | Conflict of interest | Risk of bias |
|--|----------|-----------------------|-------------|----------|---------------------|-------------------------|-----------------|
| Maier J.; Weiherer M.; Palm C.; Huber M. | Low | High | Low | Low | Low | Low | Low |
| Lipskas J.; Yao W.; Deep K. | Low | High | Low | Low | Low | Low | Low |
| Chen J.V.; Dang A.B.C.; Lee C.S. | Low | High | Low | Low | Moderate | High | Moderate |
| Hao J.; Wu Y.Y.; Rajaraman M.; Shimada K.; Nangunoori R.; Cook D.; Yu A.; Cheng B. | Low | High | Moderate | Low | Low | Moderate | Moderate |
| Farrell D.A.; Miller T.J.; Chambers J.R.; Joseph V.A.; McClellan W.T. | Moderate | High | Low | N/A* | Moderate | Low | High |
| Stefan P.; Pfandler M.; Lazarovici M.; Weigl M.; Navab N.; Euler E.; Furmetz J.; Weidert S. | Low | Moderate | Moderate | Low | Low | Low | Moderate |
| Tilton M.; Manogharan G.P.; Armstrong A.; Lewis G.S.; Sanville J.; Chin M.; Hast M.W. | Low | Low | Moderate | Low | Low | Moderate | Low |
| Blaya F.; Pedro P.S.; Lopez-Silva J.; D'Amato R.; Pedro A.B.S.; Juanes J.A. | Low | Moderate | Low | Low | Low | Low | Low |
| Javan R.; Ellenbogen A.L.; Haji-Momenian S.; Greek N. | Low | High | Low | Moderate | Moderate | Low | High |
| van Duren B.H.; Pandit H.; Lebe M.; Davies D.C.; Somashekar N. | Low | High | Moderate | Moderate | Low | Low | High |
| Tomazevic M.; Kristan A.; Cimerman M.; Kamath A.F. | Low | Moderate | Moderate | Low | Low | Low | Moderate |

| Supplementary table 4.Continued | | | | | | | |
|--|-----|----------|----------|----------|----------|----------|----------|
| Cazon A.; Kelly S.; Paterson A.M.; Bibb R.J.; Campbell R.I. | Low | Moderate | Low | Moderate | Low | Low | Moderate |
| Burzynska K.; Filipiak J.; Morasiewicz P. | Low | High | Moderate | Moderate | Moderate | Low | High |
| Serra T.; Capelli C.; Toumpaniari R.; Orriss I.R.; Leong J.J.; Dalgarno K.; Kalaskar D.M. | Low | Moderate | Moderate | Low | Low | Moderate | Moderate |
| Kang; Kim, Bom Soo; Kim, Seung Min; Kim, Yu Mi; Kim, Hyong Nyun; Park, Jae Yong; Cho, Jae Ho; Choi, Youngrak | Low | Moderate | Low | Low | Low | Low | Low |