

3D 打印技术在骨科领域的应用进展

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摘 要 3D 打印技术是一种快速成型技术, 近年来该技术在骨科领域逐渐被广泛应用。本文对 3D 打印技术在骨科医疗器械制造、骨组织工程和再生医学研究、骨科解剖模型制作中的应用进展进行了综述, 并对 3D 打印技术在骨科领域的待完善之处进行了总结。

关键词 打印, 三维; 医院, 骨科; 骨疾病/医疗器械; 组织工程; 再生医学; 人体模型; 综述

3D 打印技术是一种快速成型技术, 其主要通过计算机辅助设计软件的分层处理技术构建 3D 结构实体模型^[1]。Hull 等于 1984 年首次报道了一种名为立体平版印刷的技术, 并于 1986 年获得该技术的专利, 同年采用该技术打印了三维实体模型, 这标志着 3D 打印技术的诞生^[2]。3D 打印技术可通过铺设连续的物体材料层来创建独特的架构, 因此近年来在医学领域逐渐被广泛应用, 如制作医疗器械、创建生物模型或生物复制品、研发药物制剂等^[2-3]。3D 打印技术在骨科领域的应用日益增多, 既往主要用于制备个性化人工关节等, 近年来常用于制定手术计划、制作解剖模型等。本文就 3D 打印技术在骨科领域的应用进展综述如下。

1 3D 打印技术在骨科医疗器械制造中的应用

采用 3D 打印技术制作的骨科医疗器械种类较多, 常见的有手术器械、矫形器和植入物 3 种。

1.1 手术器械 目前, 采用 3D 打印技术制作的骨科手术器械主要有手术导航模板、手术刀、牵开器、组织钳和止血器等^[4-6]。采用 3D 打印技术制作的手术器械在骨科临床的用途较广, 如用于骨质疏松性脊柱骨折^[7]、骨盆截骨^[8]、关节置换^[9-11]、椎间盘切除^[12]、骨肿瘤切除^[13-15]、骶髂关节融合^[16]、脊柱畸形矫正^[17]、肩胛骨骨折^[18]、肘关节切开复位^[19]和颅骨成形^[20]等手术中。采用 3D 打印技术制作的手术器械精度较高、更符合患者的解剖特征, 尤其适合进行特定的骨

科手术。此外, 3D 打印技术可以根据新型材料的特征制作医疗器械, 能够通过改良医疗器械的形状、重量等改善手术预后。

1.2 矫形器 矫形器又称支架, 多用于四肢或脊柱, 具有预防或矫正畸形、辅助或替代肢体功能等作用^[21]。由于矫形器是一种与人体密切接触的器具, 其个性化设计尤为重要。与采用 3D 打印技术制作的矫形器相比, 传统的矫形器存在一些缺陷。例如: 石膏夹板, 长时间固定容易造成压疮、骨筋膜室综合症、肢体僵硬等^[22]; 低温热塑板, 制作过程相对复杂, 且外观不佳, 弃用率较高; 高温热塑板, 制作周期较长^[23]。由于采用 3D 打印技术制作的矫形器更符合患者的局部解剖特点, 其佩戴矫形器的舒适度较高, 且 3D 打印技术制作矫形器的时间相对较短, 有助于降低制作成本^[24-25]。

1.3 植入物 多数骨科手术会用到植入物, 但传统植入物多存在大小不合适等问题。3D 打印技术能够根据手术需要及局部解剖特点精确设计植入物形状, 可以减少术后植入物松动、移位等并发症^[26-27]。Tatara 等^[28]研究发现, 采用 3D 打印技术制作的骨组织可以良好修复绵羊大面积缺失的下颌骨, 由此认为可采用 3D 打印技术制作人体骨组织, 以此治疗自体骨缺损。Yao 等^[29]研究发现, 采用 3D 打印技术制作的内固定钢板可以与不规则骨良好匹配, 能够使应力均匀分布, 有助于避免应力集中造成的植入物断裂。

2 3D 打印技术在骨组织工程和再生医学研究中的应用

2.1 骨组织工程 组织工程支架是骨组织工程的重要组成部分。理想的组织工程支架应具有生物相容性、可降解性、生物活性和高连通性, 以利于营养物质

基金项目: 国家自然科学基金项目(81904053); 浙江省医药卫生科技计划项目(2020KY797); 浙江中医药大学附属医院科研专项(2021FSYYZY43)

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和代谢物质的扩散^[30-34]。组织工程支架传统的制备方法较多,如溶液浇铸、冷冻干燥、气体发泡和静电纺丝等,均有孔隙率不佳等不足之处。采用 3D 打印技术制作的组织工程支架,具有较高的孔隙率,且可化学降解^[35]。Koffler 等^[36]将采用 3D 打印技术制作的水凝胶支架植入小鼠脊髓损伤部位,发现该支架具有良好的生物相容性,且可促进轴突再生,由此认为采用 3D 打印技术制作的仿生支架可为脊髓损伤患者早期进行神经干细胞移植提供条件。

2.2 再生医学 3D 打印技术在骨科再生医学中的应用,目前主要是制作个性化自体软骨,以此修复软骨缺损。膝关节软骨损伤临床较为常见,病情严重时可导致膝关节疼痛及功能障碍^[37]。但是膝关节软骨却没有足够的自我修复能力^[38]。Shi 等^[39]采用 3D 打印技术制作出结构与功能优化的丝素明胶支架,该支架的主要成分包括丝素蛋白、明胶及骨髓间充质干细胞亲和肽,因为该支架可为骨髓间充质干细胞的增殖和分化提供合适的微环境,所以该支架可用于修复软骨损伤。

3 3D 打印技术在骨科解剖模型制作中的应用

3D 打印技术可以根据患者的解剖特点制作相应的解剖模型,该模型的用途较广,如制定术前计划、病例讨论及医学教学等。采用 3D 打印技术制作的解剖模型有助于各种术前评估活动的顺利进行^[40]。Morgan 等^[41]研究发现,在骨科创伤手术的术前计划中使用 3D 打印技术制作相关模型,可以缩短手术时间、减少术中出血量和透视次数。采用 3D 打印技术制作的解剖模型对于医生治疗罕见病也有帮助。X 线、CT 等影像学检查并不能完全反映人体局部的结构和特征,因此可通过 3D 打印技术制作特定的解剖模型,进一步加深医生对患者病情的认识,从而制定个性化的治疗方案^[42-43]。3D 打印技术不仅可用于制作解剖模型,还可用于医学教育。与教科书上和计算机上的 3D 解剖模型相比,采用 3D 打印技术制作的解剖模型更加直观,有助于医学生更好地掌握解剖学内容。此外,还可采用 3D 打印技术制作低成本的手术操作模型,如经口气管插管模型^[44]、缝合模型^[45]、腹腔镜操作模型^[46]等,这些模型为医学生提供了相对真实的手术操作经验。由于患者的文化水平和理解能力存在差异,术前沟通的难易度也不同。临床可以患者的影像学检查图片为基础,采用 3D 打印技术制作个性

化模型,以此向患者介绍其病情及治疗方案,有助于加深其理解,从而使医患沟通更加容易^[47-49]。

4 3D 打印技术在骨科领域的待完善之处

虽然 3D 打印技术为骨科医生制定手术方案提供了更多选择,也为患者选择个性化治疗方案提供了便利,但该技术仍存在待完善之处。采用 3D 打印技术制作的植入物成本较高、制作周期较长,患者不容易接受。后期处理是 3D 打印技术的一个重要步骤,但后期处理的操作相对复杂,不仅延长了制作时间,且增加了制作成本。我们认为,未来可通过改良打印材料或技术来简化 3D 打印技术的后期处理。最佳的骨科 3D 打印材料应具备无毒、力学性能好、生物相容性高等特点,因此打印材料的革新是提高 3D 打印技术的关键。目前可用于 3D 打印的生物材料相对有限,且一些新型的生物材料尚处于实验阶段,因此研发新型 3D 打印生物材料是亟待解决的问题。采用 3D 打印技术制作的模拟手术模型与真实手术操作存在差异,这可能影响手术的准确性。以 3D 打印切割模具为例,由于 CT 三维重建图像不能完全反映骨膜及骨骼周围软组织的厚度,切割模具的放置位置可能受影响,术中需要切开更多的软组织进行定位。采用 3D 打印技术制作的植入式医疗设备目前尚无统一的行业标准,且部分设备的制作技术尚不成熟。此外,目前有关 3D 打印医疗器械的标准化问题仍然存在^[50]。

5 小 结

近年来 3D 打印技术在骨科领域的应用逐渐增多,该技术不仅为医生的手术操作提供了便利,也为患者的个性化治疗提供了可能。然而,一些采用 3D 打印技术制作的医疗器械从制备到获得监管部门批准的时间较长,无法应用于急危重症患者。此外,在生物医学领域,采用 3D 打印技术制作的人体器官是否会面临与克隆技术相同的伦理问题,目前尚无定论。

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(收稿日期:2022-06-06 本文编辑:吕宁)

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(收稿日期:2022-04-10 本文编辑:郭毅曼)