

Supporting Information

Table S1 Mechanical properties of several human tissues¹

	Tensile Strength (MPa)	Compressive Strength (MPa)	Young's Modulus (MPa)
Cancellous bone	8	4–12	50–100
Cortical bone	60–160	130–180	3–30×10 ³
Cartilage	3.7–10.5	n/a	0.7–15.3
Ligament	13–46	n/a	65–541
Tendon	24–112	n/a	143–2310

Table S2 Optimum pore size for tissue regeneration

Tissue Ingrowth and Regeneration	Optimum Pore Size (μm)	Ref.
Ingrowth of fibroblasts	Close to 20	2,3
	5–15	5
Ingrowth of hepatocytes	Close to 20	2
	20–60	6
Regeneration of skin	20–125	3,5
	20–150	2
Bone regeneration	100–150	2
	100–250	3
	200–400	4
	100–350	5
	75–150	6,7
	Less than 100	8
Osteoid ingrowth	40–100	5
Neovascularization	5	5

References

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