

Role of Hydrogels in Bone Tissue Engineering: How Properties Shape Regeneration

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Bone defect that resulted from trauma, tumors, and other reasons is believed as a common clinical problem, which exists mainly in post-traumatic healing. Additionally, autologous/allogeneic transplantation, bone tissue engineering attracts increasing attention due to the existing problem of the limited donor. The applications of biomaterials can be considered as a rising and promising strategy for bone regeneration. Especially, hydrogel is featured with hydrophilic characteristic, good biocompatibility, and porous structure, which shows unique properties for bone regeneration. The main properties of hydrogel such as surface property, adhesive property, mechanical property, porosity, and degradation property, generally present influences on the migration, proliferation, and differentiation of mesenchymal stem cells exclusively or in combination, which consequently affect the regeneration of bones. This review mainly focuses on the theme: "how properties of hydrogel shape bone regeneration." Moreover, the latest progress achieved in the above mentioned direction is further discussed. Despite the fascinating advances researchers have made, certain potential challenges continue to exist in the research field, which need to be addressed for accelerating the clinical translation of hydrogel in bone regeneration.

KEYWORDS: Hydrogel, Property, Osteoinduction, Mesenchymal Stem Cells, Bone Regeneration.

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INTRODUCTION

Trauma, infection, tumor, and congenital diseases can cause severe bone defects [1]. As a common illness that could be seen in our daily lives, bone defects have received considerable critical attention. The trauma caused by severe bone defect not only reduces the life quality of the patient, but also makes their financial burden even heavier. For instance, the cost of treating bone defects in the United States can reach as high as \$5 billion per year [2]. Therefore, bone defect is a big problem for ordinary families. Nowadays, the implantation of bone grafts [3], including autogenic, allogenic, and xenogeneic implantations have been constantly applied to the clinical treatment for bone regeneration [4]. Although these implantation methods have been used in decades, bone grafts still exhibit several limitations. For example, due to the limited source of allograft bone, the large-scale application of secondary surgery is restrained. Moreover, the use of transplanted bone still exhibits a relevantly high risk of immune rejection and surgical infections [5].

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Therefore, the efficient strategy of bone regeneration is in great demand.

The bone tissue is composed of collagen fibers and mineral calcium phosphate, which normally present a typical nanocomposite structure [6]. It includes two parts, namely the osteocytes and extracellular matrix (ECM). As a non-cellular, three-dimensional (3D) macromolecular network, the ECM contains hydrated and acidic molecules [7, 8]. Due to abundant available resources and controllable biocompatibility from different designing plans, bone tissue engineering emerges as a promising alternative for bone regeneration. Scaffolds, as essential parts of it, play a vital role in treatment. Despite providing brackets for cells and vessels, scaffolds with ideal quality influence the behavior of cells, provide support to the newly-formed tissue, and degrade upon the completion of the bone regeneration naturally [9]. Moreover, scaffolds interact with bioactive factors to initiate the beginning of cell growth and proliferation [10]. Currently, scaffold materials for bone tissue engineering are classified into natural polymers, synthetic polymers, and bioactive ceramics based on their chemical composition. Among them, bioactive ceramic materials are characterized by high strength and resistance to deformation. However, they are brittle and resistant to degradation [11]. Natural polymers have better biocompatibility than synthetic polymers but are less strong [12]. Hydrogel is a valuable, naturally derived polymer (there are also hydrogels modified based on synthetic polyvinyl alcohol), which consists of a network of hydrophilic polymers with similar properties to the ECM, promoting cell adhesion, proliferation, and differentiation [13]. Through modification, the strength and toughness of the hydrogel are enhanced. The hydrophilic nature of the hydrogel makes it susceptible to degradation *in vivo*. The main ingredients of hydrogels include polyethylene glycol (PEG), chitosan, collagen, fibrin, and gelatin [14–16]. Additionally, hydrogels with decent biodegradable performance exhibit a reduced rate of rejection potential to certain organs compared with other materials [17–19]. Therefore, hydrogels with cross-linking networks [20] can be considered as a potential and promising material in bone regeneration.

Generally, the promoting mechanisms for bone regeneration in terms of bone tissue engineering can be

classified as three types: (i) osteogenesis, (ii) osteoinduction, and (iii) osteoconduction (Fig. 1) to three types [21]: (i) osteogenesis, (ii) osteoinduction, and (iii) osteoconduction (Fig. 1). Osteogenesis refers to the injection of the planting seeding cells with hydrogels to serve the purpose of providing the necessary materials *in situ* directly. Osteoinduction contains the process that primitive cells are stimulated and developed into the bone-forming cell lineage. In bone tissue engineering, it often goes as taking the hydrogels to lead the migration of mesenchymal stem cells (MSCs) to migrate to the traumatic place, where MSCs can be differentiated into osteoblasts [22, 23]. After, the next step with the osteocytes differentiated osteocytes from osteoblasts settled in the trauma area in order to maintain bone homeostasis [24]. Finally, osteoconduction occurs when the hydrogels provide support for the bones to reborn and help the vessel to regenerate [25].

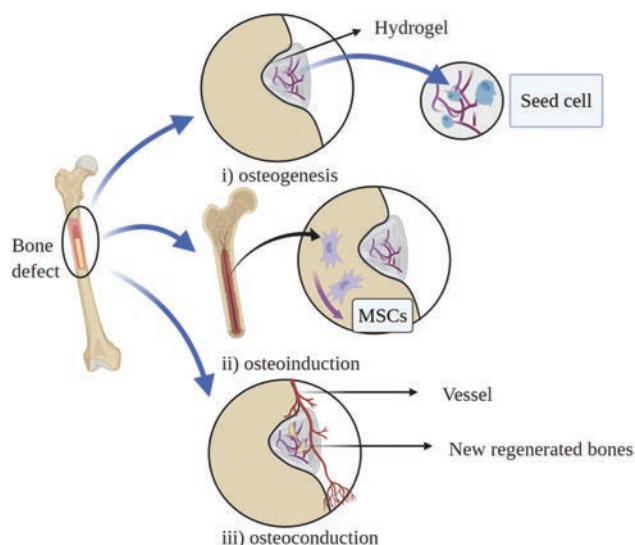


Figure 1. Three types of mechanism which can serve to promote the generation of bone: (i) Osteogenesis (planting seeding cells, materials and cytokines together packed in the scaffolds); (ii) osteoinduction (recruiting mesenchymal stem cells for bone regeneration); and (iii) osteoconduction (supporting and rebuilding new bones and vessels).

Inspired by the mechanism of bone regeneration in bone tissue engineering, the dependance on hydrogel's properties makes it possible to shape the bone regeneration through some adjustments (Fig. 2). Material sources used in hydrogel preparation are nontoxic and exhibits good biocompatibility [26, 27]. Moreover, hydrogels can attract and recruit MSCs to aid in bone regeneration. With the assistance of hydrogel and the growth factors that resulted from it, MSCs can be differentiated into osteoblasts. The diversity features of hydrogel surface are designated to assist the recruitment of MSCs and enhance the attachment of cells for bone regeneration. After planting the cells on the hydrogels surface, the cells will demand particular signals to adjust and regulate cell behavior [21, 28]. Hydrogels can also provide either biophysical or biochemical signals for MSC to conduct differentiation. Biophysical cues include features, such as the stiffness, modulus, and surface topography for hydrogels. Simultaneously, biochemical cues cover surface modification and bioactive factors, which will disperse in hydrogel [29]. Additionally, physical cues present significant importance during the interaction between the cell and the hydrogel. Such interaction is referred to as mechanotransduction, which reacts with the cell surface receptors and transfers into cells. After the information signals arrive at the cell nucleus, the behavior of cells will change accordingly. The immune reaction immediately gives responses after the *in vivo* implantation of hydrogel in the cell due to the rejection reaction. To reduce the immune responses, the applied hydrogels are required to be equipped with ideal biocompatibility, which consequently influence immune cells' behavior (behaviors such as the polarization of macrophages will happen). The selection of hydrogels for bone regeneration should also consider the balance degree between biodegradability and mechanical properties. For one reason, hydrogels with favorable mechanical properties support the defect

areas of bone more effectively. Moreover, with outstanding biodegradability, the degradation of the equipped hydrogels will be more efficient and will offer bigger spaces for the newly regenerated bones [30]. However, as for the scaffold for the cells, the biodegradability of hydrogel often causes conflicts with the defected areas' stability. The reason for that phenomenon is that a good dissolved capability will result in poor performance on the hydrogels' mechanical properties [31]. Therefore, the balance between the above mentioned two properties should also be taken into detailed consideration.

In conclusion, the properties of hydrogels shape bone regeneration in an adjustable way. A preferable hydrogel that is suitable for the regeneration of bone can create an adaptable integrated microenvironment that combines with the body to harvest nutrients for the metabolism of cells [32]. The degraded hydrogel can provide space for cell seeding, and it can also interact with the internal environment as well as with specific mechanical signals. In this review, different hydrogels' properties were organized and summarized and their effects on bone regeneration were discussed and explained. Furthermore, recent research on the adjustment of these properties was also cited for providing different strategies to improve bone repair. Finally, future research directions regarding hydrogels' application for bone tissue engineering were proposed in this review.

THE MAIN PROPERTIES OF THE HYDROGEL

Hydrogels are characterized by surface property, adhesion, mechanical property, and porosity. The above-mentioned properties pose different effects in terms of the repair of bone defects. A diverse number of methods are applied for the purpose of enhancing or modulating these properties. The rest of this review is divided into four parts, which present a detailed description of the different effects that each method could have on the repair of bone. Moreover, this review will thoroughly introduce the preparation methods of relevant hydrogel material in recent researches.

Surface Properties

The surface properties of hydrogels usually cover three major features: wettability, roughness, and modification of surface with particular molecules. The three features are crucial to the proliferation and differentiation of MSC [33]. Through enhancing the similarity between hydrogels and ECM, the interfacial linkages can be significantly facilitated [34].

Hydrophilic/Hydrophobic Properties

The hydrophilic and hydrophobic properties of hydrogel are mainly dependent on their wettability. In order to measure the hydrophilicity/hydrophobicity of hydrogel, the contact angle analysis is commonly used to analyze the wettability of the hydrogel's interfaces. The contact angle

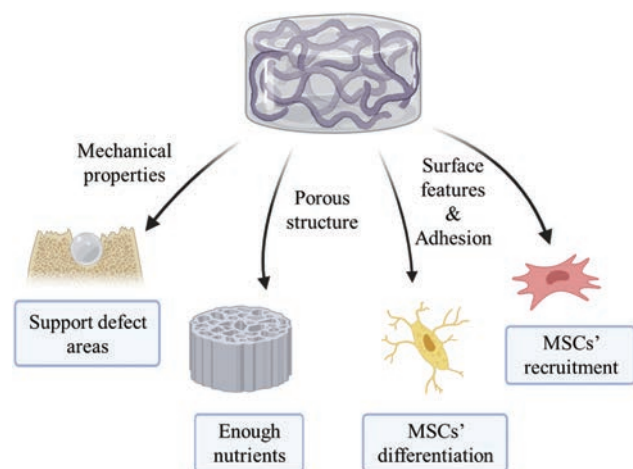


Figure 2. Features of hydrogel in bone regeneration and their functions.

refers to the certain angle existing between the liquid-air plane and the solid-liquid interface, which is located tangent to the liquid-air plane, crossing the three-phase contact point [35]. Normally, the contact angle test will be performed with the contact angle analyzer under room temperature and within an appropriate humidity [36].

Recent researches provide evidence suggesting that hydrogel with hydrophobic feature may have a poor cellular attachment, while the surfaces of moderately hydrophilic features may have rich cellular attachment [37]. However, those cells tend to spread all over the hydrophobic surface of hydrogel. Certain hydrogels that are able to form some hydrophobic bonds with the cell surface may also help the cells to better colonize on hydrogel [38]. Thus, in regards of hydrophilic and hydrophobic effects on bone repair, perspectives may vary. Additionally, researchers also found that the biocompatibility would be improved along with the enhancement of hydrophilicity [39, 40]. Scientists have found at least three approaches to increase the hydrophilicity of hydrogels. First, the introduction of the charged groups into the hydrogel could improve the hydrophilicity of the hydrogel and decrease the contact angle [41]. Mizuro further found that the contact angle will be decreased when the absolute value of the charge which was carried by the hydrogel increased [42]. When the charge density reached 10 C/m^3 , the contact angle will be reduced to approximately 40° , which indicated that the hydrophilicity of the hydrogel present has a significant increase. Usually, the charge could be increased by the addition of electrophilic and nucleophilic reagents to the hydrogel and upon adjustment of the pH value. For instance, Tan et al. added 2-(methacryloyloxy)ethyltrimethylammonium chloride (MAETAC) to polyethylene glycol di(ethylene glycol) (PEGDA), which is a component of polyethylene glycol [43]. In acrylate (PEGDA) hydrogels, hydrogels that possess both the features of hydrophilicity and the modulation of cell behavior can be obtained. However, Zhao et al. observed that the hydrogels which have been negatively charged performed to be detrimental to the adhesion of cell compared with that of the positively charged hydrogels [44]. Such performance may have a correlation relationship with the negatively charged surface proteins of the cell. Second, surface functionalization as a method to realize the target of modulating hydrophilicity of hydrogels has also received great attention from scientists in recent years [45]. The prepared hydrogels were usually immersed and stored in solution. Within a certain period of time, through the reaction of acylation and amination, the hydrophilic groups were grafted onto the surface of the hydrogel. Such an approach could significantly improve the hydrophilicity of the hydrogel. Third, the preparation of hydrogel with hydrophilic molecules also improves the hydrophilicity of the hydrogel. The molecules that are mainly studied in the third approach covered chitosan, HA, and

PEG. Through the cross-linking of the above-mentioned molecules with other macromolecules, they could generate effects on other aspects of the properties. Chitosan is an excellent hydrophilic compound, which is mainly applied in drug delivery systems and bone tissue engineering. The hydrophilicity presented in this molecule resulted from numerous hydroxyl groups. Such properties could also be significantly enhanced when the crosslink action begins with other molecules. For example, Sabir's study confirmed that a ductile hydrogel with 90% CS and 10% PVA shows the need of a contact angle of less than 90° , proving that the hydrogels were equipped with good hydrophilic properties [46]. In other cases, increasing the hydrophilicity of hydrogels will also enhance the performance of other features. When Ikumi et al. designed one nHA/PLLA scaffold, its elastic modulus increased with the improvement of the hydrophilicity level [47]. They also found that in 2 weeks of the post-surgery, the bone repair in the nHA/PLLA group was remarkably greater compared with that of the control group. Similarly, Li et al. prepared 20 wt% nHA reduced graphene oxide (rGO) hydrogels [48]. Such hydrogel could promote the proliferation, adhesion, and osteogenic differentiation of MSCs. The photothermal effect of hydrogel also plays an important role in the treatment of tumors.

Roughness and Surface Topography

As the prominent properties of hydrogel surfaces, both roughness and topography pose great influence on the fate of cell fate and help regulate bone repair [49]. In general, the cause of roughness is often related with the microenvironment in which the biomaterial exists. It could pose effect on the adhesion level of cell, morphology, and signaling [50]. The surface topology often resemble with the physical cues that exist on the surface of the bone and gives a full play of its importance in osteoclast activity and osteogenic induction [51, 52]. Currently, atomic force microscopy (AFM) can be considered as the most widely used inspection technique in terms of measuring roughness and nanotopography [53]. To sum up, by means of a cantilever with a pointy tip, changes in surface properties (e.g., roughness) could be amplified into a laser signal. Measurements of the deviation among heights of peaks and valleys from the surface of the average curves can then reflect the roughness level of the hydrogel.

In 2011, Bigerelle et al. proved that hydrogels with the roughness of surface between $1.2 \mu\text{m}$ and $21 \mu\text{m}$ could influence the differentiation of MSC [54]. It has been observed that the above-mentioned roughness value range of the hydrogel could help increase the proliferation of cells and the formation of cytoskeletons [55] (Fig. 3(A)). Osteogenic differentiation could be further promoted through increasing the roughness of hydrogels [56, 57], which could also effectively enhance the expression of integrins, thus promote adhesion [58–60].

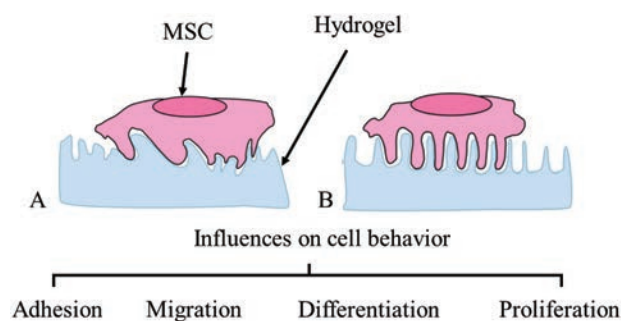


Figure 3. Cell responses in the biophysical microenvironment. (A) Roughness; (B) nanoparticle topology.

The reason for that phenomenon was partly rooted from the fact that a smooth surface would decrease cellular adhesion [58]. Therefore, MSCs prefer to adhere to rough hydrogels in order to maintain their stability. Additionally, the surface topography of the hydrogel can also help promote cell adhesion and further enhance the proliferation and differentiation of cell with the increase of the available surface area [61] (Fig. 3(B)). Meanwhile, matrix surface with great roughness could help promote the differentiation of osteogenic cell in MSCs [62]. Such property also led to questions regarding the disruption for cells on hydrogel interface [63]. In conclusion, increasing hydrogel roughness and depth of nanotopography could eventually facilitate osteogenic process [64].

Additionally, great efforts have been taken by the researchers in adjusting roughness and nanotopography of the surface to provide guidance to osteoinduction [65]. Li et al. developed silica nanoparticles (SNs), which are reinforced by the poly-citrate-siloxane hybrid elastomer (PCS-SN), and concluded that SNs could improve the survival rate of cells through the roughness of the surface [6, 21]. Another way to increase the irregularity and roughness of the hydrogel interface is to increase the sharpness of the edges [66, 67]. Moreover, researchers have found that in the nanoscale, sparse arrays could bring a better migration of cells with *in vivo* than that of dense arrays [68]. Currently, researchers have developed techniques, such as photolithography and 3D printing, in order to modulate the surface properties of hydrogels [69]. Photolithography functions with the introduction of the gelation of polymer solutions through patterned masks to form hydrogels with the desired shape. In recent years, preparation of hydrogels with increasing complex biodynamic characteristics is continually progressing with the study of 3D topography being made. Wai also proposed the optical maskless stereolithography (OMsL) technique, which can process 30-micron patterns on the surface of polyacrylic hydrogels [70] in a very short time. Also, in regards of the biological field, the most commonly used techniques are inkjet, extrusion, and laser-assisted printing. Prasopthum invented a 3D-printing technique on the basis of fast extrusion, which only takes one step to function for PCL/DAM. This method could

also provide MSCs with good topographic cues to facilitate differentiation [71]. Recently, Jin et al. fabricated a hierarchical intrafibrillar mineralized collagen with a nanotopography similar to the natural bone surfaces and applied it to the synthesis of hydrogel. With transmission electron microscopy (TEM), scientists have found a distinctive D-periodic banding pattern on the surface of this hydrogel, which looks similar to the characteristics of bone tissue [72]. Altogether, the disorder on the interface makes a great contribution to osteogenesis.

Adhesion

Generally, adhesion can be classified into two types: the adhesion among cells and the adhesion between cells and ECM. They could function as mediators among cell-cell or cell-matrix adhesion [73], demonstrating as direct liaisons among the cell cytoskeleton and near cells, as well as proteins [74]. Although adhesion is closely related to the microscopic properties of the hydrogel, mechanical testing is chosen to be the testing method (Fig. 4). The following four methods are commonly used to conduct the test: probe-pull, lap-shear, 90° peel, and Bilayer-stretch, which represent and describe different aspects of hydrogel adhesion [75].

Connections between the cells can be mostly mediated by cadherin, which is a kind of a transmembrane receptor when the interactions are dominated by proteins, namely focal adhesions, nanoscale networks of integrins, and cytoplasmic proteins [51]. Adhesion gives full play to its vital role in the process of cell migrations and growth. If the interfaces between cells and hydrogels appear to be lacking of adhesion, the proliferation and growth of the cell will be affected and will present major phenomena, namely reduction, elongation, and migration [76, 77]. There are several ways that the adhesion property could affect the activities of cells. First, it could play as a bridge to connect cells with physical and biochemical cues to maintain the stability [78]. The hydrogel with good adhesive performance help attract cells and produce stable attachments. Second, there are several motifs that could help to form the adhesion property. One of the classic motifs is arginine-glycine-aspartic acid (RGD) motif [79]. Third, the adhesion of surfaces could interact with the wettability of hydrogel so that it could influence the growth of cells.

The adhesion of hydrogels shows certain relations with the chemical bonding, topography of the interface, and mechanics of dissipation. The chemical bonding of the contact interface is still often modulated by additional specific molecules. A commonly used peptide, RGD motif, which often located the interface matters, has certain influences on the adhesion between cells and hydrogels. Generally, such peptides operate to functionalize the interface so that its physiological environment could then be simulated. RGD can be considered as a signaling peptide mainly recognized by integrins and mediating the degree

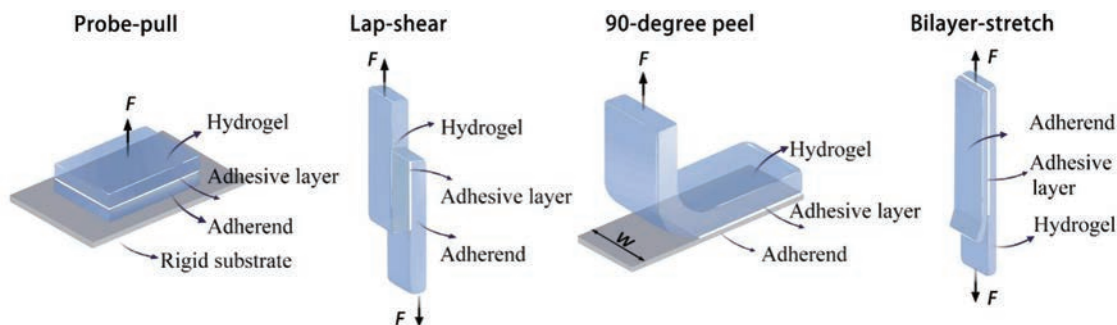


Figure 4. Tests on characterizing adhesion.

of adhesion in human body [80]. Integrin performs its function by the recognition and combination of several receptors [81]. Therefore, hydrogels with RGD peptides on the surface help promote their adhesive performance and provide MSCs with a more stable microenvironment to eventually promote the regeneration of bone. Liu et al. prepared PEG hydrogels, which are modified with RGD. They were convinced that the modification of RGD could significantly promote the biocompatibility of the hydrogels. Additionally, hydrogels with the decoration of RGD peptides would normally show better adhesion of cell compared with PEG hydrogels [82]. In 2018, Qu and his teammates combined RGD with hydroxybutyl chitosan (HBC) and designed an HBC-RGD hydrogel, which gained better benefits for adhesion and proliferation of BMSCs compared with the HBC hydrogel [83]. Meanwhile, Kim designed an MeGC hydrogel, which could increase the osteogenic differentiation of encapsulated BMSCs with RGD and amino acids *in vitro* [84]. Recently, Lee et al. proved that the application of UV light for the purpose of activating RGD peptides could cause the *in vivo* promotion of cell adhesion to biomaterials [85]. It means that with increasing number of adding RGD peptides, the adhesive ability is improved accordingly.

In spite of RGD, aptamer can also help enhance the adhesion level by several ways. An aptamer is a short, single-stranded nucleic acid molecule, which featured by affinity and specificity, wants to interact with the desired target [86]. The incorporation of aptamers with hydrogels takes free radical polymerization as an approach. Such incorporation could significantly improve the adhesion of hydrogels. Addition of the aptamer covers a wide range of specific adhesion of the cell type to the hydrogel. This review demonstrates the existence of a nominal increase in osteogenesis. Since properties of hydrogel, such as the mechanical property and porous structure of PEG-aptamers were not satisfactory, Zhang applied gelatin, nucleic acid aptamers, and polyethylene glycol to synthesize chimeric hydrogels as promising ECM mimics [87]. Additionally, Zhao also co-incorporated RGD and aptamers into the 3D-porous PEG hydrogels so that the promotion of cell adhesion, as well as blood vessel formation can be further completed, making an important

contribution to the later stages of bone repair [88]. In addition to the specific molecule's incorporation, scientists have also exploited the physical effects of macromolecules in the process of promoting the adhesion of cells. Kaiwen Chen formed the chains of polyethylene glycol diethyl acrylate (PEGDA) networks with the non-covalent network, which contains highly diffuse giant PEGs to exploit the entanglement effect, which further promotes the adhesion level [89].

Additionally, the hydrophilic groups in accordance with the Schiff base reaction have exhibited the improvement of adhesion at the cell-hydrogel interface. The study on hydrogels has recently received sustained attention from scientists. Schiff reaction builds up the foundation of the cross-linking of amine and aldehyde groups to form a dynamic and covalent imine bond [90]. Schiff, which can be considered as base-bonds, could put every effort to form a network of hydrogels with cells and deposit of adhesion between hydrogels and cells. Inspired by the mussel, scientists have designed different adhesive hydrogels [91–95] with the ability and performance to adhere to various surfaces regardless of their smoothness and toughness. Based on the surface of mussel, polydopamine (PDA), hydroxyl groups, and amino groups have been applied to the training class of hydrogels in order to enhance the interface connectivity between cell-hydrogel [96, 97]. Recently, Zhou and his teammates designed a PPy-PDA hydrogel in order to promote adhesion. As more cells adhere to the surface, growth and proliferation of cells can be easily induced into the osteoblasts [98]. Han et al. developed a two-step PDA-clay-PAM hydrogel with adhesion. By oxidizing the hydroxyl group on PDA, the processed hydrogel provides a reproducible and adaptive adhesion level at the surface [92]. Additionally, changes in adhesion plaques could eventually stimulate and trigger β -catenin signaling to further help promote nuclear transformation and eventually enhance the expression of vinculin, especially in terms of rigid substrates [51].

Mechanical Properties

Mechanical properties are features of a material that provide mechanical strength and support cues required for cell

differentiation and proliferation [99]. The most commonly studied mechanical features of hydrogel are stiffness and elastic/compress modulus [100], whereby the universal test stand and indentation test are most often used to determine results [101]. The universal test stand converts load-displacement data into stress-strain data using simple geometric relationships [102], which are performed at a fixed rate until the specimen fails. The indentation test relies on a probe being pressed into the hydrogel before being immediately withdrawn. The remaining indentation is used as a measurement of the mechanical properties of the hydrogel [103]. By compressing the sample into a small area rather than the entire surface, it bypasses the usual requirement to process the hydrogel into the standard specimen shape. Furthermore, this technique eliminates issues with the mechanical gripping of the specimen as observed when using a regular specimen shape and prevents unnecessary waste of test material [101]. Generally, tissue regeneration is affected by mechanical signals. By sensing and interacting with hydrogel, mechanical signals and cells could have an influential relationship [21].

Regarding 2D- and 3D-scaffolds, a vast amount of research has determined the effects of mechanical signals on bone regeneration, especially on osteoinduction [104]. Discher et al. found that tissue cells have an active sense and response to the stiffness of the hydrogel [105]. It was also established that MSCs do not cover soft hydrogel efficiently, yet they spread evenly on stiff hydrogel (Fig. 5). Based on this, it was summarized that the extent of hydrogel stiffness results in varying differentiation for MSCs. Additionally, a study by Englar et al. identified that MSCs tend to differentiate into osteogenic lineages rather than

adipogenic or myogenic ones when the mechanical properties were promoted. Hydrogels with an elastic modulus of 30~35 kPa promoted osteogenic differentiation of MSCs, while those with elastic moduli less than 1 kPa promoted neurogenesis [106, 107]. This was believed to be due to the mimic performance between hydrogels and proposed tissue, which is closely linked to the cell phenotype [99, 108]. Overall, these findings suggested that hard hydrogels contributed to the bone regeneration process.

The mechanical properties of hydrogels have an effect on the growth, proliferation, and differentiation of cells [30]. MSCs have been induced into osteoblasts when using stiff hydrogels [106]. This process uses signaling pathways, such as Rho/ROCK, FAK, and ERK1/2, mediated by $\alpha 2$ -integrin [109]. Additionally, the nuclear transcription factor, YAP/TAZ, including a Hippo pathway, showed a direct connection with extracellular mechanical signals [110]. The optimum modulus provided adequate fixability to hydrogels to defend against environmental changes, particularly if joint trauma occurred [111] while also enabling sufficient toleration to maintain stability in bone regeneration. Alongside these findings, researchers have found that the elastic modulus affects the migration and proliferation of MSCs [112]. Mediated by myosin II A and II B, MSCs are capable of sensing differences in the matrix of the modulus. Stress fibers are cytoskeletal structures made of contractile actin bundles, responsible for cellular contractility and force. These structures were shown to undergo conformational changes while mediating MSC migration [113, 114]. This has been considered a directed migration as observed with anisotropic matrix [115, 116], in which the presence of an assembled microtubule network was necessary [117]. Vincent et al. discovered that MSCs preferred to accumulate on these types of high elastic modulus regions than the lower equivalents [116].

The doping of nanoparticles or microparticles results in further cross-linked bonds in the polymer network, which enhances the mechanical properties of hydrogel due to the complementation of the physical cross-linking of nanoparticles to the chemical cross-linking [30, 118]. This process mediates increases in the cross-linking/entanglement density of the polymer. Wu et al. designed double network hydrogels, where chemically cross-linked polyacrylamide (pAAM) is the main network doped with silica nanoparticles (SNPs) [119]. The use of nanoparticles led to a significant increase in the elastic modulus of hydrogels. Furthermore, Liao et al. developed an injectable calcium gluconate-alginate hydrogel with biodegradable porous poly(ϵ -caprolactone)-b-poly(ethyleneglycol)-b-poly(ϵ -caprolactone) microspheres (MPs/Alg) [120]. The inclusion of porous microspheres distinctly improves the mechanical strength of alginate hydrogel. Recently, polyacrylamide/lignin nanoparticle (PAM/LNP) nanocomposite hydrogels with derived lignin nanoparticles (LNPs)

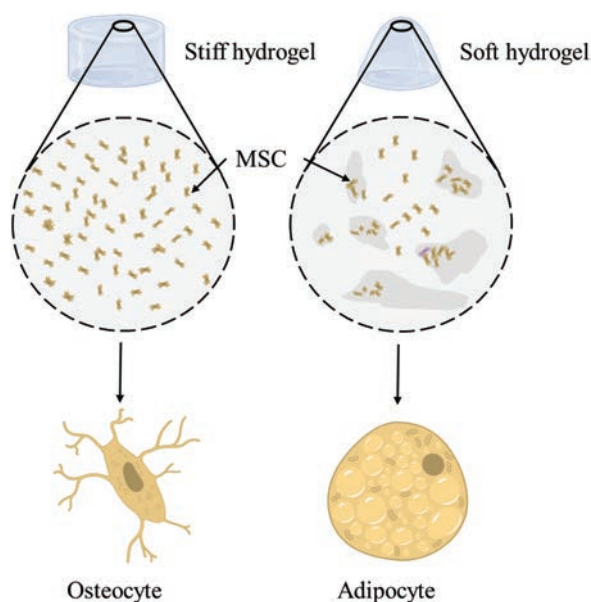


Figure 5. The spreading ability of MSCs on different forms of hydrogel. MSCs cover stiff hydrogel evenly but spread inconsistently on soft hydrogel.

have been studied and also presented impressive mechanical properties and improved biocompatibility [121]. Additionally, Zhai et al. doped nano-clay particles into PEG and through physical intercalation and chemical cross-linking within the PEG network, the resulting nanocomposite hydrogels showed enhanced mechanical properties compared to pure PEG hydrogels [122]. In another study, Xu et al. incorporated HAP nanoparticles into hydrogels, which was found to produce greater mechanical stability due to the resulting promoted cross-linking of the nanoparticles. HAP also provided unique chemical cues to promote osteoblast differentiation [123].

The mechanical properties can be regulated by changing the frequency of chemical reactions between the monomers. Within this field, double network hydrogels have been a primary focus of recent research, as cross-linkages can be increased by incorporating the molecules together [124]. Additionally, the balance between a hydrophilic and a hydrophobic state can affect the mechanical properties of hydrogels [125]. This balance relies on chemical cross-linking between specific groups of molecules. Liu et al. designed a hydrogel that generated physical entanglements through the interaction of gelatin methacrylate with multifunctional hydrogen bonds on tannic acid [126]. This newly created hydrogel had an ultimate stress value four times greater than that of GelMA alone. Another recent development has been the preparation of a hydrogel using biocompatible chitosan (CS) cross-linked with poly(*N*-(2-hydroxyethyl)acrylamide) (PHEAA), which uses covalent bonding of *N*-glucosamine units on CS. This hydrogel exhibited high tensile strength and strong elastic modulus (0.6 MPa) [127]. Furthermore, Wang et al. used both nanomaterial synergistic and chemical cross-linking to construct enhanced carbon/hydroxyapatite/PHEAA hydrogels, which showed stronger mechanical strength than hydrogels enhanced by nanomaterials or chemical cross-linking alone [128].

Porosity and Pore Shape

Properties, such as porosity, pore shape, and pore size, are highly dependent on the crosslink density, making them crucial in designing effective hydrogels. Indirect methods, such as gas adsorption testing and liquid immersion, and direct methods, such as microscopic imaging (scanning electron microscope (SEM) and TEM) and CT scanning, are used to measure porosity [129]. Gas adsorption is the most widely used method since it is a low-cost process and is used to measure the porosity of scaffolds with irregular pores [130]. Gas adsorption uses a gas molecule with a known molecular cross-sectional area to adsorb into a hydrogel under vacuum before the surface area and porosity are calculated based on the pressure equilibrium [131]. Nitrogen, argon, and carbon dioxide are the most commonly used gases for this method. Alternatively, SEM and

TEM can be used to directly visualize the hydrogel pores, especially as SEM produces 3D images to accurately determine pore shape [132]. while TEM is prior to observing the nanopores. Liquid immersion and CT scanning methods are now less commonly used.

High porosity and large pores of hydrogels provide a larger surface area for MSCs to exchange substances [133, 134]. Lien and Matsiko found that a pore size of $\sim 100\ \mu\text{m}$ was optimum for cell attachment, migration, proliferation, and ECM production [135, 136]. Additionally, Zhao et al. demonstrated that hydrogels with pore sizes of 200–300 μm complemented the process of osteogenesis more effectively [137] compared to those with pore sizes of 100–500 μm . To build on these findings, Gao et al. created an injectable sodium alginate/PRP composite hydrogel with an average pore size of 200–300 μm [138]. Previous research suggested that the porosity above 80% was beneficial for cell proliferation and survival [139–143], while homogenous cell distribution was also identified at this level of porosity [144]. A great swelling ratio connects with great porosity and therefore, hydrogels with increased porosity will also display a superior degradative capability and permeability for water [145, 146]. In general, hydrogels with high porosity were more compatible for bone regeneration as the enhanced surface area of the hydrogels improves the capability of nutrient and waste exchange while also adsorbing osteogenic factor [147–150]. However, the observed advantages of high porosity and large pore size come at the expense of the mechanical properties and stability of the hydrogel [16, 147, 151]. Furthermore, Dey et al. demonstrated that the elastic modulus of hydrogel is dependent on the pore structures [152].

In order to reduce the adverse effect of high porosity on the mechanical properties of hydrogels, the method of increasing the crosslink density can be used [153]. Cross-linking density is related to the strength of the hydrogel and refers to the proportion of cross-linked structural units, which reflects the number of chemical bonds present. Additionally, cross-linking affects the network and pore size of hydrogels, which consequently influences cell phenotype and proliferation [154–156]. CS is often used to manufacture porous hydrogel [140, 141]. Grafting other groups onto CS could bestow superior properties to hydrogels and prevent other limitations. Liao et al. prepared a hydrogel composed of chondroitin sulfate methacrylate, methyl ether ϵ -caprolactone-acryloyl chloride, and graphene oxide, which presented appropriate porosity, pore size, and swelling capacity [157]. The enhanced porosity was attributed to the increased presence of CSMA. The ability of CSMA to exploit the heat-responsive gelling properties of gelatin means that the porosity can be controlled and cells can be homogeneously dispersed.

Previous studies have also found that various pore shapes influence cell behavior during bone repair [158, 159]. According to Phadake, cells in

rhombic pores show more advanced osteogenic differentiation [160]. Cylindrical and cubic pores were most conducive to differentiation into adipocytes, while cells in rectangular pores preferred chondrogenic differentiation [161, 162]. Moreover, in a three-dimensional context, random and sponge-like pores favored osteogenic differentiation as opposed to neatly laminated pores composed of cylinders. This may be due to the finer communication between the dispersed spongy pores compared to the lamellar pores. Ferlin et al. found that the cylindrical pores initially increased the expression of early osteogenic markers, although scaffolds with regular cubic pores increased protein expression levels in later stages [163].

Degradation Properties

Degradation is crucial to the structure and degradation of hydrogels [164]. By controlling the rate of degradation, researchers could regulate the release of drugs, while eliminating the hydrogel from the body when appropriate [165]. Usually, degradation is related to the molecular weight, cross-linker, crosslink density, stiffness, hydrophilicity, and the nature of the hydrolytic bonds of the hydrogel [164, 166]. Several stages are required for efficient degradation of hydrogels, including ester hydrolysis, enzymatic hydrolysis, photolytic cleavage, and reversible click reactions [167] (Fig. 6).

Several methods have been applied to characterize the degradation of hydrogels *in vivo* and *in vitro* settings. These methods are generally based on measurements of the properties of hydrogel samples taken at various time points. Initially, the concentration of the degradation products is measured. Bitter used the carbazole method to achieve this by measuring HA hydrogels degraded by hyaluronidase [168]. Second, changes in selected mechanical properties at specific time points are tested. Since the mechanical properties are correlated to the crosslink density, these properties can reflect adjustments in the

crosslinked structure within the hydrogel [165]. Finally, most studies have used the weight loss of hydrogels to assess degradation.

Bone regeneration can be promoted by degradation, reliant on the mechanical properties and cross-linking density of hydrogels [169]. When the rate of hydrogel degradation increases, the newly generated bone tissue displays more robust properties [170]. The balance between degradation and mechanical properties allows hydrogel to carry out roles appropriate to the stage of bone regeneration [167]. This is seen when hydrogel is initially needed to support the bone defect. Degradation of the hydrogel is later needed to allow adequate space for gradual increases in growth and at a later stage of the repair process, the hydrogel is required for vascular infiltration [171].

Generally, the degradation of materials is managed by several factors, such as by enhancing the hydrophilicity of the material, altering the raw materials and cross-linkers, using laser ablation, and controlling the enzymatic reaction. HA is a hydrophilic polymer that degrades rapidly in ECM and is commonly used to make biodegradable hydrogels. HA hydrogels have a porous structure with pore sizes ranging from 20 to 200 μm . They can also be degraded using hyaluronidase and reducing substances or when acidic. However, there are limitations to using HA hydrogels and the mechanical properties require improvement to become a more superior hydrogel material. Cui et al. prepared hydrogels modified with 3,3'-dithiodipropionate hydrazide and PEG diacetyl propionate for cross-linking, using a double network cross-linking method [172]. Hydrogel customized with maleimide-modified HA (MaHA) macromolecular monomers cross-linked with MMP-sensitive peptides was assembled. The result is a hydrogel that used adjustable crosslink density to regulate degradation and to guide the release of bone morphogenetic protein. Overall, this led to effective promotion of bone repair [173].

Further studies have focused on the enzyme-based degradation of hydrogels due to the uniqueness of the associated bio-derived properties. Kim et al. used lysozyme-doped CS hydrogel to modulate degradation, which induced adapted mechanical properties, pore size, and porosity of the hydrogel [174]. As a result of these adjustments, the hydrogel could undertake different roles in the early and late stages of osteogenesis. The modifiable degradation has also been shown to be effective for slow drug release. Microaggregates of alginate lyase has been encapsulated in alginate hydrogels to monitor the regulation of degradation, which has shown that it is possible to control the release of biological factors or cells using these enzymatic microaggregates [175]. This newly developed type of hydrogel is similarly useful for the infiltration of blood vessels in the late osteogenic phase.

Recently, the role of photodegradation in the generation of efficient hydrogels has attracted considerable attention.

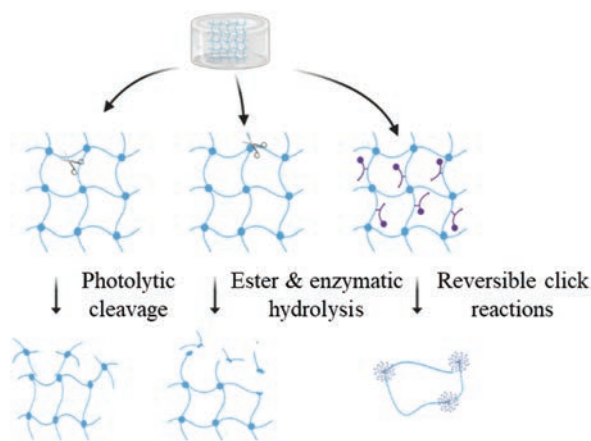


Figure 6. General mechanisms required for hydrogel degradation.

Hydrogels have been used for laser-based degradation, whereby the hydrogels absorb laser to subsequently form plasma or by containing engineered photo-unstable groups. These processes are broadly used for cell and tissue engineering applications [176]. In a study by Brandenburg et al. lasers were irradiated onto poly(dimethylsiloxane) (PDMS) hydrogels to create complex microfluidic networks [177]. Notably, the researchers found that the product was compatible with 3D cell biology, but these networks could also be used to guide the migration and colonization of MSCs to facilitate bone repair. Furthermore, Hu et al. developed a thermally degradable hydrogel using the photothermal effect, which was capable of accurately controlling degradation of the hydrogel [178]. Thermal degradation can manage hydrogel stiffness and regulate the migration and differentiation of MSCs to advance bone regeneration.

HOW PROPERTIES SHAPE BONE REGENERATION

The Impact of Single-Nature Aspect Studies on Bone Regeneration

Individual properties of hydrogels, such as nanotopographies, stiffness, and the network structure, impact bone repair by influencing the microenvironment and cell surface signaling pathways.

Nanotopographies provide adhesive cues that influenced the adhesion of macrophages and the subsequent production of inflammatory cytokines [56, 57, 179]. It should be acknowledged that cells respond differently to physical cues. Most topological migration promotes the movement of cells to more dense substrate regions and is therefore detrimental to aggressive proliferation [107]. These factors were determined by two signaling pathways, PI3K and ROCK [158]. Additionally, nano topology can regulate macrophage differentiation toward M2, thus facilitating the formation of osteogenic cells [72]. Bone regeneration is a balance between bone formation and resorption. For bone repair to occur, bone formation must be the dominant process.

Hydrogel stiffness is one of the most important factors influencing the behavior of MSCs. Harder hydrogels provide cells with stable cellular focal adhesions, while softer hydrogels tend to result in dynamic cell adhesions [180]. Research by Balcioglu demonstrated that cell migration was linked to the matrix stiffness in a non-monotonic way. This suggested that moderately hard hydrogels usually induce preferable cell migration and contribute to osteoinduction [181]. This is mainly attributed to the MSC migration that occurs as a result of the binding of OPN to integrin $\beta 1$, following the activation of FAK and ERK pathways [182]. Recent studies have identified three series of actions that could cause this effect: (i) by adjusting the cytoskeletal tension, (ii) by controlling varied expression

of signaling molecules, and (iii) by adjusting cell morphology based on the former two methods. Most microtubules present are a single tube and contribute to the formation of cellular structures [183]. The distribution of α/β tubulin in MSCs on hard hydrogels was broader than the distribution identified on soft hydrogels [51]. The greater area of distribution showed better cell proliferation and migration functions. To explain this process, Steinmetz et al. discovered that the dynamic mechanical stimulation adjusted MSC differentiation, which led to hyper-expression of collagen I. Consequently, this significantly encouraged migration, proliferation, and differentiation of MSCs [184]. To further develop these findings, Maisani et al. designed a composite hydrogel form of collagen I generated from a small synthetic amphiphilic molecule. As well as displaying distinctly improved mechanical and biological properties, this composite hydrogel enhanced the differentiation of MSCs into bone in the absence of osteogenic factors [185]. Other studies have developed a new class of ductile hydrogels based on the notion of collagen fibers and dual networks, which work well in osteochondral defects [186]. This form of tough hydrogel was formed using swim bladder collagen progenitors and poly(*N*, *N'*-dimethylacrylamide) (PDMAAm), which are responsible for the excellent mechanical properties it possesses. Moreover, it was found that the stiffness of hydrogel could trigger the expression of cytoplasmic β -catenin and enhance its nuclear translocation [51]. The Wnt/ β -catenin signaling pathway has been established as being vital for bone maintenance through the regulation of osteoblasts [187, 188].

Lastly, the differences in network structure also influence bone regeneration. The network structures within hydrogels provide cell adhesion sites, while the pore structure provides adequate space for the proliferation and migration of cells [133]. It is possible that cell adhesion and migration could be modulated by regulating the 3D geometrical parameters [21]. The 3D network structure is partially reflected by the swelling behavior of the hydrogel, which in turn is influenced by the composition and cross-linking density [189–192]. Using this knowledge, a hydrogel was created using a pluronic ink with gelatin-methacryloyl (GelMA), to provide a 3D microenvironment for cells, which would ultimately enhance bone repair [193]. The resultant scaffolding showed good water absorption and was strongly resilient to damage. This is likely due to the stable traffic between the pores of this hydrogel, which would convey a level of resistance to changes in the external environment [120, 194–197]. Similarly, Gao et al. prepared PACG-GelMA hydrogels using acryloyl 2-glycine (PACG) and gelatin methacrylate (GelMA). The PACG-GelMA hydrogel presented strong mechanical properties and is swollen in promoting trabecular bone repair [198]. However, the mechanical properties and osteogenic irritation would decrease as the pore

size increased. As a consequence of this relationship, the hydrogel would prematurely undergo degradation before bone structures could be completely formed [149]. Moreover, Cheisy et al. discovered that nano-porous structures could influence macrophage responses. The bone immune environment promoted by 50 nm nanopores is conducive to the osteogenic differentiation of MSCs with optimal bone immunomodulatory effect. It has been suggested that this would lead to an increase in the osteogenic ability of bone biomaterial [71]. To test this, Kim et al. produced a hydrogel with a porous microstructure. By staining with ED-1 marker, they found that it effectively inhibited macrophage-mediated inflammation [199]. Kumar et al. also manufactured acrylic grafted tamarind polysaccharide-based hydrogels and found that the greater porosity of this type of hydrogel resulted in increased M2 cell expression, which is useful for tissue repair [24].

Additionally, it was shown that the pore structure has an essential role in cell migration [200]. In general, pores can influence macrophage morphology, migration, and most notably, the release of cytokines such as IL-6, which are accepted by osteoblasts and contribute to bone regeneration. Essentially, pores are involved in the transmission from physical cues to biochemical information [201]. Moreover, the *in vivo* degradation of hydrogels can influence pore size [202].

The Combined Effect of Two or More Properties on Bone Regeneration

Two or more hydrogel properties may act antagonistically or synergistically in regard to osteogenesis. Therefore, recognizing the nature of these interactions is a useful tool to regulate bone repair. Among these properties are porosity, the antagonistic relationship between swelling and mechanical properties, and the influence of surface properties and adhesion on the immune microenvironment.

The mechanical properties, swelling, and porosity represent the stability of the hydrogel and the level of support provided to organic tissue. Generally, the greater the crosslink density, the smaller the porosity and swelling. However, the mechanical properties improve [203]. A study by Stagnaro found that the porous structure of hydrogel collapsed in the range of smaller swellings [204]. Additionally, a rapid decrease in porosity was observed, which has an adverse effect on cell migration and bone repair. Nkhwa et al. found the addition of gelatin, calcium metaphosphate (CMP), and polyvinyl alcohol (PVA) allowed hydrogels to increase porosity without compromising the mechanical properties [205]. Cells were elaborately distributed over the entire surface of the hydrogel and formed a connected 3D network through the pores. Researchers found that the resultant mechanical properties of this modified hydrogel were suitable for low to medium load bone defects. Expanding on this, Wang et al. distinguished a hydrogel with high porosity and

strong mechanical properties [206]. Poly(vinylphosphonic acid-co-acrylic acid) (PVPA-co-AA) hydrogel showed similar mechanical properties to bone by adjusting the content of PVPA, and was able to control the flow of nutrients due to the high porosity.

Further findings showed that surface properties and adhesion factors could affect the microenvironment *in situ*. The implantation of hydrogels induced inflammation, which transitioned from acute to chronic [207], and consequently reduced the stability of the hydrogels [8]. Of more recent interests are hydrogels with considerable immunomodulatory properties [208]. King et al. have demonstrated that once MSCs have settled in hydrogels, they can stimulate the production of angiogenesis and morphogenesis factors such as integrins to induce macrophage-promoted formation of M2 [209, 210]. From this, ossification occurs [211, 212]. Qiu et al. produced a hydrogel comprised of periosteal extracellular matrix (PEM) [213]. This creation induced macrophage recruitment and polarization to M2, which subsequently promoted osteogenic differentiation and vascular migration. Furthermore, this PEM hydrogel showed superior bone repair capacity in *in vivo* testing. Recent studies have shown that the adhesive cues of hydrogel are essential for macrophage functioning [211] and were found to promote osteogenesis by down-regulation of reactive oxygen species [214]. Additionally, high concentrations of parent molecules, including collagen and fibronectin, were shown to induce M2 polarization [215, 216]. Tanaka et al. found that fibrin hydrogels could progress the recruitment of macrophages and the secretory role of anti-inflammatory factors through M2, which resulted in enhanced osteogenesis [217]. Specifically, improved adhesion can promote MSC differentiation to accelerate osteoinduction. Thus, by adjusting the adhesive capability of hydrogels, the differentiation of MSCs can be controlled.

PROSPECTS AND CHALLENGES

The safety, efficiency, and controllability of biomaterials have allowed their use in clinical osteochondral repair systems, including Hyalonect®, Dexon™ by Medtronic, and Bioglass® [218]. Queiroz et al. compared the effects of hydrogel implantation with clinical cartilage grafting, in regard to the repair of cartilage defects [219]. The results found similarities between hydrogel and osteochondral bone grafting, but hydrogel implants were deemed to be safer, more effective, and less invasive to the patient. Further clinical developments in this field have been seen with the use of HA-based hydrogels loaded with BMP-2 for clinical skull repair [219], as well as the development of ECM-based hydrogel therapy. In the latter scenario, the properties of the hydrogel are adjusted to align those of the ECM, which is favorable for bone repair. However, the currently available hydrogel is composed of a single component, and there is a significant need to improve

the properties and application of this basic substance. The combined properties of hydrogels determine the effectiveness of bone repair. To produce hydrogels with optimum bone regeneration outcomes for further clinical use, the following recommendations are proposed to improve future hydrogel design and biomedical applications.

First, improving the osseointegration of the scaffold to the defect site needs to be considered. It is often assumed that a softer hydrogel will fit the bone defect better but at the expense of the support of the defect. Alternatively, harder hydrogels are not complementary to the bone defect. To resolve this issue, the multi-layer hydrogel technique can be used, where different levels of hydrogel stiffness are applied to different parts of the defect site. Second, injectable hydrogels are becoming a more prevalent area of research in recent years. The hydrogel is more fluid when injected and can precisely fit the damaged area of bone. Using these strategies results in improved mechanical properties after a period of time. Also, the relationship between adhesion and surface properties to osseointegration means that by improving adhesion and modulating surface properties, the contact between osteoblasts and the implanted hydrogel can be elevated. This would create an interlocking transition zone between the implant and the defect surface and would promote osseointegration.

A further consideration is the relationship between the degradable properties of the scaffold and the bone repair. Balancing the degradability and repairability of hydrogels should be further explored to achieve the desired bone repair. The biodegradability of hydrogels is linked to the porosity and pore features of the hydrogel, while the repair properties are related to the aforementioned components. Among them, mechanical properties and porosity are often opposing factors. Recently, the concept of multi-layered hydrogels has been proposed, whereby each layer of the hydrogel has porous components with different hardness and porosity characteristics. These components can be adapted to the specific site of bone injury, which makes them a highly promising development. Furthermore, 3D printing technology is advancing rapidly and hydrogels will eventually be designed and printed in 3D while maintaining different mechanical properties or porosities.

CONCLUSION

In summary, a systematic review of available research related to the adhesion, mechanical properties, interface, porosity, swelling, and pore characteristics of hydrogels has been undertaken. The properties of hydrogels can configure bone regeneration, and considerable progress has been made in finding the link between hydrogel properties and osteogenic induction. The properties of hydrogels are closely related to each other in various ways, depending on the biomaterial and the method used to manufacture each

type of hydrogel. Significantly, these properties can interact to influence their overall effect on bone regeneration.

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