

Electromagnetic Stimulation of Bone Repair: A Histomorphometric Study

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Summary: The effect of pulsing electromagnetic fields (PEMFs) on bone repair was studied in principal metacarpal bones of eight adult male horses: Six horses were treated with PEMFs, and two horses were untreated. In treated horses, Helmholtz coils were applied during a 60-day period to the left metacarpal bones, bored with eight holes of equal diameter and depth, from the middiaphysis toward the distal metaphysis. Eight equal holes bored in the right metacarpal, surrounded by unactivated Helmholtz coils, were taken as controls. The two untreated horses were taken as additional control. The results of computer-assisted histomorphometric analysis indicate that (a) in diaphyseal levels, the amount of bone formed during 60 days is significantly greater ($p < 0.01$) in PEMF-treated holes than in contralateral ones and those in control horses; (b) in metaphyseal levels, PEMF-treated holes are sometimes more closed, sometimes less, as compared with contralateral holes and those in control horses; in any case the statistical analysis indicates that the symmetry in the rate of hole repair, found between the two antimeres of control horses, is not appreciable at metaphyseal levels also; (c) there was no statistically significant difference between untreated holes in PEMF-treated horses and holes in control horses, neither at diaphyseal nor at metaphyseal levels. These preliminary findings indicate that PEMFs at low frequency influence the process of bone repair on both diaphysis and metaphysis, and seem to improve the process of bone repair in skeletal regions normally having a lower osteogenetic activity, i.e., in diaphyses as against metaphyses. **Key Words:** Bone repair—Bone formation—Pulsing electromagnetic fields—Horse metacarpus.

Notwithstanding the large body of investigations carried out during the second half of this century on the relationship between bone and electricity (3-10,13,14,21,23-27,34,37,39), the effect of electric stimulation and, more recently, of pulsing electromagnetic fields (PEMFs) on bone formation and resorption remains to be defined.

In this connection it must be noted that the rate of bone repair depends on many factors: age of sub-

ject, vascularization (22,32), compact or spongy bone architecture of the skeletal region where the bone defect is located (29), mechanical stresses (1,2,31,38,40-42), diet (30,35,36), etc. Hence, in studies on the effect of a given factor (drugs, hormones, vitamins, PEMFs, etc.) on the repair of pathological or experimental bone lesions, the degree of variability of the rate at which the same lesion repairs in natural conditions must be precisely evaluated in advance.

For this reason we evaluated the effect of PEMFs on the rate of bone formation inside transcortical holes experimentally made at different levels of homotypical metacarpal bones in adult horses, whose

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biorhythms of repair had previously been established in untreated animals. This article represents an extension of previous preliminary reports on the same subjects (11,12,15-20).

MATERIALS AND METHODS

Eight male horses of 4-5 years of age were used. With the animals under general anesthesia by gas, a series of eight transcortical holes was made, equidistant from one another and at the same level, in the lateral margin of the right and left principal metacarpal, going from the center of the diaphysis

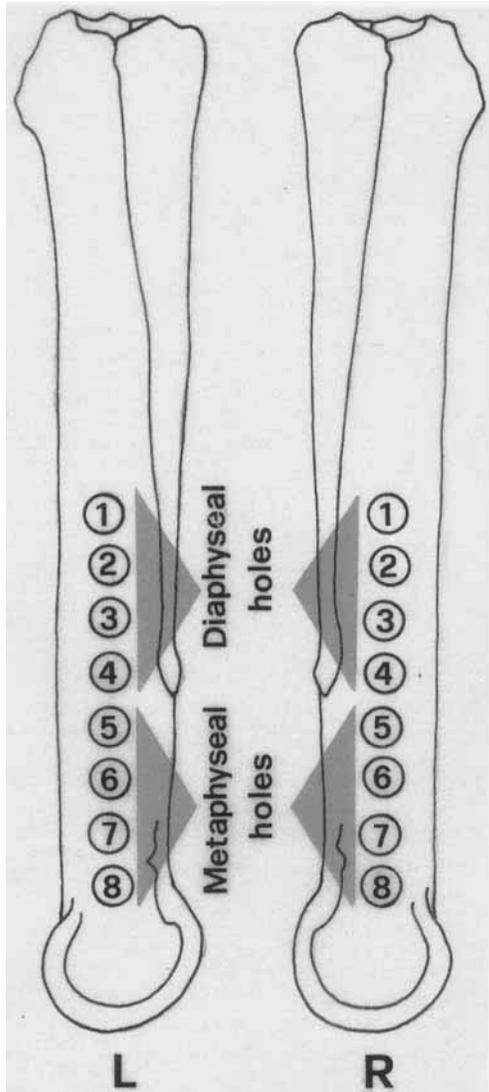


FIG. 1. Schematic drawing shows the levels where the holes were made in the left (L) and right (R) metacarpals in all horses (see text for explanation).

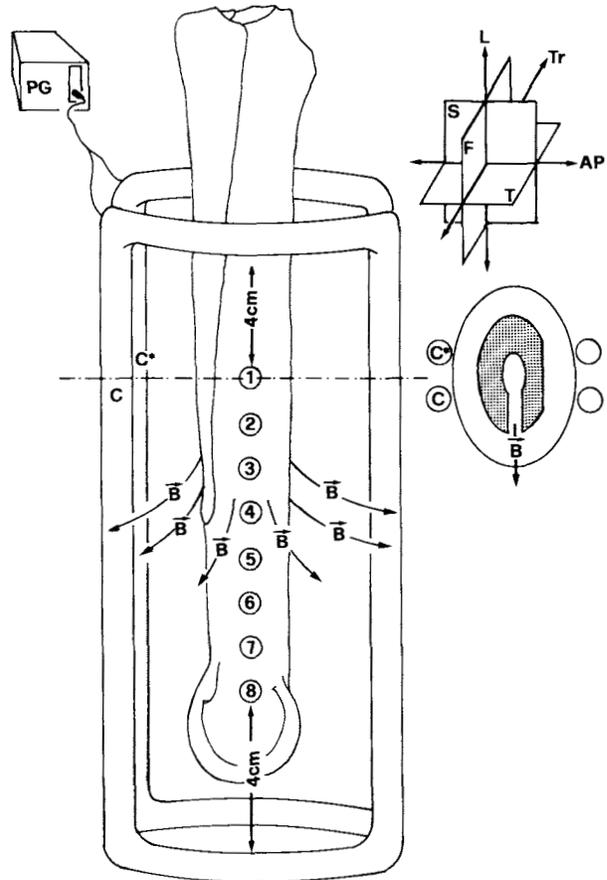


FIG. 2. Schematic drawing shows the left principal metacarpus (lateral view) surrounded by a pair of Helmholtz coils powered by a pulse generator (PG). The precise orientation of the bone is indicated on top right. L, Tr, and AP are the longitudinal, transverse, and anteroposterior axes. S, F, and T indicate the sagittal, frontal, and transverse planes. The numbers on the lateral surface of the bone indicate the levels of transcortical holes. Holes 1 and 8 are equidistant from the upper and lower ends of the coil. The two coils parallel to the sagittal plane are respectively positioned on the lateral (C) and medial (C*) aspects of the metacarpus. The central axis of each coil lies on the frontal plane passing through the holes. The arrows indicate the B field direction, which is orthogonal to the sagittal plane. The level of the cross section, drawn to the right, is indicated by the dotted line. The white elliptical band (~1.5-cm thick) between the cross sections of the bone (dotted area) and the coils (C, C*) represents the spaces occupied by the bandage and the soft tissues of the limb. The arrow in the hole indicates the B field direction.

toward the distal metaphysis (Fig. 1). Altogether, 128 holes were made.

The holes were drilled orthogonally to the longitudinal axis of the bone, covered by the periosteum, with a helicoidal tip (4.5-mm diameter) working at low revolution and cooled with a jet of sterile physiological solution of Gentalyn (Schering/Plough, Comazzo-Milano, Italy). To ensure that the holes

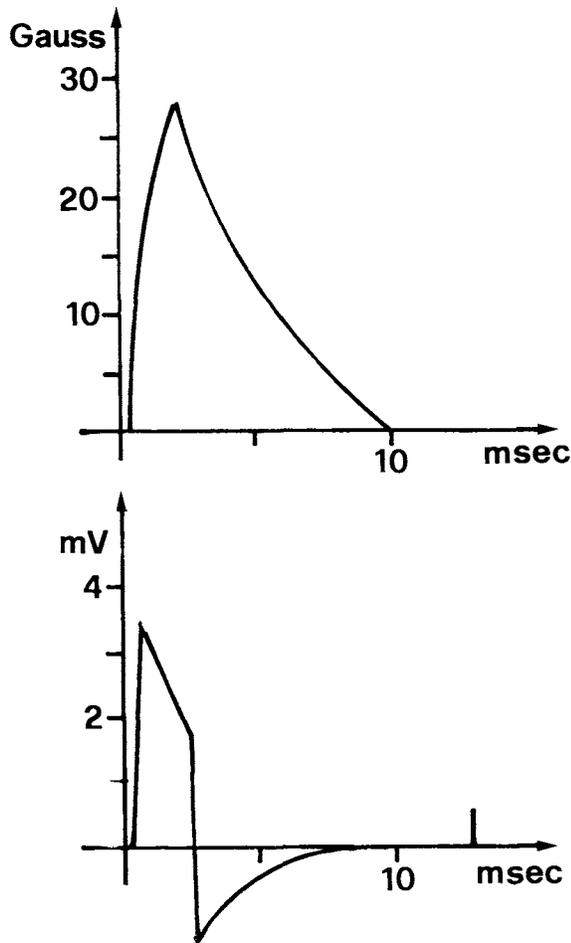


FIG. 3. Upper diagram: Waveform of the magnetic field used in this investigation. **Lower diagram:** Waveform of the electrical tension induced in a standard coil probe by the electromagnetic field shown above (see text for explanation).

were made at the same levels, the helicoidal tip was made to pass through a perforated steel plate, positioned in the same way in all the metacarpals.

As shown in Fig. 2, the left principal metacarpal of the six treated horses was surrounded by a pair of Helmholtz coils, each having a longitudinal diameter of 23 cm and a transverse diameter of 14 cm, and made up of 1,400 turns of copper wire (0.25-mm diameter). Both coils were continuously powered for 60 days by a pulse generator (IGEA-stimulator, IGEA, Carpi, Italy); the magnetic field signal, shown in the upper diagram in Fig. 3, was characterized by a peak amplitude of ~28 G, a rise time of 1.3 ms, and a repetition rate of 75 Hz. The lower diagram in Fig. 3 shows the waveform of the electric field, as detected by a standard coil probe made of 50 turns (0.5-cm internal diameter) of copper wire (0.2-mm diameter). No resistor was used in the standard coil probe. The peak value of the electric field induced in the probe ranged between 3.25 ± 0.25 for the position corresponding to holes 1-8. In this setup the direction of the magnetic field was perpendicular to the sagittal plane of the metacarpal bone (Fig. 2).

As control for the treated left metacarpals, we used the contralateral ones, surrounded by an equal pair of Helmholtz coils not activated by the pulse generator. Using the abovementioned standard probe, no electric field was detectable in the right limb, when the left coils were activated. In addition,

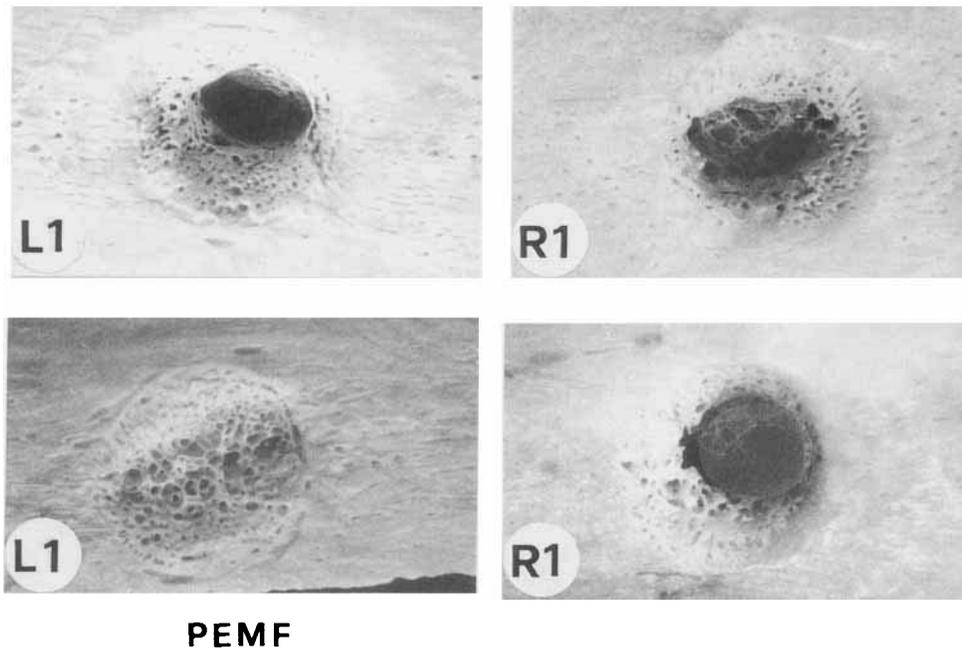


FIG. 4. Periosteal aspect of transcortical holes made at the same diaphyseal level 1 (see Fig. 1) of the left (L) and right (R) metacarpals in a control horse and in a treated one (photomicrographs under reflected ordinary light; $\times 6$). Note that the rate of hole closure is very similar in corresponding diaphyseal levels of the control horse, whereas in the treated horse the pulsing electromagnetic field (PEMF)-treated hole (L1) is more closed as compared with both the hole in the contralateral side (R1) and those at the same level in the control horse.

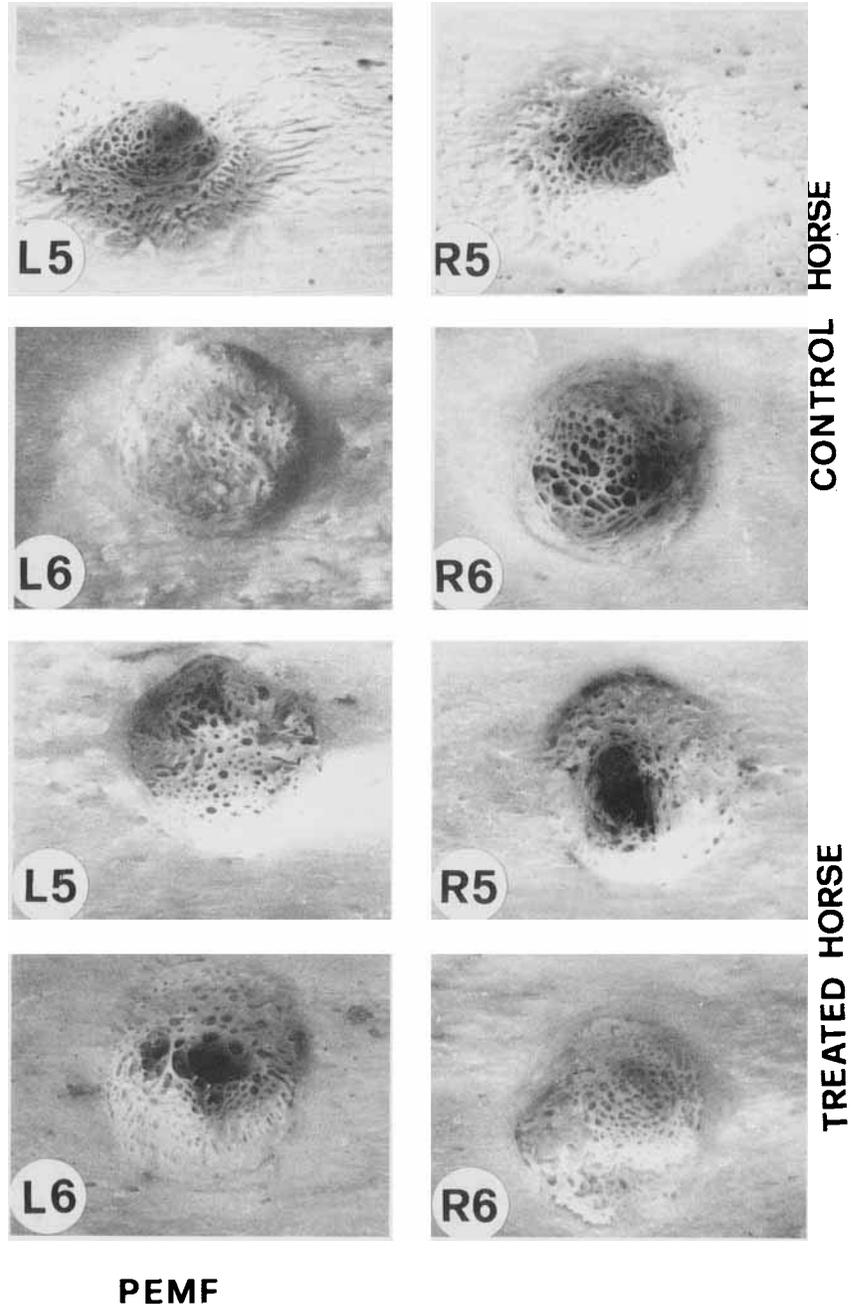
the presence of the field was investigated by amplifying ($\times 500$) the sensitivity of the measurements. No field amplitude >0.02 mV was detected in the control limbs.

By way of additional control, two horses were not fitted with coils. To prevent variations in mechanical load from interfering with the repair process of the holes, throughout the period of the experiment we checked whether the surgical intervention induced changes in the normal posture of the

animals. This was not the case, because both treated and untreated horses mainly assumed the standing position in the box where they were stabled. All the horses were sacrificed 60 days after application of the coils.

The bone segments containing the transcortical holes were cleaned of the soft tissues with NaOCl at 3% and embedded in methylmethacrylate. Using a diamond-blade saw (Leitz 1600 Microtome, Wetzlar, Germany), a section was removed from

FIG. 5. Periosteal side of transcortical holes made at the metaphyseal levels 5 and 6 (see Fig. 1) of the left (L) and right (R) metacarpals in a control horse and in a pulsing electromagnetic field (PEMF)-treated one (photomicrographs under reflected ordinary light; $\times 5$). Note in the control horse that the amount of new bone formed inside the holes is very similar in the two antimeres. In contrast, the PEMF-treated hole (L5) is more closed than the contralateral one (R5), whereas the PEMF-treated hole (L6) is less closed than the contralateral one (R6).



each segment, longitudinally with respect to the axis of the hole and passing through its center (mid-longitudinal section).

All the sections ground to a uniform thickness of 70–80 μm were microradiographed (20 mA; 7.8 KV) (Italstructure Microradiograph, Como, Italy). Using a computerized image analyzer (TESAK, Florence, Italy), the following parameters were measured on the microradiographs: (a) total area of the hole; (b) area occupied by the bone it contains, i.e., the bone laid down during the 60 days of the experimental period [new bone (NB)]; and (c) area of the spaces not occupied by bone tissue [porosity (P)]. In diaphyseal holes, the bone internal to the endosteal border was excluded; moreover, to allow comparisons between the data from diaphyseal holes with those from metaphyseal ones, in the latter only their cortical portion was taken into account in the present morphometric analysis. The relative amount of bone laid down during 60 days was expressed as percentage ratio of $\text{NB}/(\text{NB} + \text{P})$. Statistical analyses were performed by two-tailed paired Student's *t* test.

RESULTS

The endosteal surface of the holes in the metacarpals of all the horses studied appears smooth at

holes 1–4, and covered by increasingly thicker spongy bone from holes 5–8. In view of the fact that spongy bone has a higher metabolism than compact bone, our study considered as diaphyseal holes 1–4, i.e., those made only in compact bone, and as metaphyseal holes 5–8, involving both compact and spongy bone (Fig. 1).

In control horses, the 32 holes observed macroscopically from the periosteal side have a funnel-shape appearance. The rate of bone repair proceeds with a high degree of symmetry in holes situated at the same levels of the right and left antimeres (Figs. 4 and 5). Comparison between the holes situated at different levels of each antimeres reveals, however, that metaphyseal holes are generally shallower than diaphyseal ones and are, to a larger extent, filled with denser trabeculae of spongy bone (Figs. 4 and 5). Light-microscope observation of the microradiographs of the midlongitudinal sections of the holes (Figs. 6 and 7) shows that new bone formation proceeds in a concentric direction, going from the endosteum toward the periosteum. The trabeculae appear predominantly oriented according to the axis of the hole and are more densely arranged and radioopaque, i.e., more mineralized and thus laid down first, in proximity to the endosteal side as opposed to the periosteal surface. Microradio-

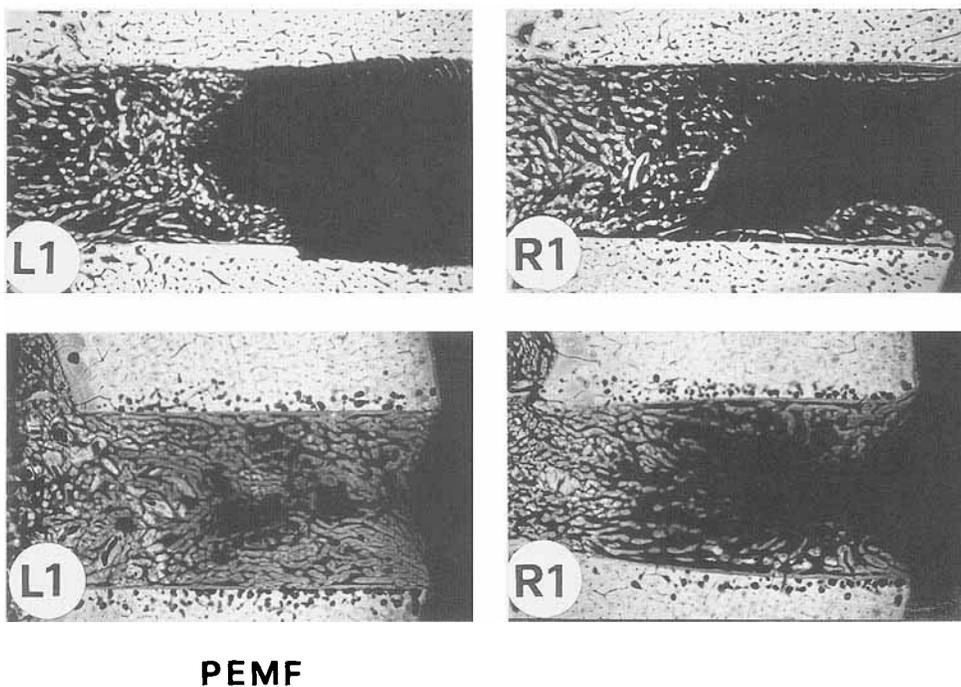


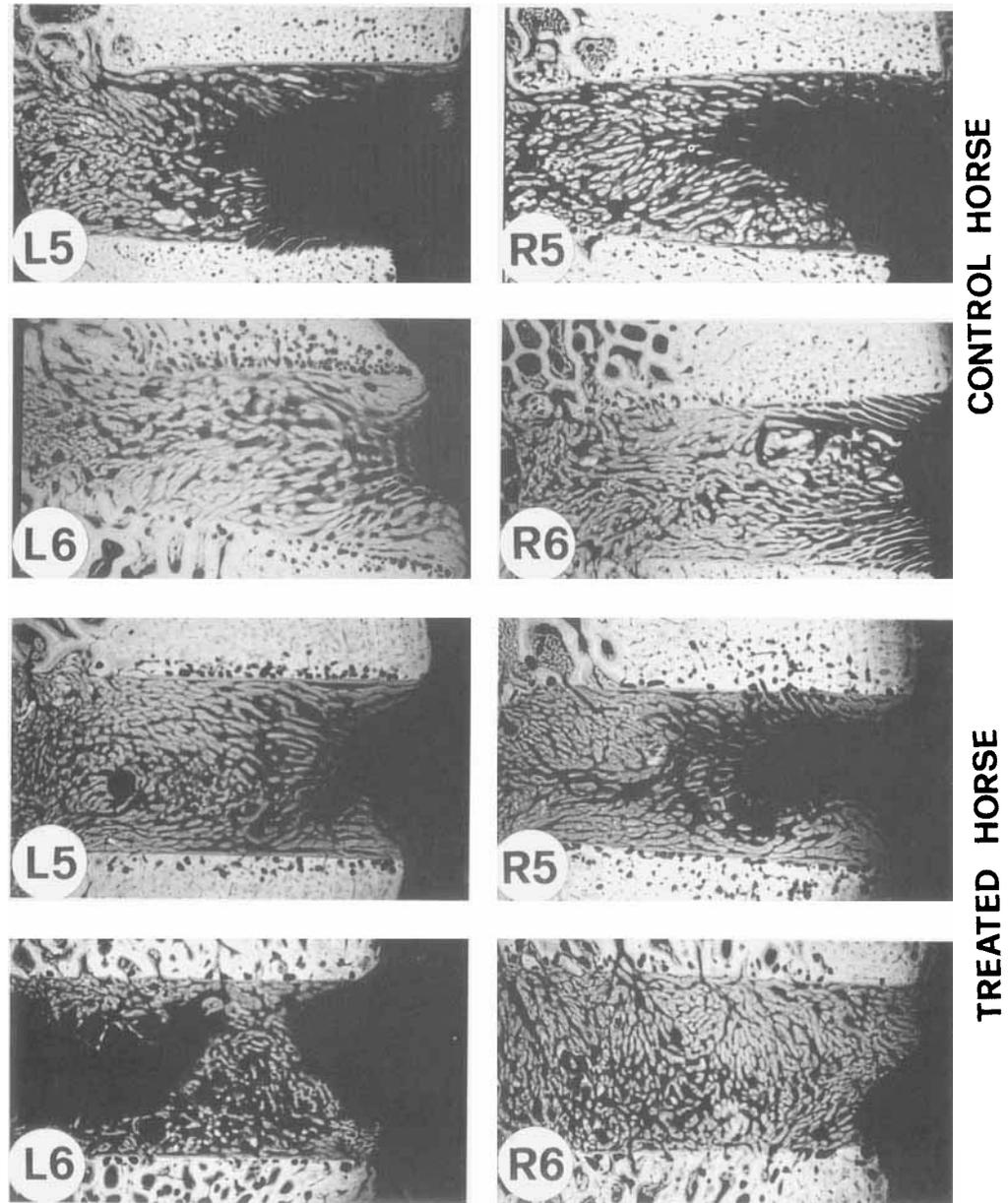
FIG. 6. Microradiographs of the midlongitudinal section of transcortical holes made at the same diaphyseal level 1 (see Fig. 1) of the left (L) and right (R) metacarpals in a control horse and in a treated one (photomicrographs under transmitted ordinary light; $\times 5$). Although proceeding according to the same pattern, reparative osteogenesis is greater in the pulsing electromagnetic field (PEMF)-treated hole (L1) than in the contralateral one (R1) and in those at the same level in the control horse. Note also the symmetrical correspondence in the amount of bone present inside the left and right holes in the control horse.

graphic study also shows a considerable symmetry in the trend of repair of holes situated at the same level of homotypical bones. However, in metaphyseal holes, where reparative osteogenesis is more active than in the diaphyseal ones, the degree of symmetry appears sharper and subject to greater variability (Fig. 7).

In treated horses, the 96 holes observed macroscopically from the periosteal side have a funnel-shape appearance similar to that found in control

horses. However, as regards the rate of repair of the holes at the same levels of homotypical bones, the symmetry found in control horses is no longer evident from the quantitative point of view. In particular, at the diaphyseal level, all the holes treated with PEMFs, as compared with the untreated contralateral holes and the holes in control horses, appear more closed by dense, spongy bone (Fig. 4). At metaphyseal levels, in contrast, the depth of the holes is sometimes greater in those treated with

FIG. 7. Microradiographs of the midlongitudinal section of transcortical holes made at the metaphyseal levels 5 and 6 (see Fig. 1) of the left (L) and right (R) metacarpals in a control horse, and in a treated one (photomicrographs under transmitted ordinary light; $\times 4$). In the control horse, reparative osteogenesis appears to be symmetrical in metaphyseal holes at the same levels of homotypical metacarpals. In contrast, the pulsing electromagnetic field (PEMF)-treated hole L5 is more closed than the contralateral one (R5) is, whereas the PEMF-treated hole L6 is less closed than the contralateral R6 is.



PEMFs, as compared with the contralateral holes, and sometimes is the reverse (Fig. 5). In all holes, whether treated or untreated, the newly formed spongy bone is predominantly composed of thin trabeculae in the less repaired holes and of thick trabeculae in the more closed ones. The microradiographic study also shows that in all the PEMF-treated holes the process takes place concentrically and from the endosteum toward the periosteum, as already observed in control horses. From the quantitative point of view, the microradiographs again show that the PEMF-treated holes at the diaphyseal level are at a more advanced stage of repair as compared with the controls (Fig. 6), whereas at the metaphyseal level they are sometimes more closed, sometimes less; in any case the symmetry found in control horses is not appreciable (Fig. 7).

The total amount of bone newly formed during 60 days in each hole is reported in Fig. 8.

In the two control horses, the percentage ratio $NB/(NB + P)$ (a) increases on proceeding from the diaphysis toward the metaphysis, and (b) presents no significant differences in corresponding levels of homotypical bones. The percentage differences between the symmetrical holes in the two antimeres vary between 1.5–3% in diaphyses and 3.4–3.7% in metaphyses (Fig. 9).

In the six treated horses, the data obtained at the diaphyseal level differ substantially from those obtained at the metaphyseal level. At the diaphyseal level, the values of the percentage ratio $NB/(NB + P)$ are significantly higher ($p < 0.01$) in PEMF-treated holes than in untreated contralateral ones, and in corresponding holes of control animals (Fig. 8), the percentage differences ranged between 40 and 120%. At the metaphyseal level, the values of $\%NB/(NB + P)$ in some PEMF-treated holes are higher, and in others are lower as compared with the contralateral ones. However, statistical analysis indicates that also at the metaphyseal level there is a significant difference ($p < 0.01$) between the values of $\%NB/(NB + P)$ recorded from holes situated at the same level of the left and right antimeres. No statistically significant difference exists between untreated holes in PEMF-treated horses and holes in control horses, either at diaphyseal or in metaphyseal levels (Table 1).

DISCUSSION

The results here reported suggest that PEMFs do not seem to alter the normal trend of the repair

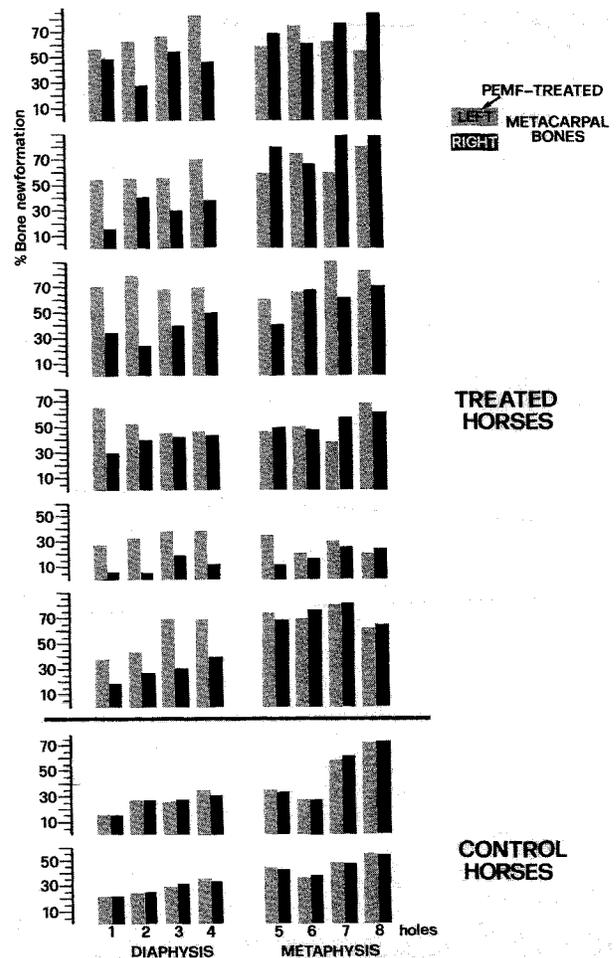


FIG. 8. Diagram of the amount of bone deposition during 60 days in transcortical holes made at the same levels in the homotypical metacarpals of eight horses (see Fig. 1). On the x axis, the figures indicate the level of the holes—diaphyseal region (1–4), metaphyseal region (5–8)—of the left (gray columns) and right (black columns) metacarpals in two control horses (bottom) and in six pulsing electromagnetic field (PEMF)-treated horses (top). On the y axis are plotted the values of $\%NB/(NB + P)$ (see text for explanation).

process of transcortical holes. In fact, in PEMF-treated holes, as in control ones, closure occurs (a) in a concentric direction and from the endosteum toward the periosteum, and (b) at a faster rate in metaphyses than in diaphyses. The latter datum probably depends on the fact that bone turnover increases on going from diaphysis to metaphysis (28,29). In this connection, it is interesting to note that the distribution of the bioelectric potentials has been shown to vary at the different levels of the long bones (33).

However, from the quantitative point of view the PEMFs do seem to exert a positive effect on the

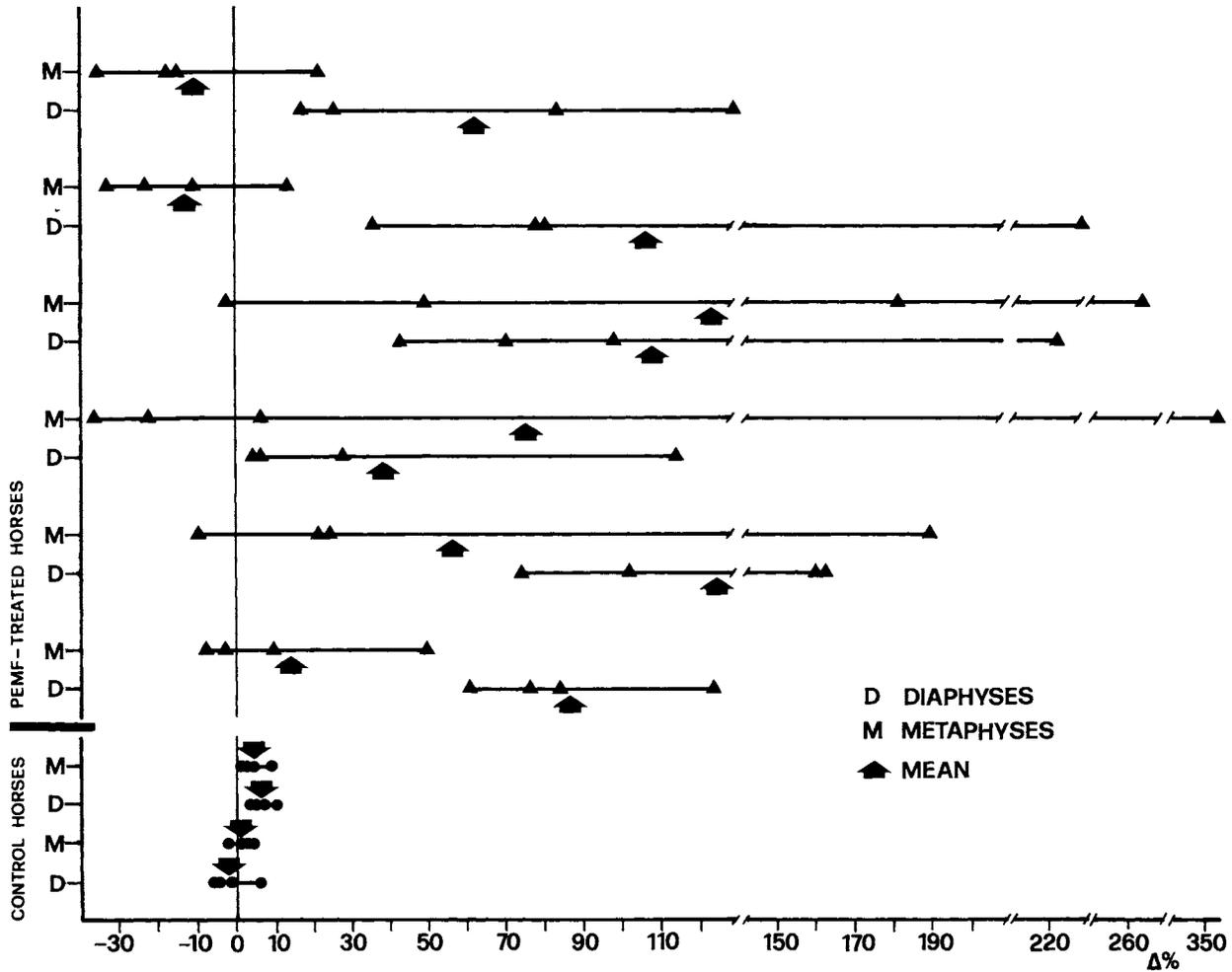


FIG. 9. Percentage differences between the left and right couple of holes (the right made equal to 100) for the parameter %NB/(NB + P). On the x axis, the percentage differences (the mean values are indicated by arrows); on the y axis, the diaphyseal (D) and metaphyseal (M) holes for control and pulsing electromagnetic field (PEMF)-treated horses. Note that the percentage differences between the left and right side are much higher in treated horses than in control ones (also see text for explanation).

repair of the holes at the diaphyseal level, whereas at the metaphyseal level their effect appears sometimes positive, sometimes negative. At the present time this PEMF-induced irregularity of the repara-

tive osteogenesis at the metaphyseal level appears inexplicable.

On the whole, the data here reported indicate that PEMFs seem to stimulate resting or less active

TABLE 1. Statistical analysis of the mean values of the ratio %NB/(NB + P)

	Two untreated horses		Six PEMF-treated horses			
	8 RH	8 LH	24 RH	p	24 LH ^a	p
Diaphysis	26.9 ± 2.2	26.5 ± 2.3	32.6 ± 2.4	ns	55.9 ± 3.04	<0.0001
Metaphysis	47.1 ± 5.5	46.5 ± 5.1	54.3 ± 5.3	ns	58.9 ± 3.9	<0.1

Each mean value ± SE was calculated from the number of holes indicated before the symbols RH (right holes) and LH (left holes). NB, new bone; P, porosity; PEMF, pulsing electromagnetic fields. Note that a statistically significant difference only exists at diaphyseal levels between PEMF-treated holes of treated horses and the remaining holes, i.e., those of the contralateral side and of untreated horses. Note also that at metaphyseal levels, the degree of symmetry recorded in untreated horses between RH and LH decreases in PEMF-treated horses.

^a PEMF-treated holes.

bone cells, but not bone cells that are already active or actively forming bone. It must be stressed, however, that bone repair is a very complicated process characterized by a sequence of events of which bone deposition represents only the final stage. Because our investigation is for the present confined to quantitative assessment of this final stage (material before 60 days has not yet been observed), we cannot rule out the possibility that the modulating effect of PEMFs may have involved the stage preceding the reparative osteogenesis rather than the latter itself. In this regard, it should be noted that the greater part of the PEMF effect on bone healing seems to occur during the early rather than the final stages of injury. It is our hope that the structural investigation currently undertaken by us, at different phases of bone repair under PEMF treatment, may contribute toward clearing up this problem.

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