

TABLE 1. Vital statistics of adult bone remodeling^a

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- Lifespan of BMU ~6–9 months
 - Speed ~25 $\mu\text{m}/\text{day}$
 - Bone volume replaced by a single BMU ~0.025 mm^3
 - Lifespan of osteoclasts ~2 weeks
 - Lifespan of osteoblasts (active) ~3 months
 - Interval between successive remodeling events at the same location ~2–5 years.
 - Rate of turnover of whole skeleton ~10% per year^b
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^a From A. Michael Parfitt (13)

^b The 10% per year approximation for the entire skeleton is based on an average 4% turnover per year in cortical bone, which represents roughly 75% of the entire skeleton; and an average 28% turnover per year in trabecular bone, which represents roughly 25% of the skeleton ($0.75 \times 4 = 3$ and $0.25 \times 28 = 7$; $3 + 7 = 10$).