

**DEVELOPMENT OF HOME USE ANKLE REHABILITATION
DEVICE USING FORCE SENSOR**

CHEOK YAN QI

UNIVERSITI TEKNIKAL MALAYSIA MELAKA

**DEVELOPMENT OF HOME USE ANKLE
REHABILITATION DEVICE USING FORCE SENSOR**

CHEOK YAN QI

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DEDICATION

Specially dedicated to,

My beloved parents CHEOK CHING CHOON and TAN SIEW WANG,

My sister CHEOK YAN HAN, CHEOK YAN YING and CHEOK YAN ROU,

My brother CHEOK YAN KAI,

Cousins and Friends,

&

Supervisor Dr. Khairuddin Bin Osman

ABSTRACT

Injuries to the ankle's lateral ligaments are the most common in sports and life in general. This statement has been proved by researcher K. Pasenan from his studies to investigate the injuries during the international floorball tournament from 2012 to 2015. A simple, less costly ankle rehabilitation device which can communicate with PC is being developed for home use. The device allows the patients to exercise their ankle in four movements which are dorsiflexion, plantar flexion, inversion and eversion. While exercising ankle, the force applied by ankle in those 4 movements are detected by force sensor, FSR402 that attached below an insole and send to Arduino UNO R3 board. The data is displayed in spreadsheet of Microsoft Excel by using Parallax Data Acquisition (PLX-DAQ), an add-on for Microsoft excel. Lastly, two dynamic graphs are plotted by using the offset function. Analysis of data is carried out in order to investigate the force applied by ankle in four movements for female and male. The force applied by female and male in the four movement for the same category of weight are similar.

ABSTRAK

Kecederaan ligamen buku lali sisi ini adalah yang paling biasa dalam sukan dan kehidupan secara amnya. Kenyataan ini telah dibuktikan oleh penyelidik K. Pasenan dalam pengajiannya untuk menyiasat kecederaan semasa pertandingan bola Intai antarabangsa dari tahun 2012 sampai tahun 2015. Sebuah peralatan pemulihan buku lali yang lebih murah dan boleh berkomunikasi dengan computer telah dicipta untuk digunakan di rumah. Peralatan ini membolehkan pesakit untuk menjalankan latihan buku lali berdasarkan empat pergerakan, iaitu dorsifleksi, akhiran plantar, penyongsangan dan eversi. Semasa menjalankan latihan buku lali, daya yang dikenakan berdasarkan empat pergerakan tersebut dikesan oleh sensor kuasa yang dilekatkan di bawah kasut insole dan dihantar ke Arduino UNO R3. Data dipaparkan dalam lembaran sebaran Microsoft excel dengan menggunakan Parallax Perolehan Data (PLX-DAQ), sebuah peralatan tambahan bagi Microsoft excel dan dua graf dinamik diplotkan. Analisis data dijalankan untuk menyiasat daya yang dikenakan oleh buku lali dalam empat pergerakan untuk wanita dan lelaki. Daya yang digunakan oleh wanita dan lelaki bagi empat gerakan buku lali untuk kategori berat badan yang sama adalah sama.

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TABLE OF CONTENTS

Declaration	
Approval	
Dedication	
Abstract	i
Abstrak	ii
Acknowledgements	iii
Table of Contents	iv
List of Figures	viii
List of Tables	xi
List of Symbols and Abbreviations	xii
List of Appendices	xiii
CHAPTER 1: INTRODUCTION	1
1.1 Project Background	1
1.2 Problem Statement	3
1.3 Objectives	4
1.4 Scope of project	4

1.5	Importance and significance of the project	5
1.6	Thesis Structure	6
CHAPTER 2: BACKGROUND STUDY		8
2.1	Ankle	8
2.2	Ankle Sprain	10
2.3	Ankle Rehabilitation	11
2.3.1	Home treatment	12
2.3.1.1	The RICE protocol	12
2.3.1.2	Medication	13
2.3.2	Nonsurgical treatment	14
2.3.2.1	Removable plastic device	14
2.3.2.2	Physical treatment	15
2.3.3	Exercising by using ankle rehabilitation device	16
2.3.4	Surgical treatment	20
2.4	Force Sensing Resistors (FSR402)	21
2.4.1	Measure force with FSR	21
2.4.2	Voltage divider for resistance of FSR	22
2.5	Arduino UNO R3	24
2.6	Parallax Data Acquisition (PLX-DAQ)	25
CHAPTER 3: METHODOLOGY		26

3.1	Project Planning	26
3.2	Project Flowchart	27
3.3	Project block diagram	28
3.4	Hardware Development	29
3.4.1	Force sensitive resistor	29
3.4.2	Arduino UNO	29
3.4.3	Resistors	29
3.5	Software Development	30
3.5.1	Arduino platform	30
3.5.2	Microsoft Excel and PLX-DAQ	32
3.5.3	Proteus Design Suite	32
CHAPTER 4: RESULTS AND DISCUSSION		34
4.1	Hardware Development	35
4.1.1	Design of printed circuit board (PCB)	35
4.1.2	Design of insole	37
4.2	Software Development	39
4.2.1	Arduino Platform	39
4.2.1.1	Equation derived for conductance less than 1000	41
4.2.1.2	Equation derived for conductance more than 1000	42
4.2.2	Parallax Data Acquisition (PLX-DAQ)	43

4.3	Data collected	44
4.3.1	Collection of test data	44
4.3.2	Collection of data from 3 females and 3 males	46
CHAPTER 5: CONCLUSION AND FUTURE WORKS		51
5.1	Conclusion	51
5.2	Recommendation for future work	52
REFERENCES		53
APPENDIX A: DATASHEET OF FSR402		57
		58
		59
		61

LIST OF FIGURES

Figure 1.1 Sitting posture.....	5
Figure 2.1 Anterior view of the lower leg and ankle	9
Figure 2.2 Medial view of the lower leg and ankle	9
Figure 2.3 Lateral view of the ankle and foot.....	9
Figure 2.4 Ibuprofen and naproxen	13
Figure 2.5 Crutches	14
Figure 2.6 Air stirrup-type ankle brace	14
Figure 2.7 Movement of ankle and foot.....	15
Figure 2.8 Range of ankle movement	16
Figure 2.9 Elastic band	17
Figure 2.10 Foam roller	17
Figure 2.11 Circular Disc.....	17
Figure 2.12 The Biodex Balance System.....	18
Figure 2.13 Biodex Multi-Joint System PRO 4	18
Figure 2.14 Arthroscopy	20
Figure 2.15 Force sensing resistor, FRS402	21
Figure 2.16 FSR construction	21
Figure 2.17 Graph of resistance vs force	22

Figure 2.18 Voltage divider for FSR 402	23
Figure 2.19 Graph of conductance (1/k) vs Force(g) for 0 to 10kg.....	23
Figure 2.20 Graph of conductance (1/k) vs Force(g) for 0 to 10kg.....	23
Figure 2.21 Diagram for Arduino UNO R3.....	24
Figure 3.1 Flowchart.....	27
Figure 3.2 The project block diagram.....	28
Figure 3.3 Choosing the type of Arduino	31
Figure 3.4 The codes are compiled and uploaded.....	31
Figure 3.5 PLX-DAQ.....	32
Figure 3.6 Screenshot of Proteus Design Suite.....	33
Figure 4.1 Prototype of home use ankle rehabilitation device.....	35
Figure 4.2 Schematic diagram of the circuit.....	36
Figure 4.3 PCB design	36
Figure 4.4 Front view and back view of PCB	36
Figure 4.5 Connection of FSR402	37
Figure 4.6 Front view and back view of insole.....	38
Figure 4.7 Labelling of four FSR 402 and the LED colour	38
Figure 4.8 Coding for one FSR402.....	40
Figure 4.9 Graph of conductance vs force (0-1kg).....	41
Figure 4.10 Graph of conductance vs force (0-10kg).....	42
Figure 4.11 Format of data recorded in Microsoft Excel.....	43
Figure 4.12 Types of dynamic graphs plotted	43
Figure 4.13 Data for four movement of ankle	44

Figure 4.14 Graph of FSR reading vs Time.....	45
Figure 4.15 Graph of Force vs Time.....	46
Figure 4.16 Graph of Weight of female vs Force	48
Figure 4.17 Graph of Weight of male vs Force	49

LIST OF TABLES

Table 2.1 Description of grades of ankle sprain	11
Table 2.2 Three-phase Program	12
Table 2.3 Feature of Arduino UNO R3.....	24
Table 4.1 The LED and FSR402 involved.....	39
Table 4.2 Data for four movement of ankle.....	45
Table 4.3 Data collection from 3 female.....	47
Table 4.4 Data collection from 3 male.....	47

LIST OF SYMBOLS AND ABBREVIATIONS

PLX-DAQ	:	Parallax Data Acquisition
VE	:	Virtual Environment
LED	:	Light Emitting Diode
PC	:	Personal Computer
RICE	:	Rest, Ice, Compression, Elevation
AREF	:	Analog Reference
USB	:	Universal Serial Bus
I/O	:	Input/ Output
DOF	:	Degree of Freedom
FSR402	:	Force Sensitive Sensor 402

LIST OF APPENDICES

Appendix A: Datasheet of Force Sensitive Resistor (FSR 402).....	57
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CHAPTER 1:

INTRODUCTION

In this chapter, the project background is discussed in order to describe the development of idea for the project. Besides, the problem statements, objectives, scope of project and thesis structure will also be discussed in this chapter.

1.1 Project Background

Injuries to the ankle's lateral ligaments are the most common in sports and life in general. A prospective study is done by K. Pasenan to investigate the injuries during the international floorball tournament from 2012 to 2015 [1]. The study found that the ankle and knee ligament were the most common injury sites for body. The percentage for ankle injury was the highest (24%), followed by the head injury (18%) and knee injury (18%). 23% of the injuries were severe and causing athletes absence from sports for more than 28 days. Thus, rehabilitation regimens aim to promote healing and

prevent repeat injuries. Besides, another research done by K. Linnea Welton indicates that the ankle joint (22.3%) accounted the highest proportion of the recurrent injuries in his study, followed by the head or face (17.4%), knee (16.4%) and shoulder (7.2%) [2]. Thus, rehabilitation after sports injury by following a biopsychosocial approach is very important [3]. Patients must often enhance their flexibility and strength beyond prior-injury levels in order to prevent repeat injuries.

A novel ankle rehabilitation device which can communicate with PC is being developed for home use. The system includes hardware and software. The system's hardware is a combination of four force sensitive resistors (FSR 402), an Arduino UNO R3 Board, 4 LED and resistors while the system's software contains Arduino IDE and PLX-DAQ (Parallax Data Acquisition), an add-on tool for Microsoft excel to create log excel sheet. The device allows the patients to exercise their ankle in four movements which are dorsiflexion, plantarflexion, inversion and eversion after ankle surgery or injured. While exercising ankle, the four FSR 402 force sensing resistors which attach below an insole in different positions are used to sense the force applied by ankle in those four movements. The readings sensed by sensor are then send to Arduino UNO R3 Board which connect to PC and showed in the PLX-DAQ of Microsoft Excel. Two dynamic line charts are generated by offset function in excel to shows the readings of four FSR402 in analog and force sensed by four FSR 402. This device can work together with the game created through Unity. While exercising, the patients can interact with a game-like virtual environment (VE) and develop strength of ankle in a more enjoyable condition. The PC will run game-like virtual reality exercises that control the movement and output forces of the ankle. An ankle rehabilitation device based on game was presented by Jaime Andres Garcia. The paper focuses on the development of Mobile RehAppTM, an augmented reality based

application for mobile devices designed for therapeutic support that aims to assist physiotherapists and patients on ankle sprain rehabilitation[4].

1.2 Problem Statement

Most ankle rehabilitation system that exists widely on the market are independent and can only work on its own and cannot connect with computer. Besides, those systems cannot carry out data collection and data analysis for the patients. For example, elastic band, roller foam and wobble boards. Thus, to ensure the ankle rehabilitation system is able to interact with PC to collect data, the expansion of excel, PLX-DAQ will be used to transfer data from the ankle rehabilitation system to Microsoft Excel. The data collected can be stored in the Microsoft Excel and sent to other people such as doctor and physiotherapists for analysed.

Usually, the main problem with a health based device is the user will easily get bored with the same routine and interface during rehabilitation, thus when there is an interactive game are meant to be played with the ankle rehabilitation device. The thrill of using the system will be lengthened to a longer period of time, thus making the device to be used for a longer time before the user gets bored of the device. The designed ankle rehabilitation device created in this project can work together with game platform in order to solve this problem.

Besides, the ankle rehabilitation devices in the market are expensive and complexity to use such as bio-inspired soft wearable robotic device, the Biodex Balance System and the Multi-Joint System 3 and ARBOT[5].

1.3 Objectives

The main objectives of this project are:

- I. To design an ankle rehabilitation device which can communicate with computer.
- II. To develop a simple and less costly home use ankle rehabilitation device.
- III. To analyze the data of force applied by four ankle movement for female and male.

1.4 Scope of project

The project is only designed for ankle rehabilitation. The device allows the patient to exercise an ankle each time. The goal of this project is to develop a home use ankle rehabilitation device which provide convenience to the patients and therapists. This project will need to design a prototype of an ankle rehabilitation system using force sensing resistors (FSR 402), Arduino UNO and an insole with length 30cm and width 10cm. The prototype of an ankle rehabilitation system can be only connected to a PC to allow the transferring of required data from Arduino UNO R3 to an add-on tool of Microsoft Excel, PLX-DAQ.

The range of force that can be measured by force sensitive resistor, FSR 402 force sensing resistors are from 0.1kg to 10kg, which means the sensor can only detect the force applied by ankle of patients within this limit. The readings of force that smaller than 0.1kg or larger than 10kg are not accurate when refer to the data sheet of the FSR402. Thus, the patient should start ankle exercises by sitting on a chair with his or her foot flat on the floor, 90° between leg and foot as shown in the Figure 1.1.



Figure 1.1 Sitting posture

1.5 Importance and significance of the project

The device is user friendly because it uses the Microsoft Excel to record data and plot dynamic graph. Microsoft Excel is a popular software program that commonly used by most of the people. It can be used for Windows, Linux, macOS, Android and iOS. By using the Microsoft Excel spreadsheet, the users can save the data easily. The device in this project has the potential in commercialization because the device can be implemented in the hospital or our home to exercise the injured ankle. If the patient does the ankle rehabilitation exercises at home by using this device, he can send the data of rehabilitation to therapists through email without going out. The device can also connect to a PC to work together with a game-like virtual environment. Thus, the patients will not feel bored during ankle rehabilitation. Besides, the project will potentially cut out the cost of ankle rehabilitation instead of buying the expensive ankle rehabilitation device which are available in the market. The device produced in this project are movable, it can be carried easily to from one place to another due to its smaller size and simpler structure. The product will win a place in the market due to its lower price in manufacture and multi-functionality.