



# **DEVELOPMENT OF IOT BASED ANKLE EXOSKELETON FOR ANKLE REHABILITATION THERAPY MONITORING**

This report is submitted in accordance with the requirement of the Universiti Teknikal Malaysia Melaka (UTeM) for the Bachelor of Electrical Engineering Technology (Industrial Automation And Robotics) with Honours.

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## APPROVAL

This report is submitted to the Faculty of Electrical and Electronic Engineering Technology of Universiti Teknikal Malaysia Melaka (UTeM) as a partial fulfilment of the requirements for the degree of Bachelor of Mechanical Engineering Technology (Industrial Automation and Robotics) with Honours. The member of the supervisory is as follow:



## ABSTRAK

'Development of IoT Based Ankle Exoskeleton for Ankle Rehabilitation Therapy Monitoring' terutamanya direka dalam teknologi kemajuan pintar untuk memudahkan dan membantu memantau status pemulihan buku lali pesakit. Ciptaan ini terutamanya untuk tujuan rawatan doktor ortopedik dalam bidang hospital. Ia juga boleh digunakan oleh klinik swasta yang menyediakan rawatan ortopedik. Microcontroller NodeMCU digunakan dalam projek ini untuk mengawal dan memantau penggunaan projek. NodeMCU adalah teras utama projek ini, dalam menyambung semua input dan peranti output. Server ThingSpeak dan Blynk aplikasi yang dicipta melalui pelayan web dan telefon pintar untuk memantau status pemulihan buku lali dalam graf masa nyata. NodeMCU mentafsir data sensor dan memaparkan graf nyata dalam aplikasi ThingSpeak dan Blynk. Projek ini boleh mendedahkan graf masa nyata dalam masa 15 saat. Development of IoT Based Ankle Exoskeleton for Ankle Rehabilitation Therapy Monitoring untuk pemantauan terapi pemulihan buku lali sedang dijalankan memantau data dari sensor gyroscope dan aktiviti pendedahan melalui ThinkSpeak. Sehubungan dengan kemelut pandemik Covid-19 projek ini membantu pesakit dan doktor untuk menjalankan rawatan mereka tanpa sebarang sekatan.

## ABSTRACT

The ‘Development of IoT Based Ankle Exoskeleton for Ankle Rehabilitation Therapy Monitoring’ is mainly designed a smart advance technology to ease and helps to monitor the ankle recovery status of a patient. This invention is mainly for treatment purpose of orthopedic doctors in hospital fields. It also can use by private clinics who provides orthopedic treatment. Microcontroller NodeMCU used in this project for control and monitor the usage of project. NodeMCU is the main brain of the project it will interface between all the input and output devices. The cloud server ThingSpeak and Blynk application created via the web server and smartphone to monitor the ankle recovery status in real time graph. The NodeMCU interpret the sensor data and display the real time graph in ThingSpeak and Blynk application. This project can expose the real time graph in 15 seconds. Development of IoT based ankle exoskeleton for ankle rehabilitation therapy monitoring is undertakes monitoring the data from gyroscope sensor and exposure activities through ThinkSpeak. Due to Covid-19 pandemic this project helps the patient and doctors to carry out their treatments without any restriction.

## DEDICATION

I would like to acknowledge my sincere dedication, honours and gratitude to my supervisor, Mr Ts Mohd Razali Bin Mohamad Sapiee whom had guided me throughout my studies and during this Bachelor Degree Project 1 progress. I would like to thank my parents, friends and lecturer whom had helped and supported me. I would like also to thank all my friends who always been with me throughout this challenging semester and help me during this pandemic Covid-19. I hope all of their supports and encourage will help me to make this project successful.





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# TABLE OF CONTENTS

TABLE OF CONTENTS	x
LIST OF TABLES	1
LIST OF FIGURES	2
LIST OF APPENDICES	5
LIST OF ABBREVIATIONS	6
CHAPTER 1 INTRODUCTION	7
1.1 Overview	7
1.2 Background	7
1.3 Problem Statement	10
1.4 Objective	11
1.5 Scope of Work	11
1.6 Expected Results of the Study	12
CHAPTER 2 LITERATURE REVIEW	13
2.1 Introduction	13
2.2 Research by Journals	14
2.2.1 Development of a New Robotic Ankle Rehabilitation Platform for Hemiplegic Patients after Stroke, Oct 2002.	14

<b>2.2.2 Foot-Mounted Inertial Measurement Units-Based Device for Ankle Rehabilitation, October 2018.</b>	<b>15</b>
<b>2.2.3 Conceptual Design and Implementation for Visual Tracking Ankle Rehabilitation. System, December 2014.</b>	<b>17</b>
<b>2.2.4 Design and Workspace Analysis of a Parallel Ankle Rehabilitation Robot (PARR), March 2018</b>	<b>19</b>
<b>2.2.5 Development of a New Robotic Ankle Rehabilitation Platform for Patients with Hemiplegia after Stroke, Jun 2017</b>	<b>21</b>
<b>2.2.6 The Ankle Rehabilitation System Is Based At Home, Feb 2009</b>	<b>22</b>
<b>2.2.7 A Wireless Body Area Network Of Intelligent Motion Sensors for Computer Assisted Physical Rehabilitation, July 2015</b>	<b>23</b>
<b>2.2.8 Smart portable rehabilitation devices, July 2005</b>	<b>25</b>
<b>2.2.9 A Monitoring System of Ankle Rehabilitation For Paralyzed Patients Using Android Application, Jan 2019</b>	<b>26</b>
<b>2.2.10 Adaptive Trajectory Tracking Control of a Parallel Ankle Rehabilitation Robot with Joint-Space Force Distribution, March 2018</b>	<b>28</b>
<b>2.2.11 Robot-assisted ankle rehabilitation, February 2018</b>	<b>30</b>
<b>2.2.12 Design and Performance Evaluation of a Novel Wearable Parallel. February 2018</b>	<b>31</b>
<b>2.2.13 Major Trends in the Development of Ankle Rehabilitation Devices, March 2012</b>	<b>33</b>

2.2.14 Effectiveness of robot-assisted therapy on ankle rehabilitation, March 2013	34
2.2.15 Development of a wearable ankle rehabilitation device for patient with calf muscles flexibility problems, November 2018	35
<b>CHAPTER 3 METHODOLOGY</b>	<b>37</b>
3.1 Introduction	37
3.2 Project Work Plan	37
3.3 Planning	39
3.4 Research	41
3.5 Design	41
3.5.1 Development of IoT Based Ankle Exoskeleton for Ankle Rehabilitation Therapy Monitoring	41
3.6 Implementation	42
3.6.1 Hardware Configuration	44
3.6.2 Software configuration	48
3.7 Flow Chart	50
3.7.1 Flowchart of Project	51
3.7.2 The Method of Process	52
3.7.3 ESP 8266 WIFI-Module	52
3.7.4 MPU 6050 Sensor	53

3.8	Summary	54
<b>CHAPTER 4 RESULTS AND ANALYSIS</b>		<b>55</b>
4.1	Introduction	55
4.2	Project Implementation Stages	55
3.5.1	4.2.1 Development tool	56
4.2.2	Developing of application	57
4.3	How Does the Project Works	60
4.4	Project Coding	61
4.5	Project Analysis	65
4.5.1	Data acquisition	66
4.6	Summary	76
<b>CHAPTER 5 RESULTS AND DISCUSSION</b>		<b>77</b>
5.1	Introduction	77
5.2	Conclusion	77
5.3	Recommendation for Future Work	79
<b>REFERENCES</b>		<b>80</b>
<b>APPENDIX</b>		<b>82</b>
	<b>Coding</b>	<b>82</b>

<b>Project Circuit</b>	<b>86</b>
<b>Project Progress</b>	<b>86</b>
<b>Log Book</b>	<b>91</b>
<b>Project testing</b>	<b>107</b>



## LIST OF TABLES

TABLE	TITLE	PAGE
Table 3.1 :	Specification of NodeMCU	45
Table 3.2 :	MPU 6050 Pins Configuration	46
Table 4.1 :	Exposure Angle versus Time	75



## LIST OF FIGURES

FIGURE	TITLE	PAGE
Figure 1.1	: Movements of an Ankle	9
Figure 2.1	: Mechanism for Inversion/Eversion Exercise	15
Figure 2.2	: Connection Diagram	16
Figure 2.3	: Portable foot attitude measuring device	16
Figure 2.4	: Single Kinect: (a) positioning of Kinect to subject; (i) top view; (ii) side view; (b) input images; (i) RGB images; and (ii) depth images.	19
Figure 2.5	: Design Ankle Rehabilitation Workplace	20
Figure 2.6	: Control engineering of the ankle recovery automated framework.	22
Figure 2.7	: (a) Electromyogram & (b) Foot Scanner	23
Figure 2.8	: Block Diagram of the action sensor of Telos stage and ISPM module	24
Figure 2.9	: CAD rendering of portable elbow device	26
Figure 2.10	: Block Diagram of Monitoring System of Ankle Therapy	28
Figure 2.11	: .Block Diagram for Control System.	29
Figure 2.12	: Mechanism for Ankle Rehabilitation	31
Figure 2.13	: Time evolution of robotics research toward service robots	34
Figure 2.14	: Block Diagram for Device Process	35
Figure 2.15	: Block diagram of the device	36



Figure 3.1 : Project Work Plan	38
Figure 3.2 : Gantt Chart	39
Figure 3.3 : Flowchart of Overall Project	40
Figure 3.4 : Block diagram of the project	42
Figure 3.5 : Overview of the Project	42
Figure 3.6 : Frame of reference for anatomical foot	43
Figure 3.7 : Front view and pinout of NodeMCU V3	44
Figure 3.8 : (a) Oriented of the IMU device MPU-6050 and (b) MPU 6050 Pinout.	46
Figure 3.9 : Overview of LED	47
Figure 3.10 : Interior view of LED	48
Figure 3.11 : Arduino IDE software	49
Figure 3.12 : Blynk application	49
Figure 3.13 : Flowchart of Project	51
Figure 3.14 : Flowchart of ESP8266 WIFI Module	52
Figure 3.15 : Flowchart of MPU6050 Sensor	53
Figure 4.1 : Create new project and choose the hardware	57
Figure 4.2 : Get Auth Token from Blynk to email	58
Figure 4.3 : ThingView Main Display Screen	59
Figure 4.4 : ThingView Graph Illustration	60

Figure 4. 5 : Libraries file for Blynk and ThingSpeak	61
Figure 4.6 : Define Blynk	62
Figure 4.7 : Pinout and Wi-Fi credentials for Blynk and ThingSpeak	62
Figure 4.8 : Setup for MPU6050 Sensor	63
Figure 4.9 : Initial setup for ThingSpeak and MPU6050 Sensor in Void Setup	63
Figure 4.10 : Coding for MPU6050 Sensor in Void Loop	64
Figure 4.11 : Coding converting Radian to Degree Value	64
Figure 4.12 : Declaration for Blynk Interface with MPU6050 Sensor	65
Figure 4.13 : Coding for ThingSpeak	65
Figure 4.14 : ThingSpeak Main Display with 3 Fields	66
Figure 4.15 : Project Graph in ThingSpeak	67
Figure 4.16 : Project Graph in ThingSpeak	68
Figure 4.17 : Output Result Graph in ThingSpeak	69
Figure 4.18 : Initial Position of Ankle in ThingSpeak (x axis)	70
Figure 4.19 : Ankle Recovery Status (x axis)	71
Figure 4.20 : Initial Position in ThingSpeak (y axis)	72
Figure 4.21 : Dorsiflexion Movement Graph in ThingSpeak (y axis)	73
Figure 4.22 : Initial Position in ThingSpeak (z axis)	74
Figure 4.23 : Adduction Movement Graph in ThingSpeak (z axis)	74

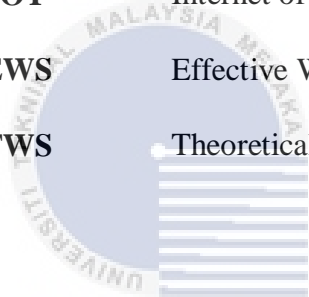
## LIST OF APPENDICES

APPENDIX	TITLE	PAGE
Appendix 1.1		82
Appendix 1.2		86
Appendix 1.3		86
Appendix 1.4		91
Appendix 1.5		107



## LIST OF ABBREVIATIONS

<b>PCA</b>	Principal Component Analysis
<b>LED</b>	Light Emitting Diode
<b>USB</b>	Universal Serial Bus
<b>MHz</b>	Megahertz
<b>MCU</b>	Microcontroller Unit
<b>PIC</b>	Programmable Integrated Circuit
<b>IOT</b>	Internet of Things
<b>EWS</b>	Effective Workspace
<b>TWS</b>	Theoretical Workspace



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## CHAPTER 1

### INTRODUCTION

#### 1.1 Overview

The whole chapter will offer a brief clarification of the project undertaken. In addition, this chapter also presented the user with some significant information, including such project background, problem statement, goals, and work scope plus document structure.

#### 1.2 Background

Ankle injuries are often considered as simple as trying to walk on an irregular terrain can cause a serious, painful muscle strain. There are three sorts of lower leg wounds which are injuries, strains and cracks. Ankle wounds are characterized mostly by muscles form which can affect the spot, such as the bone, ligament or tendon. A lower leg is where your foot bone meets three bones the tibia and fibula of your lower leg. Tendons hold these bones together at the lower leg joint which are solid versatile groups of connective tissues which keep the bones set up while permitting typical lower leg development. Ligaments attach tendons to the issues that remains to be worked out the lower leg and foot move and help fortify joints.

A cracks of one or more of the bones defines a crack. A sprain, the term used to describe ligament injury when it is extended beyond its normal radius of motion.

ligament sprain can domain from multiple microscopic tears in the fibres make up the ligament to a complete tear or break.

The strains of the muscles and tendons are more common in the legs and lower back there is two tendons in the ankle which are sometimes strained. these are the peroneal tendons, and the ankle is stabilised and secured. They can become inflamed by overuse or traumas Acute tendon tear are the product of a sudden pain or force. At tendon swelling is called tendinitis. Microscopic tendon tears that occur actively due to excessive stretching, and do not heal properly, result in a condition called tendinosis.

The ankle joints which is also identified as the talo-crural joint is a synovial joint which connects the leg bones, the fibula and tibia, to the foot talus. It is a complex hinge joint composed of two joints. The ankle joint's main function is to allow the foot to dorsiflexion and plantarflexion. His ankle joint being a pivot joint, permits just plantar (flexion) and dorsiflexion (expansion) which event on the transverse (average sidelong) hub of the sagittal plane through the bone. The ankle joint being a hinge joint, allows only plantar flexion (flexion) and dorsiflexion (extension) which occurrence on the transverse (medial-lateral) axis of the sagittal plane via the talus. The degree of motion in the ankle joint is about 30 to 50 degree of plantar flexion and about 20 degree of dorsiflexion. At an ankle joint, plantar flexion and dorsiflexion are barely do alone, but rather in tandem with the subtalar and mid-tarsal joints. This meaning that plantarflexion is most usually accompanied by adduction and inversion allowing the foot to supine, whereas dorsiflexion is accompanied by abduction and eversion Enabling the foot to pronate.

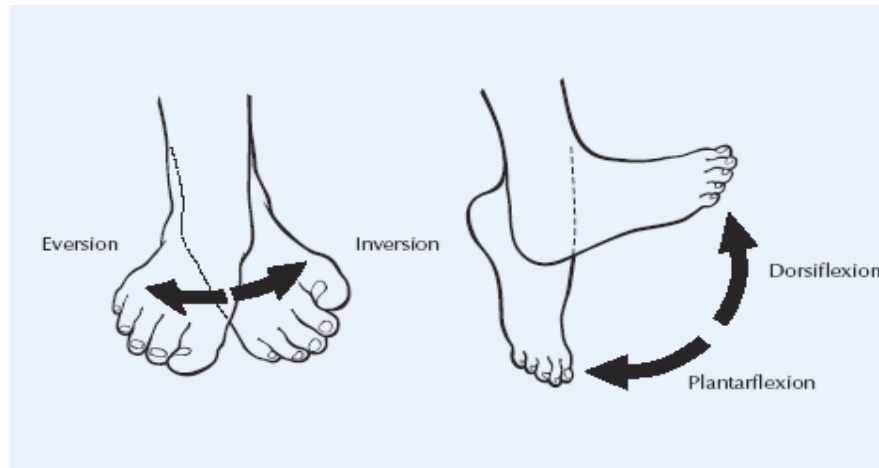


Figure 1.1: Movements of an Ankle

In the concept of this monitoring system of rehabilitation on an ankle using IoT can monitor the patient's ankle recovery in real time by the doctor from anywhere. Internet of Things (IoT) makes all objects become interconnected and smart, which has been recognized because the next industrial revolution. As its typical case, smart rehabilitation systems based on IoT are becoming a better way of mitigating problems associated with aging populations and lack of health professionals. The system use sensors such as gyroscope sensor and Wi-Fi module as its main function to collecting the data from patients, angular degree of ankle movement and transfer the data to doctors through their mobile and laptop with the help of web server. In this system, the obtaining data from the sensors will be transfer via database where the doctors can access and monitor the patients' conditions through Think Speak Internet of Things application. The angular movement of an ankle in degree will be kept recorded and send to Think Speak Internet of Things application. Think Speak Internet of Things application whereas produce a system to read the stored data using smartphone or web server.

### 1.3 Problem Statement

In current situation the entire world were facing a new pandemic called Covid-19 and still counting the death of people in every country in tremendously especially in United States of America (USA). Moreover, for first time in world history the entire world were in lockdown in order to stop the contagion Covid-19 from spreading.

During this lockdown period the people cannot come out from their places where they are. However, this pandemic did had changed the routine of people that used to do daily. On the other, aged in between from 15 till 24 years old have high rate on ankle sprain compare to girls that are aged below 30 years old who have higher rate than men. Quarter the ankle sprains occur during physical activity when the people trying to doing such as jogging, running etc. Based on a statistic analyses data every day at the United State around 25,000 people sprain their ankle and quite one million people step in emergency rooms annually due to ankle injuries.

Due to abundance of patient with complex health problem there were shortage of doctors to treat these patient especially for the ankle injuries. This project proposed to be solve this problem where the doctors can monitor their patients from their own respective places as well as this project comes with the idea of IoT where doctors can access from home to monitor their patients.