



PRODUCT DESIGN AND ANALYSIS OF WALKER USING IoT



NURUL SHAHIDA AKILA BINTI ZAINURIN

B091910330

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**Faculty of Mechanical and Manufacturing Engineering
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Product Design and Analysis of Walker Using IoT

NURUL SHAHIDA AKILA BINTI ZAINURIN

**Bachelor of Manufacturing Engineering Technology (Product Design)
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Product Design and Analysis of Walker Using IoT

NURUL SHAHIDA AKILA BINTI ZAINURIN

**A thesis submitted
in fulfilment of the requirements for the degree of
Bachelor of Manufacturing Engineering Technology (Product Design) with Honours**



Faculty of Mechanical and Manufacturing Engineering Technology

UNIVERSITI TEKNIKAL MALAYSIA MELAKA

2023

DECLARATION

I declare that this Choose an item. entitled “ Product Design and Analysis of Walker Using IoT” is the result of my own research except as cited in the references. The Choose an item. has not been accepted for any degree and is not concurrently submitted in candidature of any other degree.

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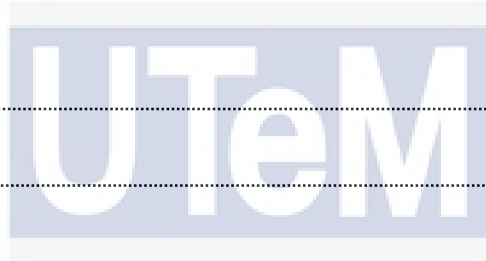
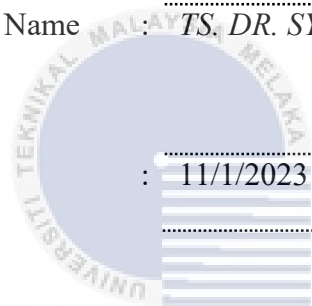
APPROVAL

I hereby declare that I have checked this thesis and in my opinion, this thesis is adequate in terms of scope and quality for the award of the Bachelor of Manufacturing Engineering Technology (Product Design) with Honours.

Signature : 

Supervisor Name : *TS, DR. SYAHIBUDIL IKHWAN BIN ABDUL KUDUS*

Date : 11/1/2023



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DEDICATION

This work is wholeheartedly dedicated to all my valuable treasures:

For my beloved parent:

Zainurin Bin Marsan

Rosmawati Binti Miskam

For my supportive siblings:

Nurul Syamimie Athirah Binti Zainurin

Nurul Safiya Arisha Binti Zainurin

Thank you for always providing me moral, emotional, financial support and gave me strength when I thought of giving up.

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For all Utem lectures, Engineer Assistance, and my treasured friend:

Who shared their word of advice and encouragement to finish this study

ABSTRACT

A walker is a device that is prescribed to help a certain user such as a lower limb disabled, elderly, or blind person move. Nowadays, technological advancements have the potential to improve the quality of life of the lower limb disabled or elderly by developing various types and functions of walkers to assist with their daily life activities; however, these walkers have limitations that may be harmful to the user's body. The aim of the research work described in this report is to design and phototype development of walker for IoT device monitoring analysis using Blynk application. Additionally, evaluating the performance of the variable device monitor, which is heart rate, step count and fall detection monitor. The QFD is a technique for gathering consumer feedback and converting the needs of the responders into technical specifications. In accordance with the information gathered from the interview session, the House of Quality (HOQ) of walker was constructed, which was then used to examine the product's features and its connection matrix. Besides, the standard walker will cause users to present a forward-leaning posture which will cause them to suffer from back or neck pain. The user's requirements were satisfied and the issues they ran into while using the walker were resolved via modification and enhancement of the device. In addition, the QFD integrated model is developed and validated via analysis of the design process and results. Simultaneously the next step is engineering drawing and 3D modelling. By utilising the QFD integration, the walker might be improved with a workable solution. By using the integration on QFD could help in improving the walker with a suitable solution. After do the 3D modelling, the process of prototype the walker has conducted. And the lastly is doing the testing on the walker. Usability test is the method that used in the testing product.

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ABSTRAK

Pejalan kaki ialah peranti yang ditetapkan untuk membantu pengguna tertentu seperti anggota bawah yang kurang upaya, warga emas atau orang buta bergerak. Pada masa kini, kemajuan teknologi berpotensi untuk meningkatkan kualiti hidup anggota bawah OKU atau warga emas dengan membangunkan pelbagai jenis dan fungsi pejalan kaki untuk membantu aktiviti kehidupan seharian mereka; walau bagaimanapun, pejalan kaki ini mempunyai had yang mungkin berbahaya kepada badan pengguna. Matlamat kerja penyelidikan yang diterangkan dalam laporan ini adalah untuk mereka bentuk dan pembangunan fototaip walker untuk analisis pemantauan peranti IoT menggunakan aplikasi Blynk. Selain itu, menilai prestasi monitor peranti berubah-ubah, iaitu kadar denyutan jantung, kiraan langkah dan monitor pengesanan jatuh. QFD ialah teknik untuk mengumpul maklum balas pengguna dan menukar keperluan responden kepada spesifikasi teknikal. Selaras dengan maklumat yang dikumpul daripada sesi temu bual, House of Quality (HOQ) walker telah dibina, yang kemudiannya digunakan untuk meneliti ciri-ciri produk dan matriks sambungannya. Selain itu, pejalan kaki standard akan menyebabkan pengguna menunjukkan postur condong ke hadapan yang akan menyebabkan mereka mengalami sakit belakang atau leher. Keperluan pengguna telah dipenuhi dan isu yang mereka hadapi semasa menggunakan pejalan kaki telah diselesaikan melalui pengubahsuaian dan peningkatan peranti. Selain itu, model bersepadu QFD dibangunkan dan disahkan melalui analisis proses dan keputusan reka bentuk. Pada masa yang sama langkah seterusnya ialah lukisan kejuruteraan dan pemodelan 3D. Dengan menggunakan penyepaduan QFD, pejalan kaki mungkin dipertingkatkan dengan penyelesaian yang boleh dilaksanakan. Dengan menggunakan penyepaduan pada QFD boleh membantu dalam menambah baik walker dengan penyelesaian yang sesuai. Selepas melakukan pemodelan 3D, proses prototaip walker telah dijalankan. Dan yang terakhir adalah melakukan ujian pada walker. Ujian kebolehgunaan ialah kaedah yang digunakan dalam produk ujian.

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LIST OF SYMBOLS AND ABBREVIATIONS

IoT	-	Internet of Things
HMI	-	Human Machine Interface
IDE	-	Integrated Development Environment
bpm	-	Beats Per Minute
SUS	-	System Usability Scale
QFD	-	Quality Function Development
HOQ	-	House of Quality



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CHAPTER 1

INTRODUCTION

1.1 Introduction

This chapter describes the framework of this study. It includes the research background of mobility aids, problem statement, objectives, the scope, and limitation of project.

1.2 Background

Walker are device that are utilised by millions of people throughout the world, even though most people are ignorant of their existence. People with disabilities endure obstacles that we could never anticipate, such as inconvenient incidents in their everyday lives. Year after year, the number of persons with disabilities will increase.

Walkers have been used by persons who have difficulty moving about or who are recovering and need rehabilitation for millennia. Nonetheless, the road to the creation of walker has not been smooth, and there are several flaws that must be addressed and improved. There are various types of walkers that can obtain in the marketplace that could optimize the life quality of user who has mobility issue such as canes, crutches, walkers, and wheelchairs. The walker, also known as a walking frame or Zimmer frame, is a popular mobility device that was first introduced in the early 1950s. A rollator is more advanced than a regular walker since it is lower in weight and is equipped with hand brakes to slow or halt the rollator's movement. (M.Martin, P.Santos, Neto, & Ceres, 2012)

Furthermore, several actual research show that walker users have a higher risk of falling. Approximately 80% of the participants purchase a rolling walker without having received proper operation instruction or consulting a medical expert, 61% operate the walker haphazardly, and 19% of users receive their walker from medical professionals without receiving proper operation instruction. The most prevalent issue was inappropriate rolling walker height, which accounted for 55% of all cases. Around 17% of the rolling walkers had maintenance issues. Furthermore, 40% of users will have a forward-leaning posture while standing and utilising the walker for support, and 50% will have a forward-leaning posture while using the walker to mobilise. A forward-leaning posture during mobilisation is most likely to result in the user falling (Liu, 2009).

According to WHO, the world's elderly population is anticipated to increase from 900 million to 2.0 billion between 2015 and 2050. The demand for walker is increasing among the geriatric population, owing to the benefits they provide to users, such as improved balance, extra support, and the ability to carry out daily activities independently. Furthermore, due to the critical function that rehabilitation equipment plays in improving the lives of the physically challenged, demand for it is rising. In 2015, walkers had a profit share of 31.65%, which was a record high (Reportlinker, 2016). Walkers provide various benefits over traditional walker, including the potential to increase a user's walking abilities, ensuring safety and comfort while walking, and providing additional support as well as a high weight-bearing capacity.

1.3 Problem Statement

Although walkers are helpful devices that help people enhance their quality of life by improving their balance and stability, they do have certain drawbacks. Walkers are often used by people who have weak lower limbs and are given walkers to compensate for their

condition. However, continuous use of walkers can put additional strain on upper extremity joints, leading to arthritis, tendinitis, and carpal tunnel syndrome. The loads applied to the walker by the user are determined by the person's medical condition. Users with lower limb prostheses and spinal cord injuries apply 85% to 100% of their full weight to the walker, whereas people with supranuclear palsy apply 30% of their body weight to the walker. By increasing the weight on the walker, the stresses on the user's upper extremities rise, increasing the likelihood of further issues occurring. (Foley, Johnson, E. Kalbach Jr., & McNally, 2010)

A considerable number of walker owners have reported difficulties with the usage or design of their walker, and the number of incidents has been growing faster than the number of users. Falls are the most often reported walker-related incidents. The more often a walker is used, the more accidents occur, raising the question of whether or not walkers are truly safe to use. Furthermore, in order to employ assistive equipment like walkers, physiotherapist must guarantee that patients walk for a suitable amount of time during the rehabilitation process. This is a difficult task. Physiotherapists must verify that patients are performing the necessary exercises to enhance their walking. As a result, they must assist patients in changing their walking pace in accordance with their disease, as well as specify specific limitations for walking distance workouts and give extra assistance when patients lose their balance. As a result, it is critical to identify ways to make this process more objective and productive. (M.Martin, P.Santos, Neto, & Ceres, 2012)

1. Incorrect posture while using a walker leads to body pain (Liu, 2009)
2. Physiotherapists need to ensure that the patients are doing the adequate exercises to improve their walking. (M.Martin, P.Santos, Neto, & Ceres, 2012)

1.4 Research Objective

The research objective that needs to be achieved in this research are:

1. To design and prototype development of walker for IoT device monitoring analysis using Blynk application.
2. Evaluating the performance of the variable device monitor, which is heart rate, step count and fall detection monitor.

1.5 Scope and limitation

The major goal of this project is to address the shortage of walker availability and reduce the risk of damage caused by improper posture when using it, as well as its mobility. Furthermore, the existing walker design does not take into account the actual user needs; the walker should be designed to be portable yet simple, with ergonomic considerations such as handgrip position and angle, walker height, and others, so that the user can enjoy using the walker that makes their life easier. Furthermore, scenarios such as the user who has recently been discharged from the hospital, long-term walker users, children with developmental disability problems, and others must be considered to guarantee that the walker design is innovations or designs in terms of inventive design, hence improving the design of walkers is required.

The restriction of this project is to build a walker that meets the demands of several types of users. For example, the user may be a young guy with mobility issues as a result of an accident, or an old person with a loss of individual strength, both of which must be considered when creating. Second, because only specific ethnic groups would utilise this product, finding responders will be challenging, particularly during this epidemic era. A