Abstract — Focusing on upper limb rehabilitation of weak stroke patients, this pilot study explores how motion intent can be detected using force sensitive resistors (FSR). This is part of a bigger project which will see the actuation and control of an intent-driven exoskeleton. The limited time stroke survivors have with their therapists means that they can not often get enough training. During active-assisted training, therapists guide the paralysed limb through a movement only after detecting visual or haptic cues of the motion intent from the patient. Aiming to replicate therapist practices of recognising patients’ intention to move, a pilot study of a tactile system is performed. The system will perform consistently even with patients who have low muscle strength and control ability. Currently available devices for detecting muscle activity do not offer the robustness and performance necessary; Electromyography (EMG) sensors, a well-established method, is affected by factors like skin moisture and BCI (Brain Computer Interface) has a slow response time. The proposed tactile sensing system is a simple yet robust solution both from a sensing as well as a usability point of view. Pilot experiments have been performed with a healthy subject emulating low muscle activation conditions. An overall accuracy of 80.45% is achieved when detecting forearm and arm muscle contractions and hence motion intent.

I. INTRODUCTION

A. Background

Rehabilitation helps stroke survivors to learn new ways of movement with the potential to help them regain use of the affected limbs. Recovery is influenced by quantity of training and the specific tasks practised[22]. Physicians’ guidelines suggest a combination of repetitive task training (RTT), including constraint-induced movement (CIMT), depending on the individual’s ability[29]. They then support and guide the limb through the completion of the exercise. For those with very weak arms, therapists may use active-assisted movement in which they support the limb through the movement asking the patient to perform it as much as they can. During active-assisted exercises the therapists wait for the initiation of the movement by the patient; the cues are either visual or haptic. The visual feedback, of the movement of the limb that occurs following muscle contraction, and proprioception of the patient improves the rebuilding of neural pathways, replacing the damaged ones[1]. Discussions with therapists in the field indicated that where there is a lack of mobility they feel the soft tissue in the proximity of the actuation muscle to detect the onset of motion. As the muscle contracts it shortens, resulting in a shape change that can be felt by the therapist.

B. Rehabilitation Devices

Given the actual ratio of occupational therapists to stroke patients in the NHS (1:1:10), compared to the ideal (3.3:10)[20], the therapy time for each patient is about three times lower than that required. Robotic devices have great potential in assisting therapists with rehabilitation[19] and have already been implemented in the stroke rehabilitation sector[29]. The aim of the system proposed is to mimic the recognition of movement intention in this therapist-patient interaction. Recognising intention, by using the same cues as therapists do, a safe input for an upper limb rehabilitation exoskeleton can be used to guide the limb through a motion.

Within the last two decades, multiple upper-limb rehabilitative devices/exoskeletons have been developed. They can support all upper limb degrees of freedom of the shoulder, elbow, forearm and wrist through the full range of motion[24][2]. Commercially available rehabilitation devices are being used in conjunction with traditional therapy[32]. Intention-driven ones[27] usually lack robustness[9] as they are unable to detect intent under different conditions.

A variety of sensors have been used in movement intent recognition systems; these include sEMG, joint torque sensors and EEG (Electroencephalography) sensors, recording brain activity for BCI (Brain Computer Interface) systems. EMG signals sense motor-neuron train spikes. They have been widely implemented in assisted living, rehabilitation and prosthetic systems; nonetheless, EMG controlled systems have still not reached acceptable performance consistency[9]. There are limitation on the conditions under which they are being used[7]. For example, it has been shown that adipose tissue (fat) can affect amplitude and create crosstalk between signal recordings[17], while skin moisture also affects signal acquisition[28].

Kiguchi et al[14] have used EMG signals to detect the intent of motion in the upper limbs. Together with Gopura they developed EMG based control methods for a 7DOF upper-limb exoskeleton[10][15]. EMG sensing here was complemented by torque sensors on the exoskeleton, creating a more robust system. The limitations arise from the fact that the system relies on

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the user’s ability to produce detectable joint torques.

Steering away from EMG triggered controllers, developments by Barsotti et al[3] included a Motor Imagery (MI) based BCI to control the BRAVO (Brain computer interfaces for Robotic enhanced Action in Visuo-motOr tasks) exoskeleton[4]. Tests with stroke patients demonstrated a classification accuracy of 82.5% during reaching-grasping exercises. The limitations in this approach are seen in the response time of the system; it takes about 
\[ (3.45 \pm 1.60) \] s to initiate a movement. This could cause issues if the patient needs to urgently terminate the movement as even greater delays would occur taking into account the actuation stopping time.

In prosthetics, force Myography (FMG), also referred to as tactile imaging, has shown promising results when used for intent recognition. The idea that the volumetric and shape changes that take place within the muscle can be monitored on the skin surface and used as an indication of motion intent was first captured by Moromugi et al[21]. They implemented push buttons, with load sensors, indented in the skin to capture "muscle stiffness" for the purpose of actuating a prosthetic hand. Wininger et al[33] performed one of the first studies implementing FSR sensing to predict grip force in hand prostheses. Using a grip dynamometer, Wininger mapped the readings measured during gripping and the pressure exerted by the forearm on the FMG cuff. Testing the concept on healthy young adults, they concluded that FMG is a useful alternative to EMG. Furthermore, a high resolution tactile sensor system developed by Schürmann was used in a proof of concept study carried out by Castellini et al to create tactile images of the anterior forearm[5]. This was followed by a feasibility study that indicated tactile sensing offers more stability than sEMG[26]. The same sensory technology was embedded and tested in a tactile sensor bracelet[16]. Lastly, a feasibility study performed by Cho indicated that FMG resulted in classification accuracies of over 70% in all grip classifications attempted[6].

In this paper we investigate how tactile sensing can be used to detect motion intent in the upper limb in order to actuate an exoskeleton that will help them perform their rehabilitative exercises. The challenges lie in the stroke patient’s muscular strength that needs to be detected by the system, which could be as low as 5%[30] of their nominal strength[8]. In this paper we describe the methodology and setup for the three sets of experiments performed using this tactile motion intent recognition system. The experimental section that follows presents the validation of the sensory system and the testing and evaluation of the concept using hand grasping and elbow flexion.

II. METHODOLOGY

The FMG approach has been adopted in this study aiming to find a robust solution that offers a fast, consistent and accurate motion intent recognition system for weak muscle activations. The aim is to mimic the way therapists use their sense of touch to detect the intention of motion. A series of experiments have been designed to emulate the low muscle activation, as would be the case with weak stroke patients. The trials performed on a young, healthy, female individual included three different experimental stages:

A) Proof-of-concept experiment to validate the sensitivity of the sensors
B) Testing of the sensory system to detect motion intent during gripping
C) Testing of the sensory system to detect motion intent during elbow flexion

Indications as to whether a particular movement is being attempted is acquired by monitoring the activity in the identified muscle areas. The sensors are placed on an arm brace designed to tightly fit on the arm. Muscle contraction or relaxation will alter the shape of the proximal tissue area, causing contact force changes between the arm or forearm and the brace.

Gripping-induced muscle contractions was the first concept we tested. The muscles providing the main forces during gripping are the three extrinsic ones[18] located in the forearm: flexor digitorum superficialis (FDS), flexor digitorum profundus (FPD) and flexor pollicis longus (FPL), Fig. 1.

Fig. 1: The volar view of the left forearm is shown, indicating the flexor digitorum profundus (FDP), flexor digitorum superficialis (FDS) and flexor pollicis longus muscles (FPL)[34]. Shown are also the approximate sensor positions (white).

These are, therefore, the muscles targeted. The sensors will be located in the upper central half on the anterior and posterior parts of the forearm for the gripping motion; in proximity to the muscle belly, the thicker part of the muscle, as seen in Fig. 1, where all muscle fibres come together.

A. Stage1

For the initial experimental stage we determined that the sensor sensitivity is good enough to detect contact
force changes in the forearm during low grip (5-10% of nominal) strength motions; as would be expected in a weak stroke patient. To perform these experiments, a measurement device was used to measure the grip forces exerted.

1) Grip Holder: An analog grip strength meter, a Saehan hydraulic hand dynamometer[25], was utilised to monitor the grip strength used by the subject. Such devices are mainly used to evaluate grip strength after hand surgery or during the rehabilitation program.

Fig. 2: Sehan hydraulic hand dynamometer used to measure grip strength[25].

The minimum strength requirement the sensors needed to detect was evaluated. Stroke survivors are at their weakest right after the stroke incident. That is when their affected limb has 5-10% of the unaffected side’s nominal grip strength[30]. According to a study performed in UK[8], the peak optimum median grip is 51kg and 31kg for male and female respectively. Thus, 5-10% of the latter calculates to 1.55-3.10kg (15.21-30.41N). Seeing as the resolution of the device is only 2kg (19.62N), the indicator was kept just below that. Therefore, the goal was to detect the contact force changes that take place between the forearm and the sensors, during gripping motions with what is determined to be as less than 6.45% of the average nominal strength of females.

2) Sensing: The next step was to choose the sensors. Piezoresistive tactile sensors were preferred over capacitive sensors as the latter are very susceptible to noise[31]. The Interlink Electronics flexible FSRs were chosen as they provide the largest active surface area for the cheapest price[11]. The FSRs have a conductor substrate with a printed interdigitated circuit pattern and another one coated with carbon-based ink; when a force is applied, the conductive substrate deforms and contact is made with the printed circuit lines varying the resistance and proportionally the measure voltage. FSRs require a simple interface and their size (thickness of 0.46mm and 18.3mm diameter)[12] and allow for an easy integration.

These sensors have a minimum force detection of 1N and a maximum repeatability error of ±2%. The sensor sensitivity has an exponential behaviour, Fig. 3. Experiments determined its sensitivity by recording of the readings as 100g weights (adding up to 1kg) were added on the sensor’s active area.

Fig. 3: Sensor sensitivity, force-to-voltage conversion determined by experimentation.

The sensors were centrally placed on the anterior and posterior forearm, in proximity of the gripping muscles, Fig. 1. Two sensors were used; sensor1 made contact with the ventral part of the forearm, and sensor2 with the dorsal, Fig. 4, as the palm was facing upwards.

3) Forearm Support: Finally, a forearm brace was built. To ensure a good contact of the forearm with the sensors a an adjustable interface that allows a tight fit was created. Avoiding obstruction of movement and minimizing the weight and cost were also important factors.

Although a cheap adjustable strap would have offered good comfort levels and a tight fit, the sensors would not function as well if mounted on a flexible surface[12]. The forearm brace was designed to have adjustable height and separately adjustable width, to accommodate different arm sizes.

4) Integration: The sensors were fixed on the brace and their circuit outputs were fed into the Arduino analog inputs which provide 10bits of resolution. The data broadcast on the serial port was recorded using a MATLAB script. Their acquisition frequency was 104Hz. The frequency typically used in body movement monitoring or human movement classification implementations[13] is 100Hz.

B. Stage2

Having shown that the contact force changes between the forearm and the brace can be detected when low grip forces, up to 6.45% of the nominal, were used, the grip meter was replaced with a microswitch[23]. This provided a ground truth on the gripping state of the hand. The switch closes when the two gripper levers come together during gripping. A torsion spring integrated in the system pushes the gripper open. Hence its ON state indicates contraction of the muscles, and its OFF state indicates relaxation. It was attempted to keep the grip force used as low as possible, just about exceeding the resistive torque of the spring, \(2.10 \times 10^{-5}\text{Nm}\), with stiffness 0.6582Nm/rad and the switch maximum operating force, 0.25N. For the elbow flexion, monitoring of the biceps/triceps muscles will be required; in which case, the
Fig. 4: Adjustable brace and FSR sensors.

Fig. 5: Gripper with an ON-OFF switch.

Fig. 6: Stage2 experiment: gripping motions wearing the support.

Fig. 7: Arm experiment, supported forearm closes switch during elbow flexion.

brace will be worn on the arm. Interface of both sensors and the microswitch was done using the Arduino UNO board and the data transmitted through a serial connection to MATLAB.

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C. Stage3

Finally, the concept was tested on biceps/triceps activity detection. The gripper with the switch was attached on the underside of a table with the arm supported just underneath. As the elbow flexes and the forearm is raised the switch closes, Fig. 7. The two gripper handles were constrained at about 10mm apart, just enough to keep the switch open. To close the switch an average weight person would have to surpass the 0.113Nm torque needed to raise their 1.149kg forearm, as well as the 0.25N required to close the switch.

The sensors were placed in the proximity of the biceps (sensor1) and triceps muscles (sensor2). The forearm was resting on an arm-rest at about a 90° angle, just below the bottom of the gripper. The wrist joint was kept fixed at all times to ensure that the biceps was the one working to close the switch and not the flexor carpi radialis/ulnaris (wrist flexing muscles);

III. EXPERIMENTS

A. Proof of Concept

In this first experimental stage, tests were performed with the forearm muscles relaxed or contracted (using a grip strength of approximately 2kg, see II-A), at certain pre-determined points in time. The forearm, which was placed inside the brace, rested on the table with the palm facing upwards, supination position. A total of ten initial trials were run, that lasted 20-25s each, where 2-3 gripping motions were performed. There were slight variations in the contact points of the sensors (brace) with the forearm across experiments as the arm-brace was removed at the end of each one. The participant tried to keep their arm and shoulder relaxed at all times.

The forearm had good contact with sensor2 since its weight was resting on it. As it can be observed in Fig. 8, there are distinct voltage variations when gripping is performed. Visual inspection of the complete signal indicates certain emerging patterns. As the hand grips the dynamometer, the flexor digitorum contracts while the extensor digitorum relaxes completely; this causes a decline in the contact forces between the dorsal forearm and sensor2. The first step change of the recorded voltage indicates that a gripping motion is taking place and one in the opposite direction signals the relaxation of the muscles. The forearm placement, its shape and weight and exerted force, affect the contact forces between the sensors and the forearm. With the chosen forearm orientation, palm facing up, contact with sensor1 was inconsistent; hence the focus was on sensor2 readings.

![FSR Sensor Readings](image)

**Fig. 8:** Proof-of-concept experiment; sensor2 readings during muscle contraction/relaxation in the forearm.

The results in this first set of trials indicated that it may be possible to detect small muscle contractions and hence recognise motion intent. They also suggest that the sensitivity of the FSR sensors used is good enough to detect the contact force changes that take place between the forearm and the brace when a grip strength of 2kg(19.6N) is used; across all stage1 experiments the
contact force changes gave rise to a detectable potential difference changes. As observed, a grip strength of 19.6N (2kg) in this experiment produced a potential difference change on the output from 2.565V to 1.285V, which corresponds to contact force change of 5.30N, Fig. 3.

B. Intent Recognition: Forearm

With the conclusion of experimental stage1, it was clear that the sensor system was sensitive enough to detect contact force changes between the arm and its brace when grip strength was limited to 19.6N. During this second stage experiment the switch state was also recorded alongside the sensors. This allowed us to perform state prediction and determine the accuracy of the results. In total over twenty 2-3min trials were performed with an arbitrary number of gripping movements (>2).

No discernible contact force changes were detected on sensor1, Fig. 10. This was expected, as its contact with the forearm was weak; therefore, the sensor2 readings were the ones analysed, Fig 9. As it can be observed in Fig. 10, where the force derivatives are presented, large gradient changes hint towards a grip state change. Negative gradients indicate muscle contraction of the gripping muscles, which causes the dorsal part of the forearm and sensor2 to lose contact. Following that, increasing contact forces hint towards return to the initial state. Drifting can be observed, Fig. 9, which can be attributed to the increased blood flow in the forearm as well as the slight shifting of contact points due to the solid nature of the brace.

An algorithm was developed to classify the state of the forearm, Algorithm 1, whether it is ‘at rest’ (muscle relaxation) or under tension (muscle contraction). The binary classification algorithm developed determines the state based on the emerging signal features, such as large gradient step changes and their direction with respect to the baseline as well as previous tendencies. The accuracy is determined by comparing the algorithm output to the microswitch state recorded. The algorithm focuses on the patterns that emerge with every new, incoming data set; aiming for a state change detection within 1s. The initial state is always assumed to be ‘at rest’and a baseline value is thus determined. Calibration was performed during the preprocessing of the data; this included the use of a moving average filter to reduce noise which also introduced a time delay of 0.12s.

The algorithm’s classification accuracy, averaged over all Stage2 experiments, was found to be 77%, with a standard deviation of 11%. This was calculated by comparing the state of the switch that represents the actual state with the predicted state output. Drifting observed in the FSR sensor readings did not affect its performance. It was important to avoid false positives, false prediction of rest-to-tension state change. As long as it is not a consistent occurrence, non detection is not as problematic. During most experiments the algorithm was able to correctly detect the state changes within 1s.

The gripper had to move quasi-statically which increased the delay between muscle contraction and move-
input : sensor reading
output: state

while serialConnection = true do
  state(i)=state(i-1);
  if $SChange(i) > ChangeThres$ and $DiffToBaseln(i)<DiffToBaseln(i-1)$ and ReturningToRest=false then
    if $SReading(i) > SReading(i-1)$ then
      ContactForceIncreasing;
    else
      ContactForceDecreasing;
  end
  else if $SensorChange >ChangeThres$ and $DiffToBaseln(i)>DiffToBaseln(i-1)$ and muscleContraction then
    if $(DiffToBaseln:DiffToBaselnMAX) < ReturnThres$ then
      ReturningToRest ← true;
    end
  if $ContactForceIncreasing=false$ and $ContactForceDecreasing=false$ and state(i-1)=muscleContraction then
    StillINContraction
  end
  if $ReturningToRest(i-1)=true$ and $SChange(i) < ChangeThres$ then
    state(i) ← muscleRelaxation;
  end
  if $SChange(i) < ChangeThres$ and state(i)=muscleRelaxation then
    if $b > BaselnThres$ then
      Baseln ← SReading(i);
  end
end

Algorithm 1: Algorithm overview; some of the indicative parameters that were adjusted for each muscle group are ChangeThres, ReturnThres, LowerLimit and UpperLimit, and BaselnThres

ment reaction detection. This was evident in certain cases where the detection of tension happened prior to the switch indication. This can be seen in Fig. 11a where the first tension period is detected 0.10s beOct2016 fore there is any indication from the switch state. The maximum delay that is estimated to be 0.455s. This could be improved by using a continuous gripping force measurement device; this would enable detection of the movement instantaneously.

When the algorithm successfully detected the state change, the maximum delay found was 0.6s. At the absence of key patterns1 from the waveform the algorithm will not make a decision until it is certain of the change.

In about a fifth of the data points the forearm intention to move was wrongly classified. This was due to the delays in detecting muscle relaxation and early detections of tension when the switch state change delays with respect to the motion onset. One cause of the false positives though that could cause issues would be the complete failure to detect the arm has gone back to rest; such as in Fig. 11b, at t=23.24s.

C. Intent Recognition: Arm

Stage3 involved testing the motion intent detection system performance during elbow flexion. As mentioned earlier, II-C, to experiment with elbow movement the arm brace was fitted on the arm. Similar contact force patterns emerged, Fig. 12, during elbow flexion, as previously in the forearm when gripping was performed. A total of ten trials were performed with an arbitrary number of elbow extensions (>2) per minute as each one lasted between 2 and 5 minutes.

As the biceps contract to raise the forearm, muscle flexion causes an increase in the contact forces. The arm brace was fitted tightly around the arm which caused the contact forces monitoring the biceps and the triceps vary in a similar manner. The sensor in proximity to the biceps recorded changes of slightly higher magnitudes than the triceps, by an average of 20%.

The classification algorithm parameters were tuned accordingly for use on the forearm, producing an average accuracy of 83.9%. As Fig. 13 illustrates, the adapted algorithm was successful at correct state prediction with higher confidence levels than gripping.

During this set of experiments, there was a slight movement of the brace, and sometimes even a small rotation, as the biceps contracted. This affected the accuracy of the data acquisition as the point of contact of
the sensor with the arm was shifting, influencing classification. Nonetheless, the state classification accuracy was improved compared to gripping which is a more complex movement involving a greater number of smaller muscles.

IV. DISCUSSION

In this pilot study on the use of tactile sensing for motion intent recognition the results were promising for the development of a reliable, quick detection system, as part of an actuated exoskeleton device. Evidence suggests that using two FSR sensors we can detect low activations of muscles, such in the case of stroke patients, as we exert no more than 6.45% of average nominal strength input. Detection occurs within less than 1s in both the arm and forearm. The accuracies of this pilot study system when classifying the state of the arm/hand averaged at 80%. The performance was better for the arm than the hand probably due to the muscles smaller size and complexity in gripping; depending on the way

the gripper was pushed to close the involvement of the various muscles may have been different.

A. Limitations

There were some limitations and shortcomings in the experiments completed. Firstly, there was a visible delay between the initiation of the movement and the change in the microswitch state in some cases; this created an uncertainty in the results as it is not possible to know the exact time a state change took place. Hence, instead of a binary gripper, we intend to introduce a continuous gripping force measurement device. Furthermore, this system has not yet been tested on stroke survivors. Nonetheless, an attempt was made at setting some force limitations during experimentation based on the minimal strength data for stroke patients. Whether these could be sensed as well with a thicker forearm and weaker muscles is yet to be seen. With a hard-coded feature algorithm there are limitations when it comes to generalisation. Alternatively, a supervised learning, classification algorithm will be trained on the features using the experimental data.

V. CONCLUSIONS AND FUTURE WORK

This paper demonstrates a new approach to motion intent recognition in stroke patients. The results in this pilot study were promising despite aforementioned limitations, which will be taken into account for the improvement of the system. The addition of more sensors will be considered, as well as the integration with EMG, as a new lighter, easy-to-wear brace is built. Future work will include the actuation of an upper limb brace and its use to support the elbow flexion/extension motion using a tactile sensing driven controller.

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