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Wireless Muscle Monitoring and Muscle Rehabilitation System with Real Time Alerts

Dr. M. Manoj Prabu[1], Mr. D. Yugeanthiran[2] , Ms. A. Vaishnavee[3] , Mr. R. Sunil[4]

[1]*Professor, Department of Biomedical Engineering, Sri Shakthi Institute of Engineering andTechnology, Tamilnadu, India.*

[2345] *Fourth year student, Department of Biomedical Engineering, Sri Shakthi Institute of Engineering and Technology, Tamilnadu, India.*

ABSTRACT:

This paper conducts a comprehensive exploration of real time analysis and prevention of muscle cramps and fatigue. The system incorporates a Node MCU microcontroller, DHT11 temperature and humidity sensor, flex sensor, MAX30100 pulse oximeter for BPM and SpO2 monitoring, and a moisture sensor for sweat level assessment. By amalgamating these sensors, the system not only detects muscle fatigue and cramps but also evaluates vital signs and moisture levels, providing a holistic overview of muscle health. The collected data is transmitted to Thing Speak, an IoT platform, via WiFi for remote access and in-depth analysis. the inclusion of MAX30100 enables continuous monitoring of blood oxygen levels and heart rate, offering a more comprehensive health assessment. Additionally, the moisture sensor gauges sweat levels, allowing the system to determine the necessity for rehabilitation. When triggered by critical indicators, the system activates a vibration mechanism for muscle rehabilitation, aiding in the prevention of cramps. This integration of sensor technologies showcases a proactive approach to healthcare, promoting early detection, analysis, and intervention in muscle related issues. The expanded system serves as a versatile tool for both healthcare professionals and individuals, contributing to the advancement of preventive health practices.

Keywords: Muscle Cramp Detection, Rehabilitation, Vibration Therapy.

1. INTRODUCTION:

As muscles account for greater than 50% of the body by weight, it is not surprising that nearly 70% of the cases diagnosed as nonspecific or idiopathic back pain are assumed to be the result of soft tissue sprains and strains. Pain is a subjective feeling; it is a sensation that every human being must have experienced all their life. Yet, its mechanism and the way to immune to it is still a question to be answered. This review presents the mechanism and correlation of pain and stress, their assessment and detection approach with medical devices and wearable sensors.

Various physiological signals (i.e., heart activity, brain activity, muscle activity, electro-dermal activity, respiratory, blood volume pulse, skin temperature) and behavioral signals are organized for wearable sensors detection. By reviewing the wearable sensors used in thehealthcare domain, we hope to find a way for wearable healthcare-monitoring system to be applied on pain and stress detection. Since pain leads to multiple consequences or symptoms such as muscle tension and depression that are stress related, there is a chance to find a new approach for chronic pain detection using daily life sensors or devices.

Then by integrating modern computing techniques, there is a chance to handle pain and stress management issue. rehabilitation helps a child, adult or older person to be as independent as possible in everyday activities and enables participation in education, work, recreation and meaningful life roles such as taking care of family.

2. LITERATURE SURVEY:

(1) Sensors for physical rehabilitation:

Lucas Medeiros souza do Nascimento, et.. al 2020 This survey explores the pivotal role of electronics and communication advancements in healthcare, emphasizing wearable devices' significance. It highlights the evolution of monitoring techniques, emphasizing bioelectrical signal analysis, remote monitoring, and the rise of e-Health and Health 4.0 concepts. Discussing the integration of IoT, CPS, and computational intelligence tools, the review delves into sensors and systems' applications in patient monitoring, physical rehabilitation, and assistive systems. Through a methodical approach, it navigates through these domains, outlining their relevance and trends in sensor utilization for diverse healthcare applications, culminating in a comprehensive final review discussion.

(2) EMG patch for real time muscle fatigue monitoring:
Shing hong liu, et.. al 2019 This study focuses on developing an EMG patch for the lower leg to detect real-time muscle fatigue during exercise. Utilizing an ARM Cortex-M4 processor, it measures the median frequency (MF) of the EMG signal, detecting fatigue as the MF shifts to lower frequencies. Employing empirical mode decomposition for noise reduction, a two-electrode circuit captures the EMG signal with a modest power consumption of 39.5 mAh. Comparing real-time and off-line MF values, tested on 20 participants cycling at various speeds, yielded root-mean-square values of 2.86 ± 0.86 Hz and 2.56 ± 0.47 Hz. Additionally, an accompanying smartphone app displays muscle-fatigue conditions, making this EMG patch promising for injury prevention during exercise.

(3) Integrated sensor platform:
Hongcheng Xu et.. al 2023 This study introduces a fully integrated stretchable device platform for wireless monitoring and machine learning-based analysis of throat activities post-surgery. It showcases a modified hydrogel for effective muscle electrical signal monitoring and a triaxial accelerometer for motion and vibration measurement. Utilizing a 2D-like sequential feature extractor and neural networks, it achieves high accuracy (over 90%) in classifying motion/speech features, adaptable to noise and new subjects' data. Addressing the limitations of current rigid devices, this innovation offers potential for remote monitoring and treatment evaluation in throat-related conditions, marking a significant step in wearable skin-interfaced systems for disease monitoring and rehabilitation.

(4) EMG Monitoring System:
Mohammad Al-Ayyad et.. al 2023 This review delves into the underutilization of surface electromyography (sEMG) in clinical settings despite its potential in assessing muscle condition. Focusing on rehabilitation and health monitoring, it explores sEMG applications in tele-rehabilitation (neuromuscular, post-stroke, sports), emphasizing signal processing methods and wearable device analysis. It highlights technical specifications, wearability, and discussions on leveraging sEMG for healthcare. The comprehensive survey assesses existing solutions, both in literature and commercially available, offering insights for rehabilitation practitioners and identifying prospects for the next wave of portable sEMG devices in healthcare.

3. METHODOLOGY

1. Quantitative Approach

This research employs a comprehensive methodology to quantitatively analyze wireless muscle monitoring and muscle rehabilitation, leveraging IOT technology and a sensor fusion approach, Flex Sensor, MAX30100 Pulse Oximeter, DHT11 Temperature and Humidity sensor, Moisture Sensor.

2. Sensor Selection and Setup:

2.1 Node MCU Microcontroller:
Specification: Utilizes the ESP8266 WiFi module for connectivity.
Enhancements: Expanded compatibility to integrate new sensors and improved processing capabilities.

2.2 Flex Sensor:
Specification: Flexible resistor measuring muscle activity through resistance changes.
Enhancements: Integrated seamlessly with additional sensors for a more comprehensive muscle health assessment.

2.3. MAX30100 Pulse Oximeter:
Specification: Measures heart rate (BPM) and blood oxygen levels (SpO2).
Enhancements: Added for advanced vital signs monitoring, offering a more holistic approach to muscle health assessment.

2.4 DHT11 Temperature and Humidity Sensor:
Specification: Measures temperature (050°C) and humidity (2090% RH).
Enhancements: Continues to provide environmental data crucial for a thorough understanding of muscle health.

2.5 Moisture Sensor:
Specification: Evaluates sweat levels for enhanced assessment of muscle condition.
Enhancements: Newly added for a more nuanced understanding of environmental factors affecting muscle health.

3. IOT Enabled Data Collection Protocol:

A systematic data collection protocol is designed to capture a holistic dataset:

- Participants, individuals with common bone diseases, wear the sensor system during a controlledwalking session.
- Multiple trials are conducted to encompass variations in gait patterns, ensuring a representativedataset.
- Synchronized data acquisition across sensors facilitates the creation of a comprehensive dataset foreach participant.
- The collected data is transmitted in real-time to an IoT platform for centralized storage and furtheranalysis.

3.1 WiFi Connectivity:

Specification: NodeMCU connects to the internet via WiFi for data transmission.
Enhancements: Ensures continued highspeed and reliable connectivity for efficient data transmission.

3.2 ThingSpeak IoT Platform:

Specification: A cloudbased platform for realtime data collection, visualization, and analysis.
Enhancements: Upgraded to accommodate the influx of additional data streams, ensuring a seamless and efficient user experience.

The enhanced Muscle Health Monitoring System embraces a more sophisticated sensor array, processing capabilities, and data insights, promising an advanced and holistic approach to muscle health assessment and management.

IV. SOFTWARE DESCRIPTION

Data Processing and Analysis:

4.1 Preprocessing:
- Initialize an extended set of sensors, including the flex sensor, MAX30100 pulse oximeter, DHT11, and moisture sensor.
Establish robust WiFi connectivity with the ThingSpeak IoT platform for seamless data transmission.

4.2 Continuous Data Collection and Transmission Loop:
- Enter a continuous loop for ongoing data collection and transmission, ensuring realtime monitoring of muscle health.

4.3 Muscle Activity Sensing:
- Utilize the flex sensor to read resistance values, providing insights into muscle activity.
Incorporate data from the MAX30100 pulse oximeter to gather real time heart rate (BPM) and blood oxygen levels (SpO2) for a more comprehensive muscle health assessment.

4.4 Environmental Context Gathering:
- Utilize the DHT11 to read temperature and humidity values, offering crucial environmental context for muscle health analysis.
Assess moisture levels using the moisture sensor to provide additional insights into sweat levels and potential rehabilitation needs.

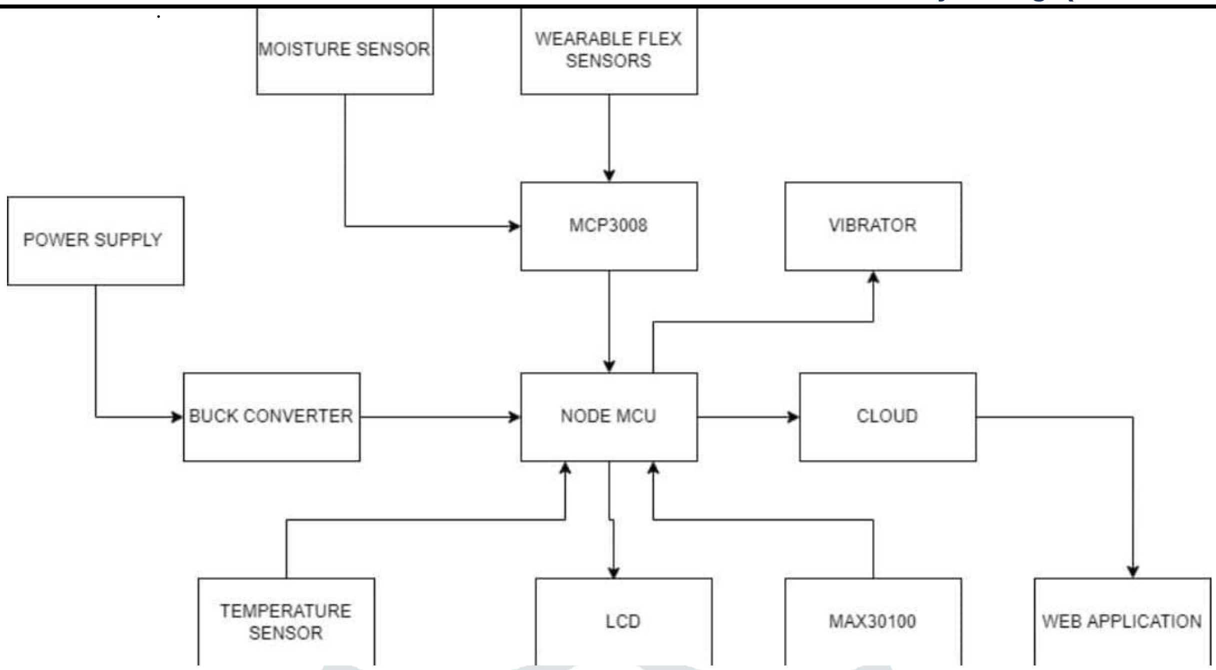

Fig 4.1 Block Diagram of wireless muscle monitoring and muscle rehabilitation process using Node MCU .

4.5 Data Processing and Analysis:
- Process the collected data, converting resistance values from the flex sensor and vital signs from the MAX30100 into meaningful muscle activity metrics.
Integrate environmental data for a holistic understanding of the factors influencing muscle health.

4.6 Data Packet Creation:
- Formulate a comprehensive data packet combining muscle activity metrics, vital signs, and environmental data for effective transmission.

4.7 Realtime Data Transmission to ThingSpeak:
- Leverage WiFi connectivity to transmit the data packet in realtime to the ThingSpeak IoT platform.
Enable secure storage and visualization of muscle health data for users and healthcare professionals.

5. Ethical Considerations:

- Informed consent is obtained from participants, outlining study details, potential risks and benefits.
- Participants anonymity and confidentiality are prioritized throughout the research process.

6. Limitations:

Transparent acknowledgement of potential limitations is integral:
- Variations in individual muscle cramping and environmental factors may impact data outcomes.
- The rehabilitation of muscle cramping introduce challenges in interpretation.

7. Future Directions:

The Enhanced Muscle Health Monitoring System anticipates a future marked by continuous evolution and technological integration. Machine learning will refine predictive capabilities, ensuring accurate forecasts for muscle fatigue and cramps.
Integration with wearables and telemedicine platforms promises expanded remote monitoring, enabling real-time consultations and broadening healthcare services reach. Further development of the sensor array aims at creating a comprehensive health monitoring system.
Collaboration with healthcare institutions offers opportunities for trials, solidifying its role in preventive healthcare and personalized medicine. The system's future is characterized by innovation, adaptation, and a transformative impact on healthcare practices.

8. Software Description:

IOT and Embedded technology

- The advanced Muscle Health Monitoring System builds upon the foundation of IoT and embedded technology. IoT facilitates the interconnection of devices, with the Node MCU microcontroller as the IoT device collecting data from an expanded sensor array. Embedded technology ensures the system remains compact, efficient, and capable of real time data collection and transmission.

In this evolution, the role of IoT and embedded technology remains pivotal. IoT enables remote access and analysis, allowing users and healthcare professionals to monitor muscle health remotely. Embedded technology guarantees the system's efficiency, maintaining its capacity for seamless data collection and processing. This enhanced system signifies a substantial progression in the monitoring and management of muscle health, promising improved quality of life and contributing valuable insights to the broader field of healthcare.

9. RESULT:

Our IOT-based exploration of wireless muscle monitoring and muscle rehabilitation system in common muscle cramping represents a significant stride forward in muscular research and rehabilitation. The study addressed the critical need for a more quantitative and thorough assessment of additional parameters in persons afflicted those who are in sports and athletics with muscle pain, muscle cramping, muscle fatigue, and injuries. Through the use of MAX30100 pulse oximeter and heart rate sensors and DHT11 humidity and temperature sensors to calculate the sweat levels of the individuals, we successfully captured precise data on parameters, analyze the external forces during cramping. This surpassing the limitations of traditional methods.

MUSCLE CRAMP AND FATIGUE DETECTION

Entry ID	bpm	spo2	temperature	humidity	sweat	Flex	result	Time Stamp
3480	95	95	30.00000	65.00000	1	1891	NORMAL	2024-03-14T04:49:51Z

Fig 9.1:Patient no.1 test report

MUSCLE CRAMP AND FATIGUE DETECTION

Entry ID	bpm	spo2	temperature	humidity	sweat	Flex	result	Time Stamp
3482	67	95	31.00000	65.00000	0	1977	NORMAL	2024-03-14T04:54:07Z

Fig 9.2: Patient no.2 test report

MUSCLE CRAMP AND FATIGUE DETECTION

Entry ID	bpm	spo2	temperature	humidity	sweat	Flex	result	Time Stamp
3486	67	95	31.00000	64.00000	0	1491	NORMAL	2024-03-14T04:55:40Z

Fig 9.3:Patient no.3 test report

These above mentioned reports analyse the muscle cramp and fatigue detection of three different patients and observe the five parameters include heart rate,temperature, humidity level and gives the result as normal.

MUSCLE CRAMP AND FATIGUE DETECTION

Entry ID	bpm	spo2	temperature	humidity	sweat	Flex	result	Time Stamp
3479	95	95	30.00000	66.00000	6	2272	MUSCLE_CRAMP	2024-03-14T04:49:22Z

Fig 9.4: Patient no.4 test report

MUSCLE CRAMP AND FATIGUE DETECTION

Entry ID	bpm	spo2	temperature	humidity	sweat	Flex	result	Time Stamp
3483	67	95	31.00000	65.00000	0	2243	MUSCLE_CRAMP	2024-03-14T04:54:36Z

Fig 9.5: Patient no.5 test repot

Our findings highlighted the intricate biomechanical adaptations associated with common muscle cramping. The personalized and effective post- intervention care envisioned through IOT technology stands as a promising approach to enhance the quality of life for individuals with these conditions.

The insights cramping from this study not only refine our understanding of muscle monitoring in the context of common muscle cramping and fatigue but also provide a foundation for informing future developments in the evolving monitoring of muscles cramping research and rehabilitation. In essence, our IOT based exploration has demonstrated its significance in advancing both research andclinical practices in real time alerts. As we move forward, we envision the continued refinement of rehabilitation strategies and a positive impact on the lives of sportsperson and athletics affected by muscle cramping and fatigue.

10. CONCLUSION:

In conclusion, the Enhanced Muscle Health Monitoring System, harnessing the power of IoT and embedded technology, stands as a groundbreaking and proactive solution for the vigilant observation and care of muscle health. By seamlessly integrating an extended array of sensors and sophisticated algorithms, the system empowers both individuals and healthcare professionals to detect early signs of muscle issues, make informed decisions, and take preventative measures. This innovative project not only elevates the well-being and quality of life for individuals but also exemplifies the transformative potential of IoT in reshaping healthcare practices, promising a healthier and more connected future.

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