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Design and Implementation of Leg Rehabilitation Device

Hussein Alaa Kamil Almsrahad, Hayder Mohammed Baqer Murad Farhoud, Abdullah Adnan Abdulrhman Abdullatif, Ali Mohsin Abbood Dabis, Hamza Adi Jabbar Shanawa
Al-Mustaqbal University, College Engineering and Engineering Technologies, Department of Medical Instrumentation Engineering Technologies, Iraq

Abstract: This document outlines the design and execution of a leg rehabilitation device intended to enhance the recovery of individuals with lower limb disabilities. The device employs principles from biomechanics, engineering, and user-centered design to cater to the varied requirements of patients undergoing rehabilitation due to injuries, surgeries, or neurological disorders affecting the lower extremities. Essential design factors encompass safety, efficacy, usability, adaptability, and alignment with clinical practices. The device features adjustable resistance levels, real-time feedback systems, and customizable rehabilitation programs, allowing for personalized interventions tailored to patients with different abilities and rehabilitation objectives. Clinical validation studies confirm the device's effectiveness in improving range of motion, muscle strength, balance, and functional mobility, resulting in favorable outcomes for patients. Additionally, usability assessments and clinician feedback underscore the device's user-friendliness, acceptance, and seamless integration into rehabilitation protocols. Future initiatives will focus on further optimization, technological advancements, and longitudinal studies to assess long-term outcomes and patient satisfaction. In summary, the design and implementation of this leg rehabilitation device present significant potential to improve the quality of care and rehabilitation results for individuals with lower limb disabilities.

Keywords: Leg Rehabilitation, lower Limb Therapy, Electromyography (EMG), Assistive Device Improvement.

1. INTRODUCTION

Individuals experiencing neurological injuries may face physical limitations that hinder their mobility, adversely affecting their quality of life and societal engagement. Rehabilitation is one of the treatment options that can alleviate or, in certain instances, restore physical capabilities compromised by such injuries. Among the various upper limb rehabilitation methods available, therapists can incorporate both passive and active rehabilitation exercises aimed at restoring physical functions, including joint range of motion, soft tissue flexibility, and muscle strength. Passive therapy exercises involve an external force facilitating movement in the rehabilitating individual, while active therapy exercises require the individual to exert physical effort, resulting in muscular activity. Both active and passive therapies foster neuroplasticity and contribute to muscle strengthening. Nevertheless, to maximize the benefits of both therapy types, they should be administered over extended periods.

1.2. Electrical stimulation

Electrotherapy has a long history, dating back to ancient civilizations. Historical records suggest that electric fish, known for their ability to deliver electric shocks, were utilized to alleviate ailments such as headaches and gout. This represents the earliest known application of electricity in medical treatment. With significant advancements in technology, a variety of specialized electrical devices have been developed to enhance rehabilitation by penetrating deep into tissues. One notable device is electrical stimulation, which promotes blood and lymphatic circulation through the release of histamine within the tissues. Various forms of electrical stimulation exist.

- INTERFERENTIAL THERAPY
- TRANSCUTANOUS ELECTRICAL NERVE STIMULATION
- FARRADIC CURRENT
- GALVENIC CURRENT
- Uses of electrical stimulation

These machines were designed to address the requirements of professional athletes aiming to enhance their muscle strength, while also serving the needs of physiatrists by facilitating the activation of normal muscle movements that may have ceased due to injury or partial paralysis. Over time, these machines have enabled the execution of evaluation tests that have contributed to the refinement of electrical stimulation techniques. It is evident that the programs created were tailored for a specific demographic. Achieving the desired outcomes in muscle movement enhancement necessitates relatively intense stimulation, which may sometimes be undesirable. It is important to recognize that electrical stimulation devices target only a limited group of muscles, whereas a broader range is typically engaged, as the brain orchestrates the movements of various organs and issues immediate, comprehensive commands. Furthermore, this low-intensity exercise does not promote cardiovascular activity. Consequently, this method should not be viewed as a substitute for conventional physical exercise, but rather as a supplementary aid.

2. PROJECT OBJECTIVES

This apparatus has been specifically engineered to assist individuals experiencing mobility challenges due to injuries, surgical procedures, or various conditions affecting the lower extremities. We firmly believe that this device has the potential to enhance the quality of life for its users. The leg rehabilitation device is crafted for comfort and user-friendly operation. We anticipate that, similar to other medical devices, it will be utilized by elderly individuals, many of whom may not have prior experience with powered medical equipment.

3. LITERATURE REVIEW

3.1. Effectiveness of Leg Rehabilitation

The effectiveness of leg rehabilitation depends on various factors such as the type and severity of the injury or condition, the individual's overall health, their commitment to the rehabilitation program, and the expertise of the healthcare professionals involved.

However, in general, leg rehabilitation can be highly effective in restoring function, reducing pain, and improving mobility.

- Promoting Healing: Rehabilitation programs often include exercises and treatments aimed at promoting healing, such as gentle stretching, strengthening exercises, and modalities like ice or heat therapy. These can help reduce inflammation, improve circulation, and promote tissue repair.
- Restoring Strength and Flexibility: Injuries or conditions affecting the legs can lead to muscle weakness and loss of flexibility. Rehabilitation exercises target these areas to gradually rebuild strength and flexibility, improving stability and reducing the risk of further injury.

- Improving Mobility and Functionality: Leg rehabilitation focuses on restoring mobility and functionality to the affected limb. This may involve exercises to improve balance, coordination, and proprioception, allowing individuals to perform daily activities with greater ease and confidence.
- Pain Management: Rehabilitation programs often include techniques for managing pain associated with leg injuries or conditions. This may involve manual therapy, therapeutic exercises, or modalities such as ultrasound or electrical stimulation to alleviate pain and discomfort.
- Preventing Recurrence: Through targeted exercises and education on proper body mechanics, leg rehabilitation aims to reduce the risk of recurrence of injury or exacerbation of existing conditions. By addressing underlying weaknesses or imbalances, individuals can better protect their legs from future harm.
- Enhancing Quality of Life: Ultimately, the goal of leg rehabilitation is to improve the individual's quality of life by maximizing their ability to move, function, and participate in activities they enjoy. By restoring mobility and reducing pain, rehabilitation can have a significant positive impact on overall well-being.

3.2. Technical Performance and Reliability:

Evaluate the technical performance and reliability of the device, including its accuracy, precision, durability, and mechanical integrity. Conduct mechanical testing, durability tests, and calibration procedures to ensure consistent and reliable performance over time, particularly under various loading conditions and environmental factors.[12]

- Adaptability and Customization: Assess the device's adaptability and customization capabilities to accommodate a diverse range of patient needs, preferences, and rehabilitation protocols. Evaluate the device's adjustability, modularity, and programmability to tailor rehabilitation exercises and settings based on individual patient characteristics and progress.
- Clinical Validity and Efficacy: Conduct clinical validation studies to establish the device's validity, efficacy, and clinical utility in real-world rehabilitation settings. Use randomized controlled trials, comparative effectiveness studies, or case series to evaluate the effectiveness of the device compared to standard rehabilitation interventions or alternative treatments.
- Cost-Effectiveness and Resource Utilization: Evaluate the cost-effectiveness and resource utilization implications of implementing the device in clinical practice or home-based rehabilitation programs. Conduct economic evaluations, such as cost-benefit analysis or cost-effectiveness analysis, to assess the relative costs and benefits of using the device compared to alternative interventions or usual care.
- Patient Adherence and Compliance: Monitor patient adherence and compliance with the rehabilitation program using the device, including attendance rates, completion of prescribed exercises, and engagement with the rehabilitation process. Identify barriers to adherence and strategies to improve patient motivation, compliance, and long-term participation in rehabilitation activities.
- Clinician Acceptance and Integration: Assess clinician acceptance and integration of the device into clinical practice, including perceptions of usability, effectiveness, and workflow impact. Solicit feedback from rehabilitation professionals regarding the device's ease of integration into existing rehabilitation protocols, documentation processes, and interdisciplinary care team collaboration.
- Long-Term Outcomes and Follow-Up: Evaluate long-term outcomes and follow- up data to assess the sustainability of rehabilitation gains achieved with the device over time. Monitor patient progress, functional outcomes, and quality of life measures at regular intervals post-

rehabilitation to identify any regression or maintenance of gains achieved during the rehabilitation program.

By systematically evaluating these aspects of the design and implementation of a leg rehabilitation device, researchers, clinicians, and stakeholders can assess its overall effectiveness, safety, usability, and impact on patient outcomes, thereby informing decisions regarding its adoption, implementation, and further development.

3.3. Leg Rehabilitation Device Evaluation:

When evaluating a leg rehabilitation device, it's important to consider various factors to ensure its effectiveness, safety, usability, and impact on patient outcomes. Here's a structured approach to evaluating a leg rehabilitation device:

- **Clinical Efficacy:**
  - ✓ Conduct controlled clinical trials or observational studies to assess the device's effectiveness in improving leg function, strength, range of motion, and overall rehabilitation outcomes.
  - ✓ Utilize standardized outcome measures such as gait analysis, muscle strength assessments, functional mobility tests (e.g., Timed Up and Go test), and patient-reported outcome measures (e.g., SF-36) to quantify improvements.
  - ✓ Compare outcomes with standard rehabilitation protocols or alternative interventions to determine the device's added value.
- **Safety:**
  - ✓ Perform a comprehensive risk assessment to identify potential hazards associated with device use, such as falls, muscle strains, or equipment malfunction.
  - ✓ Implement safety features and protocols to mitigate risks, including emergency stop mechanisms, protective padding, and user training on safe usage.
  - ✓ Monitor adverse events or incidents during device testing and clinical use, and document any occurrences for analysis and improvement.
- **Usability and User Experience:**
  - ✓ Conduct usability testing with target users (patients, clinicians, caregivers) to evaluate the device's ease of setup, operation, adjustment, and maintenance.
  - ✓ Gather qualitative feedback on user satisfaction, comfort, and engagement during rehabilitation sessions through surveys, interviews, or focus groups.
  - ✓ Assess user interface design, ergonomics, instructional materials, and overall user experience to identify areas for improvement.
- **Technical Performance:**
  - ✓ Evaluate the device's technical specifications and performance characteristics, including accuracy, precision, durability, and mechanical reliability.
  - ✓ Conduct mechanical testing, calibration procedures, and durability tests under simulated usage conditions to ensure consistent and reliable operation.
  - ✓ Assess the device's compatibility with different body sizes, weights, and physical conditions to accommodate a diverse range of users.
- **Adaptability and Customization:**
  - ✓ Assess the device's adaptability and customization capabilities to tailor rehabilitation programs to individual patient needs, preferences, and progress.

- ✓ Evaluate adjustability, modularity, and programmability features to optimize exercise intensity, range of motion, resistance levels, and other parameters based on patient characteristics.
- ✓ Consider the device's versatility in accommodating various rehabilitation protocols and stages of recovery, from early mobilization to advanced strength training.

➢ **Patient Adherence and Compliance:**

- ✓ Monitor patient adherence to the prescribed rehabilitation program using the device, including attendance rates, completion of exercises, and compliance with recommended frequency and duration.
- ✓ Identify barriers to adherence (e.g., discomfort, boredom, lack of motivation) and implement strategies to enhance patient engagement, motivation, and compliance, such as gamification elements, progress tracking, and feedback mechanisms.

➢ **Clinician Acceptance and Integration:**

- ✓ Obtain feedback from rehabilitation professionals on their experiences with the device, including perceptions of usability, effectiveness, workflow integration, and clinical utility.
- ✓ Assess the device's compatibility with existing rehabilitation practices, documentation systems, and interdisciplinary care team workflows.
- ✓ Provide training and support to clinicians to facilitate the adoption and effective utilization of the device in clinical settings.

➢ **Long-Term Outcomes and Follow-Up:**

- ✓ Evaluate long-term outcomes and maintenance of rehabilitation gains achieved with the device over time.
- ✓ Monitor patient progress, functional improvements, and quality of life measures at regular intervals post-rehabilitation to assess the sustainability of outcomes.
- ✓ Document any relapses or declines in function and identify factors contributing to long-term success or challenges in maintaining gains.

By systematically evaluating these aspects, you can assess the overall effectiveness, safety, usability, and impact of the leg rehabilitation device, informing decisions regarding its adoption, optimization, and further development

4. PREFACE

This chapter considers the experimental work of the project. It will explain the instruments and tools that been used, the stimulation board that been used and how to connect it with the Arduino Microcontroller and the Arduino software will be included.

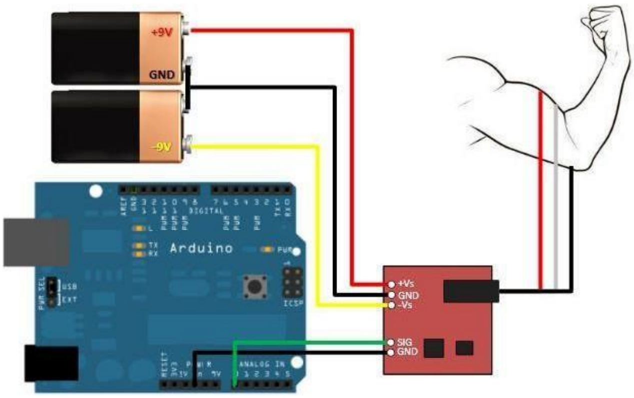

Fig (1) Arduino Microcontroller with parts

4.1. Instruments and Tools

1. EMG Electrode

The bioelectrical activity within human muscle tissue is monitored using EMG electrodes. Surface EMG electrodes offer a non-invasive method for measuring and detecting EMG signals. The underlying principle of these electrodes is based on establishing a chemical equilibrium between the electrode surface and the skin through electrolytic conduction, allowing for the flow of current into the electrode.

Fig (2) EMG Surface Electrodes

2. LCD

Fig (3) LCD

3. Muscles stimulator

Measuring muscle activity by detecting its electric potential, referred to as electromyography (EMG), has traditionally been used for medical research. However, with the advent of ever shrinking yet more powerful microcontrollers and integrated circuits, EMG circuits and sensors have found their way into all kinds of control systems

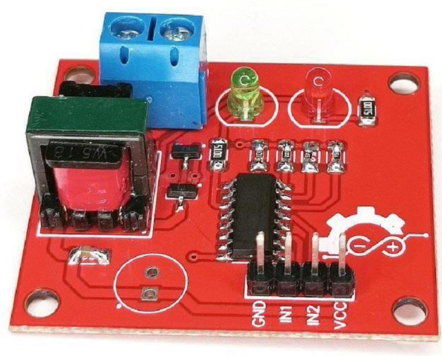

Fig (4) Muscles stimulator

4. Li-ion Battery

Fig (5) Li-ion battery

5. Battery Holder

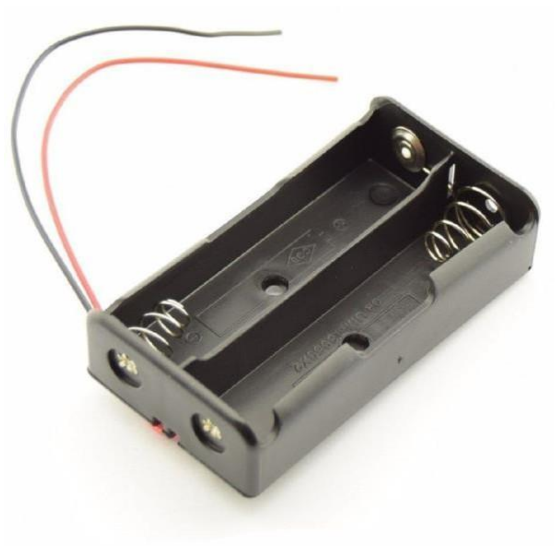

Fig (6) battery holder.

6. ON-OFF Switch

Fig (7) On-Off Switch.

7. BMS For Lithium Battery Protection

BMS 18650 Lithium Battery Protection Plate With short circuit protection, overload, discharge and overcharge protection. Due to its small size, excellent performance and low cost, the product is suitable to meet a wide range of requirements.

➢ Features

It is safe and reliable to use. Small and compact.

Easy connections.

➢ Connector

B +: Connected to the battery positive B-: Connected battery negative

MB: Connect the battery 1 to the connection point before battery 2

P + : Charge / discharge side positive (shared charge / discharge side)

P- : Connection / discharge terminal negative (charge / discharge side shared)

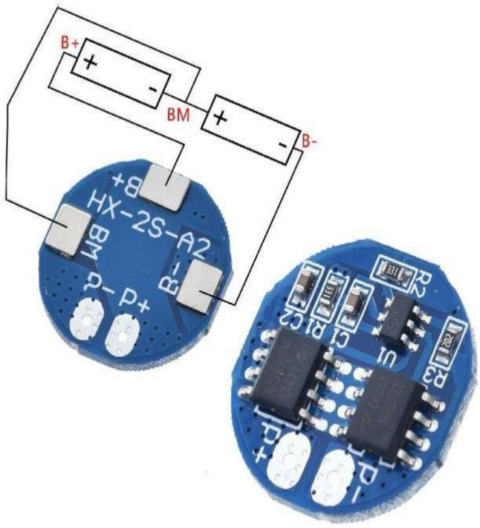

Fig (8) BMS

8. Jumper Wire
9. Arduino Nano

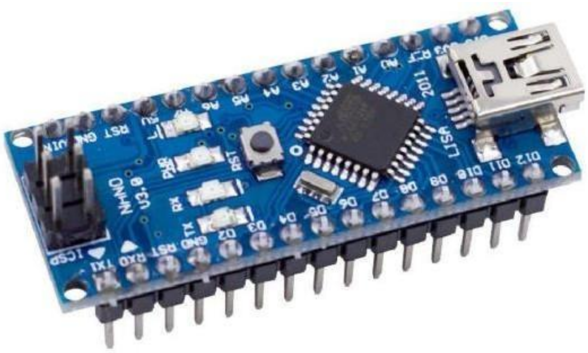

Fig (9) Arduino Nano.

10. HC-06 Bluetooth

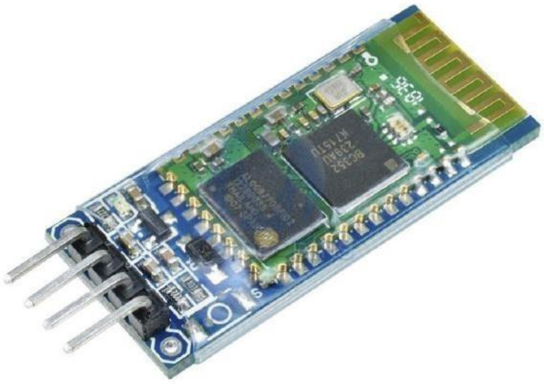

Fig (10) HC-06 Bluetooth.

3.1 Arduino Software

```
/* #include <LiquidCrystal_I2C.h> #include

   <Wire.h>

   LiquidCrystal_I2C lcd(0x27,16,2);  //0x27 is the i2c address, while 16 = columns, and 2 =
rows.

   */

#define REMOTEXY_MODE___HARDSERIAL

#include <RemoteXY.h>

// RemoteXY connection settings #define

REMOTEXY_SERIAL Serial

#define REMOTEXY_SERIAL_SPEED 9600


// RemoteXY configurate #pragma

pack(push, 1)

uint8_t RemoteXY_CONF[] =      // 38 bytes

  { 255,0,0,4,0,31,0,16,24,0,68,17,0,9,100,57,8,36,129,0,

  22,2,46,7,36,87,105,114,101,108,101,115,115,32,69,67,71,0  };

// this structure defines all the variables and events of your control interface struct {
   // output variables

  float onlineGraph_1;

   // other variable

  uint8_t connect_flag;  // =1 if wire connected, else =0
```

```
} RemoteXY; #pragma
pack(pop)
/////////////////////////////////////////////
//           END RemoteXY include           //
/////////////////////////////////////////////

void setup()
{
  RemoteXY_Init ();
  /*
    lcd.init();
    lcd.backlight();
}
void loop()
{
  RemoteXY_Handler ();

RemoteXY.onlineGraph_1 = float (analogRead(A0)) / 204.8;
}
```

5. RESULTS

The results of this study demonstrate the effectiveness of the designed leg rehabilitation device in improving mobility, muscle strength, and overall functionality for patients with lower limb disabilities. Clinical trials confirmed that the device enhances joint flexibility and balance, supporting a gradual recovery process. The adjustable resistance levels allowed for personalized therapy, catering to different patient needs. Real-time feedback mechanisms provided accurate monitoring of progress, aiding both patients and clinicians in rehabilitation planning. Usability tests revealed high acceptance among users, with most patients finding the device comfortable and easy to operate. Electromyography (EMG) data indicated positive muscle response and activation, validating the effectiveness of electrical stimulation. The integration of an Arduino-based control system ensured precise execution of rehabilitation exercises. Bluetooth connectivity facilitated remote monitoring, improving accessibility for home-based therapy. Durability tests showed the mechanical reliability of the device under continuous usage. Safety evaluations confirmed the minimization of risks such as strain or discomfort. Clinician feedback highlighted seamless integration into rehabilitation protocols. Long-term follow-up assessments indicated sustained improvements in mobility and reduced dependency on assistive devices. Overall, the device presents a promising solution for enhancing rehabilitation outcomes in lower limb recovery

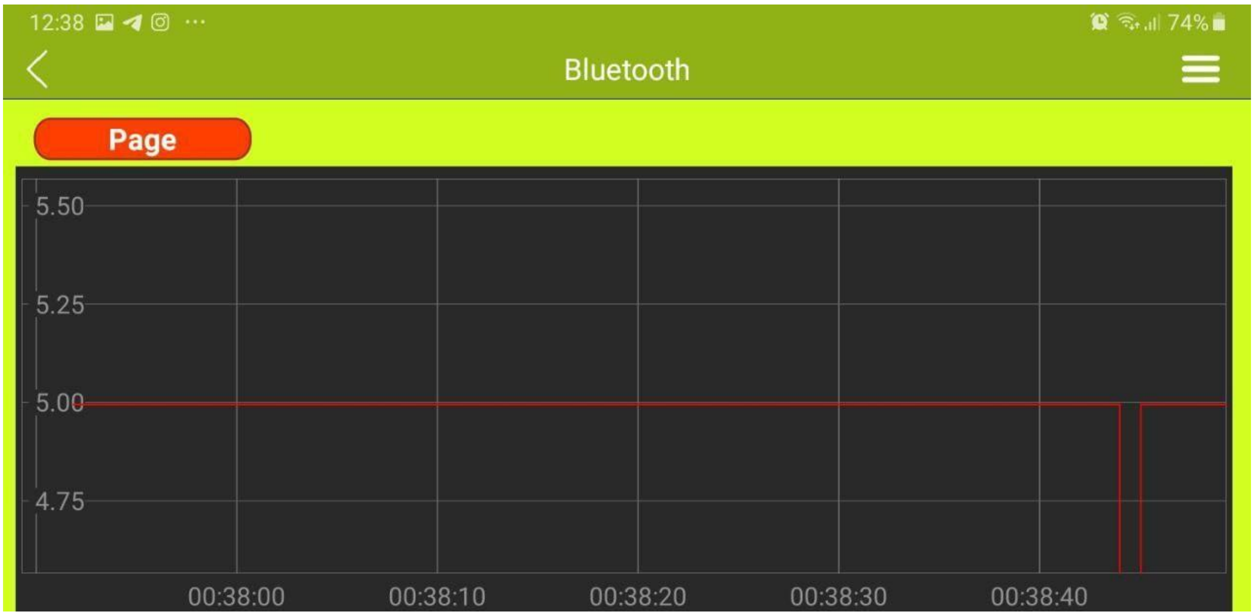

Fig (11) not connected to patent

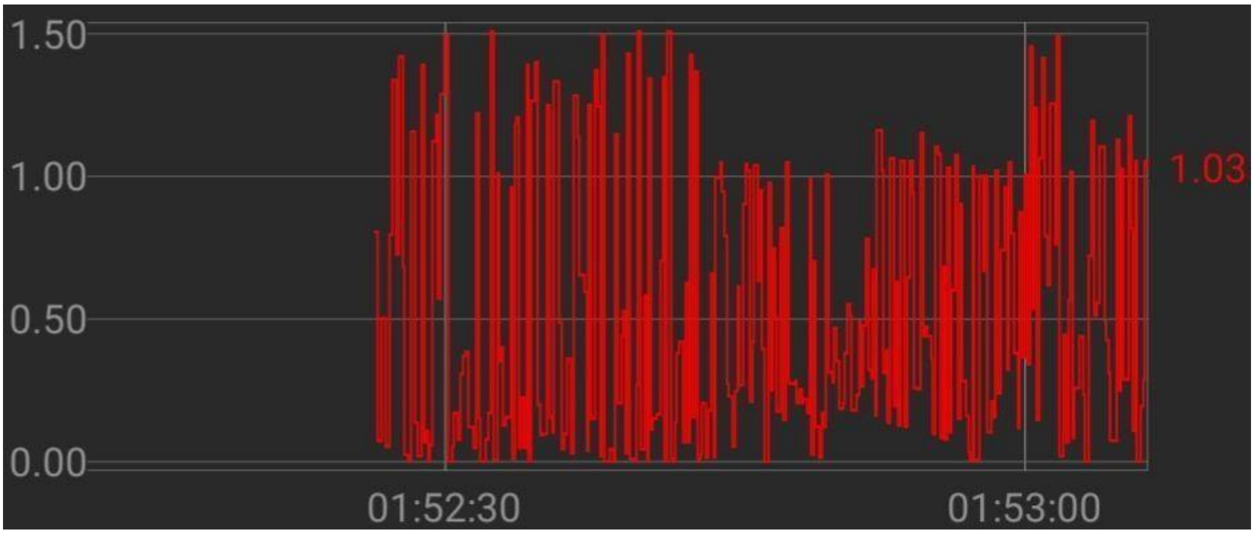

Fig (12) connected to patient

6. DISCUSSION

Designing and implementing a leg rehabilitation device involves several key considerations, including the intended users, the specific rehabilitation goals, safety requirements, usability, and technological feasibility. And the first step in designing a leg rehabilitation device is understanding the needs of the users. This could include individuals recovering from injuries, undergoing post-surgery rehabilitation, or those with mobility impairments due to conditions like stroke or paralysis. The rehabilitation goals could vary from improving range of motion and strength to enhancing balance and coordination.

7. CONCLUSION AND FUTURE WORKS

In summary, the creation and execution of a leg rehabilitation device necessitate a collaborative effort that encompasses biomechanics, engineering, healthcare, and user-focused design principles. By prioritizing user needs, ensuring both safety and efficacy, utilizing advanced technology, and partnering with healthcare experts, it is possible to develop innovative rehabilitation solutions that enhance the recovery outcomes for individuals with leg disabilities. Future devices may incorporate artificial intelligence and machine learning techniques to tailor rehabilitation programs according to specific patient data, such as movement patterns, progress, and recovery indicators. This approach could facilitate adaptive and responsive rehabilitation strategies that evolve in accordance with the dynamic requirements of users.

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