## HAND DYNAMOMETER FOR MINOR STROKE

## MUHAMMAD RIDZWAN BIN ISMAIL

This Report Is Submitted In Partial Fulfillment Of The Requirement For Bachelor Of Electronic Engineering Technology (Medical Electronic) With Honours

Department Of Electrical Engineering
Politeknik Sultan Salahuddin Abdul Aziz Shah

**JUNE 2016** 

## **ENDORSEMENT**

"I hereby acknowledge that I have read this report and I find that its contents meet the requirements in terms of scope and quality for the award of the degree of Bachelor of Electronic Engineering Technology (Medical Electronics)

Signature :....

Name of Supervisor : Pushpa A/P Jegannathan

Date : JUN 2016

# **DECLARATION**

"I hereby declare that the work in the report is my own except for quotation and summaries in which have been duly acknowledge"

Signature

Name : Muhammad Ridzwan Bin Ismail

Registration No. : 08UEU14F3022

Date : JUN 2016

#### ACKNOWLEDGEMENT

First of all, I would like to take this opportunity to express my grateful to Allah S.W.T because gave me a good health to finish my final year project. Secondly, I would like to express my thankful to my supervisor Norhayati Binti Chik and Pushpa A/P Jegannathan who give me chance to work with them and for their guidance during my final year project.

Besides that, my sincere appreciation goes to my partner under the same supervisor, Mohammad Shafiq Bin Zaidon who helped and adviced throughout preparing this project. I wish you all the best in life and hope our friendship will last forever.

Lastly, I would like to thank and all those who supported me in any aspect during the completion of the project.

#### **ABSTRACT**

A hand dynamometer measures the grip strength and improvement of an individual or patient. This device are used to measure the strength and endurance of the arm muscle and strength of each hand. Hand dynamometer can be used for patient with neurological problems and stroke. The purpose of this project is to develop a hand dynamometer with flexiforce pressure sensor. The existing hand dynamometer is heavy and not portable to be carried around. Furthermore the existing device measures the reading of all the fingers with analog system. The current hand dynamometer available in the market are expensive and do not allow measurement of force due to grip, limiting the ability to measure small changes in very weak patients. This study focuses on developing a hand dynamometer with flexiforce pressure sensor, analyses the accuracy of the measurement and validate the device. This device is a combination of analog hand dynamometer and hand exerciser digiflex, the programming is done to obtain the measured reading from the hardware. The accuracy of the measure unit has been tested and the comparison between the analog and digital has been done. The analysis showed that the accuracy of digital system is better than the existing analogue hand dynamometer.

# LIST OF TABLE

TABLE	TITLE	PAGE
2.1	Pin Discription	25
3.1	Comparison Of Pic	34
4.1	Data Patients	50
4.2	Normal Grip Strength For Female	54
4.3	Normal Grip Strength For Male	54
4.4	Result Of Questionnaire In Usability Test	
	For Hand Dynamometer	57

# LIST OF FIGURES

FIGURE	TITLE	PAGE
		_
2.1	The Structure of the dynamometer	3
2.2	The Structure of the dynamometer	4
2.3	The normal hand grip exerciser	4
2.4	Effection of stroke	5
2.5	Functional of brain	6
2.6	Effect of stroke	7
2.7	Structure of hand muscle	10
2.8	Structure of hand muscle	10
2.9	Saboflex	11
2.10	Continuous Passive Motion Unit CPM (hand)	12
2.11	E-LINK DYNAMOMETER	12
2.12	Nicholas Manual Muscle Tester	13
2.13	MicroFET2 Manual Muscle Tester (MMT)	
	Handheld Dynamometer Device	14
2.14	MicroFET2 Manual Muscle Tester (MMT)	
	Handheld Dynamometer	15
2.15	Pic Microcontroller	16
2.16	Symbol of buzzer	17
2.17	Basic cicuit of oscillator	18
2.18	Flexiforce pressure sensor	19
2.19	Classification of Spring	20
2.20	Types of Spring	21
2.21	Tensile Strength of Spring	21
2.22	Length of Spring	24

2.23	LCD display	25
3.1	Flowchart of Project	27
3.2	Flowchart of Device	29
3.3	Springs	31
3.4	Pic	31
3.5	PIC pinout	33
3.6	Steps of PIC Operation	34
3.7	Examples of sequential Function Chart	36
3.8	Examples of Functional Block Diagram	36
3.9	MPLAB IDE	37
3.10	CadSoft EAGLE	39
3.11	Schematic editor	41
3.12	layout editor	43
4.1	Subject hand strength in digital system	51
4.2	Subject hand strength in analogue system	52
4.3	Comparison between analog and digital	53
4.4	Complete form of the device	55
4.5	Complete form of the device	55
4.6	Graph of averange questionnaire in usability test	
	for hand dynamometer	57

CHAPTE	R TITLE	PAGE
1 I	NTRODUCTION	11
1	.1 Overview	1
1	.2 Problem statement	2
1	.3 Objective	2
1	.4 Scope of study	2
2 I	ITERATURE REVIEW	3
2	.1 Hand dynamometer	3
2	.2 Hand grip	4
2	.3 Minor stroke	5
	2.3.1 Symptoms of stroke	6
	2.3.2 Effect of stroke	6
	2.3.3 Stroke affect hand function	8
	2.3.4 Muscle involve in grip strength	8
2	.4 Current device	11
	2.4.1 Saboflex	11
	2.4.2 E-link dynamomter	12
	2.4.3 Nicholas manual muscle tester	13
	2.4.4 Microfet2 manual muscle tester (Mmt)	14
2	.5 Components	15
	2.5.1 Pic microcontroller	16
	2.5.2 Buzzer	17
	2.5.3 Oscillator	18

	2.5.4 Flexiforce pressure sensor	18
	2.5.5 Spring	20
	2.5.6 Material selection of spring	22
	2.5.7 Lcd display	24
3	METHODOLOGY	26
	3.1 Introduction	26
	3.2 Spring	31
	3.3 Pic microcontroller pic16f877a	31
	3.3.1 Pic operation	32
	3.3.2 Pic pinout	33
	3.3.3 Pic internal peripheral	34
	3.3.4 Differences between 16f877a and 16f877	34
	3.4 Software	37
	3.4.1 Mplab	37
	3.4.2 Cadsoft eagle	39
4	RESULT, ANALYSIS AND DISCUSSION	49
	4.1 Introduction	49
	4.2 Result and analysis	49
	4.3 Discussion	56
5	CONCLUSION AND RECOMMENDATIONS	58
	5.1 Conclusion	58
	5.2 Recommendations	59

REFERENCE

**APPENDICES** 

#### CHAPTER 1

#### INTRODUCTION

#### 1.1 Overview

Stroke is the third largest cause in Malaysia[1]. Stroke does not kill. It results in disabilities that affects a person's ability to continue working or living a normal life.

Strokes are due to sudden interruption of the blood supply to the brain. This can occur in two ways; when a blood vessel is blocked due to a clot (known as ischaemic stroke) or when a blood vessel in the brain ruptures leading to bleeding in the brain (known as haemorrhagic stroke). About 80% of strokes are of the ischaemic type and 20% haemorrhagic[1].

Stroke may effect hemiparesis (weakness on one side body), when the stroke patients is in hemiparesis, they are not able to move their arm freely. When stroke occurs, one of the parameter that is used to measure the patients hand strength is hand dynamometer. A hand dynamometer measures the grip strength and improvement of an individual or patient. This device are used to measure the strength and endurance of the arm muscle and strength of each hand. Hand dynamometer can be used for patient with neurological problems and stroke.

#### 1.2 Problems statement

The existing hand dynamometer is heavy and not portable to be carried around. The existing device measures the reading all the fingers with analogue system. Do not allow measurement of force due to grip. Lack of measurement indicator for testing the finger muscle strength of the patient.

#### 1.3 Objective

The main objective of this study are:-

- 1. To develop hand dynamometer with flexiforce pressure sensor.
- 2. To analyze the measured parameter in dynamometer.
- 3. To validate the performance of hand dynamometer.

### 1.4 Scope of the study

This study focuses on developing a hand dynamometer with flexiforce pressure sensor, analyses the accuracy of the measurement and to validate the device. The scope divided as below:

- 1. This project only focuses on hand of people who suffer minor sroke problem.
- 2. This project focuses on the reliability and usability of this device on subject's hand
- 3. This project focus on rehabilitation process phases for Patient that suffered strokes to measure the strength of their grip.

#### REFERENCE

- "Columbia Asia Stroke 3rd largest cause of death in Malaysia." [Online].

  Available: http://www.columbiaasia.com/stroke-3rd-largest-cause-of-death-in-malaysia.html#.VygxpP19600. [Accessed: 03#May-2016].
- [2] L. B. Leader, A. G. Communicator, S. C. Bsac, and P. G. Bwig, "Mid Semester Report," pp. 1–25, 2011.
- [3] S. S. Ss, "Understanding transient ischaemic attack ( t . i . a .) and minor stroke."
- "Hand and Finger Exercises for Patients in Stroke Rehabilitation | LIVESTRONG.COM." [Online]. Available: http://www.livestrong.com/article/314243-hand-and-finger-exercises-for-patients-in-stroke-rehabilitation/. [Accessed: 07-May-2016].
- [5] J. Shea, "THE IMPORTANCE OF GRIP Strength," no. 27, p. 1, 2012.
- [6] E. E. R. Habib, "Chapter 1 The PIC Microcontrollers: History & Features Objectives of the chapter," pp. 1–6, 2014.
- [7] A. F. Albertoferrarialesaucom, T. M. D. Angelo, and a Ulisse, "b dd d Systems LonWorks," pp. 1–27, 2010.

- [8] "What Types of Buzzers Exist?" [Online]. Available: http://buzzersandsounders.com/what-types-of-buzzers-exist/. [Accessed: 03-May-2016].
- [9] H. Max, "Vishay 16 x 2 Character LCD ITEM SYMBOL STANDARD VALUE UNIT ITEM SYMBOL CONDITION FUNCTION," pp. 31–33, 2012.
- [10] "PIC16F877A-8-bitPICMicrocontrollers."[Online]. Available: http://www.microchip.com/wwwproducts/en/PIC16F877A. [Accessed: 03-May-2016].
- [11] H. Therapists, H. Therapists, and O. Therapists, "CHAPTER 2 HAND ASSESSMENT INSTRUMENTS 1. PEN AND PAPER TESTS."
- [12] "Hand Grip Strength Test." [Online]. Available: http://www.topendsports.com/testing/tests/handgrip.htm. [Accessed: 03-Nov-2015].
- [13] "Hand-grip:: essays research papers." [Online]. Available: http://www.123helpme.com/view.asp?id=68662. [Accessed: 03-Nov-2015].
- [14] S. Parkway and N. P. O. Box, "JAMAR H YDROLIC H AND D YNAMOMETER 3700 Sagamore Parkway North," pp. 1–8, 2004.
- [15] "After a Stroke: Regaining Arm Use With Pictures." [Online]. Available: http://www.webmd.com/stroke/regaining-arm-use-after-stroke-10/slideshow-stroke. [Accessed: 04-Nov-2015].
- [16] "Chattanooga Hand Injury | Tennessee Wrist Surgery | Fractures & Dislocations of the Hand & Wrist." [Online]. Available: http://www.hayeshandcenter.com/fractures-dislocations.html. [Accessed: 04-Nov-2015].
- [17] H. Therapists, H. Therapists, and O. Therapists, "CHAPTER 2 HAND ASSESSMENT INSTRUMENTS 1. PEN AND PAPER TESTS."
- [18] "Hand Grip Strength Test." [Online]. Available: http://www.topendsports.com/testing/tests/handgrip.htm. [Accessed: 03-Nov-2015].

- [19] "Hand-grip:: essays research papers." [Online]. Available: http://www.123helpme.com/view.asp?id=68662. [Accessed: 03-Nov-2015].
- [20] S. Parkway and N. P. O. Box, "JAMAR H YDROLIC H AND D YNAMOMETER 3700 Sagamore Parkway North," pp. 1–8, 2004.
- [21] "After a Stroke: Regaining Arm Use With Pictures." [Online]. Available: http://www.webmd.com/stroke/regaining-arm-use-after-stroke-10/slideshow-stroke. [Accessed: 04-Nov-2015].
- [22] "Chattanooga Hand Injury | Tennessee Wrist Surgery | Fractures & Dislocations of the Hand & Wrist." [Online]. Available: http://www.hayeshandcenter.com/fractures-dislocations.html. [Accessed: 04-Nov-2015
- [23] "troy, j. grogan, w. au, c. peres, and f. b. au, goal setting, vol. 1, no. 19. 2006