# PRINCIPLES OF TRANSDUCER DEVICES AND COMPONENTS

Edited by Sheroz Khan, International Islamic University Malaysia Jalel Chebil, International Islamic University Malaysia Othman O Khalifa, International Islamic University Malaysia



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## CONTENTS

Chapter		Page No.
1	RC CIRCUIT RESPONSE Atika Arshad, Rumana Tasnim, Sheroz Khan, AHM Zahirul Alam	1
2	RL CIRCUIT RESPONSE Rumana Tasnim, Atika Arshad, Sheroz Khan, Musse Mohamod	7
3	RLC CIRCUIT RESPONSE Rumana Tasnim, Atika Arshad, Sheroz Khan, Musse Mohamod	13
4	CAPACITIVE SENSING FOR NON-CONTACT MEANS OF MEASUREMENT Rumana Tasnim, Atika Arshad, Sheroz Khan, Musse Mohamod, Nazmus Saquib	19
5	SENSORS IN ELECTRONIC APPLICATIONS Rumana Tasnim, Atika Arshad, Sheroz Khan, Musse Mohamod	27
6	CONTACT TYPE AND NONCONTACT TYPE GAS FLOW MEASURING SENSORS Rumana Tasnim, Atika Arshad, Nazmus Saquib, Sheroz Khan, Musse Mohamod	33
7	OUTPUT CONTROL DEVICES: ACTUATORS Rumana Tasnim, Atika Arshad, Sheroz Khan, Musse Mohamod	39
8	INDUCTIVE POWER SYSTEM FOR ENERGY HARVESTING Atika Arshad, Rumana Tasnim, Sheroz Khan, AHM Zahirul Alam	45
9	ON THE ELECTRODE ARRANGEMENTS OF CAPACITIVE SENSOR FOR TWO PHASE GAS FLOW MEASUREMENT Rumana Tasnim, Atika Arshad, Sheroz Khan, Musse Mohamod	53
10	BASIC CONCEPT OF INDUCTANCE FOR INDUCTIVE TRANSDUCERS Atika Arshad, Rumana Tasnim, Sheroz Khan, AHM Zahirul Alam	59
11	MAGNETIC PROPERTIES FOR MAGNETIC TRANSDUCER Atika Arshad, Rumana Tasnim, Sheroz Khan, AHM Zahirul Alam	65
12	MAGNETIC, HYSTERESIS THEORY: APPLICATION PERSPECTIVE Atika Arshad, Rumana Tasnim, Sheroz Khan, AHM Zahirul Alam	71

13	THE PRINCIPLE OF RESISTIVE SENSING Atika Arshad, Rumana Tasnim, Sheroz Khan, AHM Zahirul Alam	75
14	SPIKES BLOCKING AND SURGE PROTECTION Ahmad Lutfi Torla, Sheroz Khan, Asan Gani	83
15	VOLTAGE SUPPLY AND VOLTAGE REGULATION Ahmad Lutfi Torla, Sheroz Khan, Asan Gani	89
16	FULL-WAVE RECTIFICATION OF A LOW-VOLTAGE SOURCE Ahmad Lutfi Torla, Sheroz Khan, Asan Gani	99
17	DESIGN OF DIFFERENTIAL RESISTIVE MEASURING SYSTEM AND ITS APPLICATIONS Deji Abdulwahab, Sheroz Khan, Jalel Chebil	107
18	LINEARIZING TECHNIQUES FOR SENSOR OUTPUT Mohammad Tahir Siddiqi, Sheroz Khan, Ummer Siddiqi	115
19	SENSOR AND SENSOR RESPONSE-ISSUES AND INTERFACING Syed Masrur Ahmmad, Sheroz Khan, Anis Nurashinkin, Md Rasiuddin Khan	119
20	UWB PULSE GENERATION SHAPING AND ANALYSIS Zeeshan Shahid, Sheroz Khan, AHM Zahirul Alam	133
21	POWER SUPPLY POWER-SUPPLY INTERFERENCE IN SMART SENSORS-TO-MICRONROLLER INTERFACE FOR BIOMEDICAL SIGNALS Mohammad Ashraful, Sheroz Khan, Muhammad Ibrahimy	139
22	RESPONSE AND INACCURACY ISSUES OF SENSORS Mohammad Ashraful, Sheroz Khan, Muhammad Ibrahimy	165
23	PERFORMANCE IMPROVEMENT OF SENSORS RESPONSE USING PIECE-WISE NON-LINEAR (PWL) A/D AND PULSE- WIDTH MODULATION (PWM) A/D TECHNIQUES Ismaila Tijani, Sheroz Khan	175
24	POWER SUPPLY INTERFERENCE IN SMART SENSOR MICROCONTROLLER INTERFACE Ismaila Tijani, Sheroz Khan	185

25	2.45 GHz PASSIVE RFID TAG ANTENNA MOUNTING ON VARIOUS PLATFORMS Abubeker A. Yussuf, Md Rafiqul Islam, Sheroz Khan, Othman O. Khalifa, AHM Zahirul Alam	201
26	ANALYSIS OF HYBRID STEPPER MOTOR PERFORMANCE UNDER THE INFLUENCE OF VOLTAGE SUPPLY INTERFERENCE Abdulazeez F. Salami, Wahab A. Lawal, Sheroz Khan, Teddy Surya Gunawan, Sigit Puspito Wigati Jarot	217
27	PC SOUND CARD BASED INSTRUMENTATION AND CONTROL Teddy Surya Gunawan	229
28	PIECE-WISE LINEAR ANALOG TO DIGITAL (PLADC) CONVERTER PROCESS Abdulazeez F. Salami, Wahab A. Lawal, Sheroz Khan, AHM Zahirul Alam	239
29	DESIGN AND IMPLEMENTATION OF AN OPTIMAL FUZZY LOGIC CONTROLLER USING EGENTIC ALGORITHM Salami Femi Abdulazeez, Lawal Wahab Adetunji, Sheroz Khan, AHM Zahirul Alam, Momoh Jimoh E. Salami, Shihab Ahmed Hameed, Aisha Hasan Abdalla and Mohd Rafiqul Islam	249
30	DESIGN AND HARDWARE IMPLEMENTATION OF CONDITIONING CIRCUIT FOR ACCURATE READING FROM TRANSDUCERS WITH NONLINEAR RESPONSES Khairul Hasan, Aliza Aini Md Ralib, Ma Li Ya, Atika Arshad, Sheroz Khan	265
31	TRANSDUCERS-TO-MICROCNTROLLER INTERFACES- SOFTWARE SOLUTION APPROACH Lawal Wahab Adetunji, Salami Femi Abdulaziz, Sheroz Khan, AHM Zahirul Alam, Mohammad Rafiqul Islam, Shihab A. Hameed and Aisha Hasan Abdalla	277
32	WAVELET ANALYSIS OF THE ECG SIGNALS FOR THREE COMMON HEART DISEASES IN JORDAN Jalel Chebil, Jamal Al Nabulsi	291
33	FUNCTIONAL ELECTRICAL STIMULATION SYSTEM AND PROFILE FOR WALKING Noreha Abdul Malik	303

34	FUZZY LOGIC BASED TEMPERATURE CONTROL OF THERMOELECTRIC COOLER FOR SINGLE PHOTON	
	AVALANCHE DIODE APPLICATION	311
	Nurul Izzati Samsuddin, Salmiah Ahmad, Nurul Fadzlin Hasbullah	
35	SPECTRUM SENSING FOR COGNITIVE RADIOS	317
	Izyan Munyanti Abu Hanifah, Siti Natrah Che Rus, Sigit Puspito	
	Wigati Jarot	
36	COGNITIVE RADIO VS INTELLIGENT ANTENNA	327
	Siti Rabani Mat Nawi, Nurul Farhah Toha, Khaizuran Abdullah, M.	
	Rafiqul Islam, Sheroz Khan	
37	APPLICATION AND CASE STUDIES OF MAGNETIC	
	INDUCTION	341
	Atika Arshad, Rumana Tasnim, Sheroz Khan, A H M Zahirul Alam	

## **Chapter 33**

## FUNCTIONAL ELECTRICAL STIMULATION SYSTEM AND PROFILE FOR WALKING

#### NOREHA ABDUL MALIK

## **33.0 INTRODUCTION**

Functional Electrical Stimulation (FES) helps to restore muscle function for dropped foot correction in patients having neurological disorders such as cerebro-vascular accident or stroke, multiple sclerosis and spinal cord injury by stimulating the tibialis anterior muscle or common peroneal nerve. As the result of stimulation, the patients are able to lift their foot during the swing phase of their walking. The stimulator is triggered by the sensor namely the footswitch that detects foot contact and un-contact with the ground during walking.

## 33.1 FES AS A FUNCTIONAL THERAPY FOR WALKING

Cerebrovascular accident (CVA), spinal cord injury (SCI) and multiple sclerosis (MS) are a few examples of neurological disorders. These disorders cause muscle paralysis as reflected by the abnormal gait. Dropped foot is the most common abnormal gait accounted in these patients. Patients having dropped foot are not able to lift their foot during the swing phase of their walking. In order to restore this muscle function, the tibialis anterior or peroneal nerve is stimulated using the functional electrical stimulation. The functional electrical stimulation is one of the options of functional therapy for walking. It helps to restore muscle function in these patients to enable them to walk with less effort and energy. As described in literature by [1-6], neurological patients using FES showed improvement in their gait. Stimulation of other muscles groups such as gluteals or hamstrings can further improve the gait of neurological patients [20,22].

## 33.2 FES SYSTEM

Functional Electrical Stimulation (FES) is used as therapy to restore muscle function of the paralysed limb in neurological patients. In hemiplegic patients, the stimulation of the common peroneal nerve has successfully increased the speed of walking and reduced the effort of walking [2]. Similar improvements are also reported for stroke or multiple sclerosis patients especially when they walk on an uneven surface [3]