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REMOTE MONITORING OF KNEE REHABILITATION

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Abstract

Haemophilia patients often require total knee replacement surgery to improve their quality of life, but this operation poses greater risks of bleeding and infection compared to patients with osteoarthritis. To reduce these risks, surgeons use antibiotic-loaded cement during implantation and carefully manage hematology treatments post-surgery. However, the lifespan of the total knee replacement in haemophilic patients is shorter than in osteoarthritis patients, primarily due to the increased risk of infection. This article examines the biomechanics of the knee joint and their importance in the design and selection of appropriate total knee arthroplasty for haemophilia patients. The article covers various factors, such as patient function, prosthesis design, cruciate ligament retention, alignment, and fixation of the tibial component, which can impact the success and longevity of the implant. As the design and surgical techniques for total knee replacement continue to evolve, a better understanding of the characteristics of joint loading, stress distribution, and the biologic response of bone to stress can lead to improved function and implant longevity. By carefully considering these factors, surgeons can reduce the risks of bleeding, infection, and other complications associated with total knee replacement in haemophilia patients. This article emphasizes the importance of a multidisciplinary approach involving orthopedic surgeons, hematologists, and other specialists in the management of haemophilia patients undergoing total knee replacement. It also discusses the potential for future advancements in the field, such as personalized implants tailored to the individual patient's anatomy and biomechanics, to further improve outcomes.

Keywords: Total Knee Replacement, Joints Loading, Stress distribution, Sensors.

I. Introduction

Knee problems have become increasingly common in recent years due to the lack of Bone Mineral Density. The knee joint is one of the most important and complex structures in the human body, enabling humans to stand, walk, run, and engage in various physical activities. However, constant pressure on the knee joint can lead to severe damage, which may ultimately require total knee replacement, also known as Total Knee Arthroplasty (TKA). TKA is a medical procedure that replaces the weight-bearing part of the knee joint to relieve pain and disability, and it is the most commonly used treatment for osteoarthritis these days.

However, TKA is a complex surgery that requires extensive pre-operative planning, specialized implants and tools, and a prolonged duration. This treatment is even more challenging for older patients. Furthermore, around 20% of patients are not satisfied after surgery and continue to have postoperative pain and functional limitations, with associated implications for recovery. Therefore, post-operative monitoring of knee arthroplasty patients is essential to identify avoidable complications that might benefit from early intervention. This suggests a need for optimized rehabilitation strategies that focus on early identification of patients on a suboptimal course through assessment of early post-operative physical function.

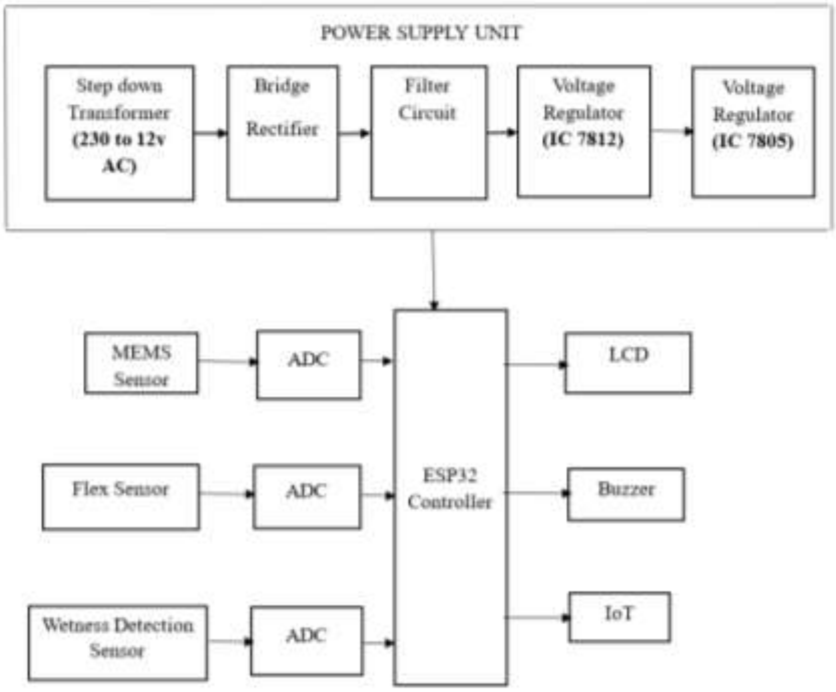

Figure 1: Progression of sensors

This article examines the different methods to assess early post-operative physical function after TKA. Specifically, we focus on patient-reported outcome measures (PROMs), performance-based outcome measures (PBOMs), and wearable motion tracking sensors measuring physical activity. We discuss the advantages and limitations of each method and suggest that a multidisciplinary approach that combines these methods may be most effective for optimizing post-operative rehabilitation strategies and improving patient outcomes.

I.1 Knee Rehabilitation

In 2010 the prevalence of total knee replacement in the entire U.S. population was 1.52%, equivalent to 4.7 million individuals. This number is assumed to increase even further in coming decades due to several factors, such as ageing and obesity, resulting in a growing population of individuals undergoing revision surgery. The main causes for total knee replacement include osteoarthritis, rheumatoid arthritis gout, and traumatic knee injuries (i.e., patella injury, anterior cruciate ligament injury). It is well-known, indeed, that patients sustaining an anterior cruciate ligament (ACL) injury are at higher risk of subsequent knee arthroplasty in comparison with the general population. In particular, every year, over 200,000 ACL injuries occur in the USA alone, with >50% of the cases requiring surgical reconstruction and subsequent rehabilitation. Rehabilitation aims to return patients to their pre-injury level though a process that involves the monitoring of an individual’s body motion when performing movements and exercises defined by clinical specialists. Moreover, tracking patients’ progress over time can be challenging for many physiotherapists, since therapists may have to supervise multiple patients at a time and the assigned exercises are often performed in an unsupervised manner in a home environment. In order to guarantee that an effective and high-quality treatment is also extended to patients after leaving hospitals and rehabilitation centers.

The first knee replacement surgery was performed in 1968 by Dr. John Insall and Dr. Chitranjan Ranawat at the Hospital for Special Surgery in New York City. The procedure involved replacing the entire knee joint with a metal and plastic prosthesis.
However, the development of knee implants dates back to the early 20th century when Dr. Marius Smith-Petersen, an orthopedic surgeon, introduced the concept of knee arthroplasty, which involved reshaping the ends of the femur and tibia to relieve pain and restore function to the knee joint.
Over the next several decades, improvements were made in surgical techniques and materials used for knee implants. In the 1970s and 1980s, cemented knee implants became popular, which involved using bone cement to attach the implant components to the bone.
In the 1990s, uncemented knee implants were introduced, which relied on the bone to grow into the implant components for stability. This reduced the risk of complications associated with bone cement, such as loosening and bone fractures.
Since then, knee implants have continued to evolve, with advancements in materials, design, and surgical techniques. Today, knee replacement surgery is one of the most common orthopedic procedures performed, with millions of people worldwide benefitting from the technology.
This surgery is bit complex contains extensive pre-operative planning, specialized implants and tools, prolonged duration. It takes longer time to perform than the normal knee replacement. Even this treatment is difficult when the patient is very old. It includes following stages:

- Pre-surgery: It includes X-rays, laboratory tests, BMD tests, knee aspiration and in some cases we need magnetic resonance imaging (MRI) also.
- Surgery: The implant is removed and replaced with bone grafts iron screws used to fill larger areas of bone loss Finally, specialized revision knee implants will be inserted.
- Post-operative care: After the surgery, the patient should take care and continue the treatment like therapy and medications.

This Knee replacement is not completely successful in single shot sometimes it needs multiple surgeries based on the requirement. The patients have to understand the failure cases also in this treatment. There are five primary reasons why a knee implant fails:

- Wear and loosening: Friction caused by joint surfaces rubbing against each other wears away the surface of the implant causing bone loss and loosening of the implants. Loosening is a common problem that can occur with knee implants over time. It happens when the bond between the implant and the bone weakens or breaks down, causing the implant to become loose and move around in the joint. This can cause pain, instability, and reduced range of motion in the knee joint. There are several factors that can contribute to implant loosening, including wear and tear on the implant components, poor implant placement or sizing, infection, and poor bone quality. In some cases, revision surgery may be required to remove the loosened implant and replace it with a new one. To reduce the risk of implant loosening, patients are typically advised to follow their doctor's postoperative instructions closely, including avoiding activities that put excessive stress on the knee joint, maintaining a healthy weight, and attending regular follow-up appointments to monitor the health and stability of the implant.
- Infection: Like a normal surgery we need to take care about it or else there is a possibility for Infection. Infection is a potential complication of any surgical procedure, including knee replacement surgery. It occurs when bacteria or other microorganisms enter the joint and multiply, causing inflammation, pain, and other symptoms. In some cases, infection can be severe and even life-threatening. Symptoms of a knee implant infection may include redness, swelling, warmth, and tenderness in the joint, fever, chills, and drainage from the incision site. If infection is suspected, doctors will typically perform tests to confirm the diagnosis and determine the best course of treatment. Treatment for a knee implant infection typically involves antibiotics to kill the bacteria and prevent the infection from spreading. In some cases, surgery may be required to remove the infected tissue and implant, followed by a course of antibiotics and eventually placement of a new implant once the

infection is cleared. To reduce the risk of infection following knee replacement surgery, patients are typically advised to follow their doctor's postoperative instructions closely, including keeping the incision site clean and dry, taking antibiotics as prescribed, and attending regular follow-up appointments to monitor for signs of infection.

- Wear and tear: Wear and tear is a common problem that can occur with knee implants over time. The plastic component of the implant can wear down over time due to the normal stresses and strains placed on the knee joint during everyday activities. As the plastic component wears down, small particles of debris can accumulate in the joint, causing inflammation and pain. In some cases, the wear may progress to the point where the implant becomes unstable and moves around in the joint, causing pain and reduced range of motion. To reduce the risk of wear and tear, patients are typically advised to follow their doctor's postoperative instructions closely, including avoiding activities that put excessive stress on the knee joint, maintaining a healthy weight, and attending regular follow-up appointments to monitor the health and stability of the implant. In some cases, revision surgery may be required to replace the worn-out plastic component with a new one, or to replace the entire implant if the wear has progressed to the point of causing instability or other complications.
- Fracture: Fracture is a rare but serious problem that can occur with knee implants. It occurs when the bone around the implant becomes weakened or damaged, leading to a break or fracture. Fractures may occur due to a variety of factors, including trauma to the knee, excessive stress on the implant, or poor bone quality. Symptoms of a fracture may include pain, swelling, and instability in the knee joint. If a fracture is suspected, doctors will typically perform imaging tests such as X-rays or CT scans to confirm the diagnosis and determine the best course of treatment. Treatment may involve surgery to repair the fracture and stabilize the implant, followed by a period of rest and rehabilitation. To reduce the risk of fracture following knee replacement surgery, patients are typically advised to follow their doctor's postoperative instructions closely, including avoiding activities that put excessive stress on the knee joint, maintaining a healthy weight, and attending regular follow-up appointments to monitor the health and stability of the implant.
- Allergic reaction: Some patients may develop an allergic reaction to the metal components of a knee implant, which can cause inflammation and pain in the joint. This is known as a metal allergy, and it occurs when the body's immune system reacts to the metal as if it were a foreign invader. Symptoms of a metal allergy may include pain, swelling, and redness in the joint, as well as a rash or hives in other parts of the body. In severe cases, a metal allergy can cause joint stiffness, reduced range of motion, and even implant failure. To reduce the risk of a metal allergy, doctors may perform allergy testing before the surgery to determine if the patient is at risk. If a metal allergy is suspected or confirmed, the surgeon may use an implant made from a different material, such as ceramic or plastic. If a metal allergy is diagnosed after the surgery, the implant may need to be removed and replaced with one made from a different material. This may require revision surgery, and the patient may need to undergo additional testing and treatment to manage the allergy. It's important for patients to discuss the potential risks and benefits of knee replacement surgery with their healthcare provider, including the risk of metal allergy, to determine if this procedure is right for them.

II. Literature

Mahdy Eslamy, Felix Oswald, Arndt F. Schilling. proposed that a main challenge in the development of active prosthetic knees is how to determine (estimate) the required motion of the missing joint/limb in line with the motion of the remaining biological ones. To do so, a motion planner is required. This study proposes a motion planner for active prosthetic knees. Two inputs are used to estimate the corresponding knee joint positions the motion planner does not require speed estimation, gait percent identification, or switching rules and estimates the outputs (knee joint positions) continuously. According to Jianjun Li; Ning Wang; Zhi-Hui Wang; Haojie Li; Chin-Chen Chang; Hong Wang

Population ageing and the subsequent increase of joint disorders prevalence requires the development of non-invasive and early diagnostic methods to enable timely medical assistance and promote healthy aging. Over the last decades, acoustic emission (AE) monitoring, a technique widely used in non-destructive testing, has also been introduced in orthopedics as a diagnostic tool. This review aims to synthesize the literature on the use of AE monitoring for the assessment of hip and knee joints or implants, highlighting the practical aspects and implementation considerations.

Brandon Oubre, Jean-Francois Daneault, Katherine Boyer, Jae Hyun Kim, Mahmood Jasim, Paolo Bonato, Sunghoon Ivan Lee detailed the process of accurate monitoring of joint kinematics in individuals with neuromuscular and musculoskeletal disorders within ambulatory settings could provide important information about changes in disease status and the effectiveness of rehabilitation programs and/or pharmacological treatments. This paper introduces a reliable, power efficient, and low-cost wearable system designed for the long-term monitoring of joint kinematics in ambulatory settings.

According to Wan-Chun Chuang, Wei-Long Chen a system for real-time monitoring of knee extensor muscle training motion with flexible sensors. Knee extensor muscle is classified to three levels according to their skin stretch and corresponding change in electrical resistance measured by flexible sensors. The area with the largest skin stretch corresponds to the sensor location that measures the largest change in resistance.

Mohammad Fazle Rabbi, Nurul Wahidah Arshad, Kamarul H. Ghazali, Rohana Abdul Karim, Mohd Zamri Ibrahim, Tasriva Sikandar said that the knee pain often disrupts the performance of Islamic prayer (Salat). Development of rehabilitation tool for Muslim population with knee pain has become an increasing demand. Electromyographic (EMG) activity of knee muscles may be an assessment tool of such rehabilitation technology. Our results suggest that, overall all four muscles are affected due to the knee pain and thus show abnormal activity in standing and knee flexion.

Alessandro Mengarelli1, Stefano Cardarelli1, Andrea Tigrini1 , Annachiara Strazza, Lorenzo Marchesini1 , Sandro Fioretti1explained throughout the years, fractal analysis has been applied to several biological time-series, revealing to be particularly useful for assessing human balance and motor control by quantifying complexity and repeatability of dynamic measures. Outcomes of this study could help to gain further information about functional recovery after different knee arthroplasty procedures, in order to improve the choice of rehabilitative treatment.

According to Peng Cheng: Bengt Oelmann an analysis of rigid-body joint-angle measurement based on microelectromechanical-system (MEMS) biaxial accelerometers and uniaxial gyroscopes. In comparison to conventional magnetic and optical joint angular sensors, this new inertial sensing principle has the advantages of flexible installation and true contactless sensing.

Laura Susana Vargas-Valencia, Felipe B A Schneider, Arnaldo G Leal-Junior, Pablo Caicedo-Rodriguez, Wilson A Sierra-Arevalo, Luis E Rodriguez-Cheu, Teodiano Bastos-Filho, Anselmo Frizera-Neto provide the knee flexion-extension angle is an important variable to be monitored in various clinical scenarios, for example, during physical rehabilitation assessment. The purpose of this work is to develop and validate a sensor fusion system based on a knee sleeve for monitoring of physical therapy. The system consists of merging data from two inertial measurement units (IMUs) and an intensity-variation based Polymer Optical Fiber (POF) curvature sensor using a quaternion-based Multiplicative Extended Kalman Filter (MEKF).

2.1 MEMS Sensor in Knee Rehabilitation

MEMS sensors (Micro-Electro-Mechanical Systems) are used for monitoring the bending position of the leg in knee replacement surgery. These tiny sensors are placed inside the knee joint and can detect the angle of the joint as it moves. This information is then transmitted to a computer that can analyze the data and provide feedback to the surgeon. During knee replacement surgery, it's important for the surgeon to ensure that the artificial joint is properly aligned and functioning correctly. If the joint is not aligned correctly, it can cause uneven wear on the joint components and lead to premature failure of the implant. By using MEMS sensors, the surgeon can monitor the position of the joint in real-time and make adjustments as necessary to ensure that the joint is properly aligned. If the sensor detects that the joint is bending beyond its normal range of motion, it can trigger an alarm, such as a buzzer, to alert the surgeon. In addition to monitoring joint position, MEMS sensors can also be used to determine local tissue deformations and stresses in bone and cartilage. This information can help the surgeon make more informed decisions about the placement and alignment of the artificial joint components, which can ultimately lead to better outcomes for the patient.

MEMS sensors have a wide range of applications in different fields, including automotive, consumer electronics, and healthcare. One particular use case for MEMS sensors is in knee rehabilitation, where they can be used to monitor and track the movement of the knee joint during physical therapy.

In knee rehabilitation, MEMS sensors can be attached to the knee joint to measure the angle of the knee joint and track the movement of the knee during exercises and activities. This data can be used to provide real-time feedback to the patient and the therapist, helping to ensure that the exercises are being performed correctly and to track progress over time.

Figure 2 : MEMS Sensor Detection in LCD

To display the data from the MEMS sensors, an LCD display can be used to show the angle of the knee joint in real-time. Additionally, the data can also be transmitted wirelessly to a smartphone app, such as Blynk, allowing for remote monitoring and analysis of the rehabilitation progress.

In the Blynk app, the data from the MEMS sensors can be displayed in the form of a graph or other visualization, allowing users to easily track changes in knee movement over time. The app can also be used to set up alerts and notifications based on specific threshold values, such as when the knee joint angle reaches a certain level or when a particular exercise is completed.

Overall, MEMS sensors offer a powerful tool for monitoring and tracking movement in knee rehabilitation, with the ability to provide real-time feedback and analysis to both patients and therapists. Combined with LCD displays and smartphone apps like Blynk, MEMS sensors can help to improve the efficiency and effectiveness of knee rehabilitation programs.

When data is transmitted wirelessly from the MEMS sensors to the Blynk app, it can be displayed in a variety of ways. One common way is to display the data in the form of a graph, where the x-axis represents time and the y-axis represents the angle of the knee joint. This allows users to easily track changes in knee movement over time and monitor progress during rehabilitation.

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Figure 4 : Detection of MEMS Sensor in Blynk

In addition to graphs, the Blynk app also offers other visualization options, such as gauges and sliders, which can be used to display the data in different formats depending on the user's preferences.

To set up alerts and notifications based on specific threshold values, users can use the "Eventor" widget in the Blynk app. This widget allows users to define specific conditions or triggers and specify what actions should be taken when those conditions are met.

For example, a user might set up an alert to notify them when the knee joint angle reaches a certain level during an exercise. To do this, they would create a new "Eventor" widget in the Blynk app and define the trigger condition as the knee joint angle reaching a specific threshold value. They would then specify the action to be taken, such as sending a notification to the user's smartphone or triggering an audible alert.

Similarly, users can also set up notifications to be sent when a particular exercise or activity is completed, helping them to track their progress and stay on track with their rehabilitation program.

Overall, the Blynk app offers a powerful toolset for displaying data from MEMS sensors in knee rehabilitation and setting up alerts and notifications based on specific conditions. This can help users to monitor their progress and stay on track with their rehabilitation program, improving outcomes and promoting faster recovery.

2.2 Flex Sensor Used in Knee Rehabilitation

A flex sensor is a type of sensor that changes its resistance based on the degree of bending or flexing of the sensor. It is typically made up of a thin film of conductive material that is printed onto a flexible substrate such as plastic or rubber. When the sensor is bent, the distance between the conductive element changes, causing a change in resistance.

In knee rehabilitation, flex sensors can be used to monitor the angle of the knee joint during physical therapy exercises. The sensor can be attached to the knee joint, and as the knee bends and flexes during exercise, the resistance of the sensor changes, providing a measure of the angle of the joint.

To display the data from the flex sensor, an LCD display can be used to show the angle of the knee joint in real-time. Additionally, the data can also be transmitted wirelessly to a smartphone app, such as Blynk, allowing for remote monitoring and analysis of the rehabilitation progress.

In the Blynk app, the data from the flex sensor can be displayed in a variety of ways, such as a graph or other visualization, allowing users to easily track changes in knee movement over time. The app can also be used to set up alerts and notifications based on specific threshold values, such as when the knee joint angle reaches a certain level or when a particular exercise is completed.

For example, a user might set up an alert to notify them when the knee joint angle reaches a specific threshold during an exercise. To do this, they would create a new "Eventor" widget in the Blynk app and define the trigger condition as the knee joint angle reaching the desired threshold value. They would then specify the action to be taken, such as sending a notification to the user's smartphone or triggering an audible alert.

Figure 5 : Detection of Flex Sensor in LCD

Overall, flex sensors offer a useful tool for monitoring and tracking movement in knee rehabilitation, with the ability to provide real-time feedback and analysis to both patients and therapists. Combined with LCD displays and smartphone apps like Blynk, flex sensors can help to improve the efficiency and effectiveness of knee rehabilitation programs.

When data is transmitted wirelessly from the flex sensor to the Blynk app, it can be displayed in a variety of ways. One common way is to display the data in the form of a graph, where the x-axis represents time and the y-axis represents the angle of the knee joint. This allows users to easily track changes in knee movement over time and monitor progress during rehabilitation.

In addition to graphs, the Blynk app also offers other visualization options, such as gauges and sliders, which can be used to display the data in different formats depending on the user's preferences.

To set up alerts and notifications based on specific threshold values, users can use the "Eventor" widget in the Blynk app. This widget allows users to define specific conditions or triggers and specify what actions should be taken when those conditions are met.

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Similarly, users can also set up notifications to be sent when a particular exercise or activity is completed, helping them to track their progress and stay on track with their rehabilitation program.

Overall, the Blynk app offers a powerful toolset for displaying data from flex sensors in knee rehabilitation and setting up alerts and notifications based on specific conditions. This can help users to monitor their progress and stay on track with their rehabilitation program, improving outcomes and promoting faster recovery.

2.3 Wetness Detection Sensor in Knee Rehabilitation

A wetness detection sensor is a type of sensor that is used to detect the presence or absence of moisture or water. It typically works by using two conductive elements that are separated by a non-conductive material. When moisture is present, it creates a conductive path between the two elements, allowing a current to flow and indicating the presence of water.

In knee rehabilitation, wetness detection sensors can be used to monitor the level of sweat or moisture on the skin around the knee joint during physical therapy exercises. The sensor can be attached to a small pad or patch, which is then placed on the skin around the knee. As the user sweats or moisture accumulates on the skin during exercise, the sensor detects the presence of water and sends a signal indicating the level of wetness.

To display the data from the wetness detection sensor, an LCD display can be used to show the level of moisture or wetness in real-time. Additionally, the data can also be transmitted wirelessly to a smartphone app, such as Blynk, allowing for remote monitoring and analysis of the rehabilitation progress.

Figure 3 : Wetness Detection Sensor output in LCD

In the Blynk app, the data from the wetness detection sensor can be displayed in a variety of ways, such as a graph or other visualization, allowing users to easily track changes in moisture levels over time. The app can also be used to set up alerts and notifications based on specific threshold values, such as when the level of sweat reaches a certain level or when a particular exercise is completed.

For example, a user might set up an alert to notify them when the level of sweat around the knee joint reaches a specific threshold during an exercise. To do this, they would create a new "Eventor" widget in the Blynk app and define the trigger condition as the level of moisture reaching the desired threshold value. They would then specify the action to be taken, such as sending a notification to the user's smartphone or triggering an audible alert.

Overall, wetness detection sensors offer a useful tool for monitoring and tracking moisture levels in knee rehabilitation, with the ability to provide real-time feedback and analysis to both patients and therapists. Combined with LCD displays and smartphone apps like Blynk, wetness detection sensors can help to improve the efficiency and effectiveness of knee rehabilitation programs.

The wetness detection sensor is a type of sensor that can measure the moisture level in its surroundings. In knee rehabilitation, the sensor can be placed around the knee joint to monitor the amount of sweat produced during exercises. This information can be useful in tracking the patient's progress and ensuring that they are exercising at the appropriate intensity level.

To display the data from the wetness detection sensor in the Blynk app, the sensor can be connected to a microcontroller, such as an Arduino, which can then be connected to the Blynk app using a Wi-Fi or Bluetooth module. The Blynk app allows users to create custom interfaces and widgets, which can be used to display the data from the sensor in a variety of ways.

For example, a graph widget can be used to plot the moisture levels over time, allowing users to easily track changes in sweat production during exercises. Additionally, a gauge widget can be used to display the current moisture level in real-time. These widgets can be customized with colors, labels, and other design elements to make them more visually appealing and informative.

In addition to displaying the data from the wetness detection sensor, the Blynk app can also be used to set up alerts and notifications based on specific threshold values. For example, a user might want to receive an alert when the level of sweat around the knee joint reaches a certain threshold during an exercise. To set up the alert, the user would first create an "Eventor" widget in the Blynk app.

The trigger condition for the alert is the moisture level reaching the desired threshold value. The user can define the threshold value based on their personal preferences or recommendations from their physical therapist. Once the trigger condition is defined, the user can specify the action to be taken when the alert is triggered. For example, the user might choose to receive a notification on their smartphone, which would alert them to the fact that the moisture level has reached the desired threshold. Alternatively, the user might choose to trigger an audible alert or flash an LED on their device.

By setting up alerts and notifications in this way, users can receive real-time feedback on their progress during knee rehabilitation exercises. This feedback can help them to adjust their technique or pace, leading to more effective and efficient rehabilitation. Additionally, therapists can use the data collected from the wetness detection sensor and the Blynk app to make more informed decisions about the best course of treatment for their patients.

III. Conclusion

Remote monitoring of post-operative progress in knee arthroplasty patients through the use of sensors can provide a reliable and low-maintenance workflow. With advancements in prosthesis design and surgical techniques, understanding knee biomechanics in terms of patient function, alignment, and stress distribution can lead to improved function and longevity of knee implants. By utilizing sensors to monitor knee bending position, sweating level, and other parameters, patients can receive real-time updates on their progress and be alerted to any potential issues. This can ultimately lead to optimized rehabilitation strategies and improved outcomes for knee arthroplasty patients. As we continue to research and develop new technologies in this field, we hope to further enhance our understanding and treatment of knee joint problems, improving the lives of many individuals who rely on the knee joint for daily function.

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