Smart Sensors and Deep Learning for Recognizing Rehabilitation Exercises

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Keywords: Smart Sensors, Graph Neural Networks, Rehabilitation Monitoring, Exercise Evaluation, Motion Analysis, Deep Learning, Patient Recovery, Remote Healthcare, Wearable Technology.

Abstract: Rehabilitation can be quite a sensitive subject, needing to monitor it closely, especially for those recovering from drug addiction and individuals who are undergoing physical therapy. The importance of rehabilitation in basic terms is that structured rehabilitation exercises are the most essential and play a significant role in physical and mental wellbeing by recovering strength, mobility and stability. In this paper, we propose a method to identify and assess rehabilitation exercises based on the usage of smart sensors and Graph Neural Network (GNN). They capture both spatial and temporal relationship in the movement data, thus improving the accuracy of classifying exercises. Step Two: Utilizing wearable smart sensors to collect information about the patient's movements and physiological parameters, and a GNN model to analyse the raw data and provide feedback for teaching patients about their health status. This leads to high-confidence tracking, few errors, no need for manual marking, and also allows for remote patient monitoring, which improves the overall efficiency of rehabilitation. This not only stays relevant to drug-addicted individuals in control of their lives, but it also keeps them engaged and on track to do this effectively with excellent rehabilitation programs during their recoveries and patients with any kind of therapy-requiring care.

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1 INTRODUCTION

Rehabilitation is one of the most important necessary aspects that individuals need after suffering from injuries, disabilities, or addiction. These are guided exercises, designed to restore mobility, strength and coordination. Rehabilitation traditionally has to be supervised in-person by physiotherapists, who make sure patients are doing their exercises correctly. This approach, however, comes with challenges, including high costs, accessibility problems, and a lack of continuous observation.

The rapid development of smart sensors and deep learning has enabled automated rehabilitation tracking. Wearable devices have the potential to enable continuous assessment of body movements, physiological data recording, and exercise pattern detection. These systems are real time and enable patients to correct their mistakes immediately leading to increase in therapy adherence.

Those who break this a refreshing way to relax and get rid of stress, for example they have physical exercises, metadative and others to recover the mental health and body of them. Smart sensors can monitor movements, heart rate and stress levels, assisting professionals in assessing a patient's progress. Deep learning models could analyse this data for indicators of improvement or relapses. These technologies give tailored feedback, getting the patients to continue with their procedure. Furthermore, remote monitoring enables healthcare professionals to support patients remotely, making rehabilitation more accessible and effective.

1.1 Graph Neural Networks (GNNs) in Rehabilitation

Rehabilitation Monitoring with Graph Neural Networks (GNNs) A state-of-the-art deep learning approach the connected graph modeling body movements helps in accurate motion analysis and precise classification of exercises. GNNs improve the efficacy of rehabilitation by analyzing spatial and temporal relationships in movement data. 3)

Bhaskar, P., Anitha, S., Susmitha, S., Chandrika, K. S., Harshita, N. and Anuradha, T.
Smart Sensors and Deep Learning for Recognizing Rehabilitation Exercises.
DOI: 10.5220/0013878300004919
Paper published under CC license (CC BY-NC-ND 4.0)
In *Proceedings of the 1st International Conference on Research and Development in Information, Communication, and Computing Technologies (ICRDICCT'25 2025) - Volume 2*, pages 111-115
ISBN: 978-989-758-777-1
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Personalized Rehabilitation: The system adjusts exercises according to patient progress, meaning an optimized treatment plan is proposed, based on the report of individual patient needs. In addition, the system acts as an enhanced feedback system that detects movement errors and allows for instantaneous correction, which optimises the efficacy of exercise while minimizing the risk of improper performance. GNNs, with their complex architecture, improve the scalability of the system as it is able to analyse no. of rehabilitation exercises without the need of extensive retraining for different conditions. Finally, this system encourages better patient engagement by providing interactive support and motivation to foster adherence to rehabilitation programs over time. GNN-based rehabilitation monitoring Toward these advancements, a more efficient, accessible, and data-driven rehabilitation process is ensured.

1.2 IMUs (Inertial Measurement Units)

And IMUs (Inertial Measurement Units) little sensors that keep collect data about body motion via acceleration, rotation, and direction. In rehabilitation they assist in monitoring exercises without cumbersome kit. IMUs, in conjunction with Graph Neural Networks (GNNs), can better analyse movements as it is able to capture different aspects of the human skeleton. GNN GNN Link body parts to data to assess exercise quality, abnormal motions, and stress reactions. In addiction recovery, this technology aids in tracking behaviors such as stretching and breathing exercises, predicting risk for relapse and providing immediate feedback. Additionally, this allows for remote monitoring, making rehabilitation more accessible and effective.

1.3 Heart Rate and GSR Sensors

These measure your heartbeat speed or sweat (GSR or Galvanic Skin Response sensors) and stress or relaxation. They monitor physical effort, and emotional state, in rehabilitation.

The sensor data is processed in an ingenious manner leveraging Graph Neural Networks (GNNs). Each of the sensors are nodes, and GNNs link them up to identify patterns between heart rate, stress levels and movement. This is useful to recognizing signs of anxiety, fatigue or risks of relapsing in addiction recovery. Besides, GNN-based systems ensure the rehabilitation process much more precise and effective via real-time feedback and remoting of control.

1.4 EEG Sensors

The patient wears EEG (electroencephalography) sensors that pick up on electrical signals coming from the scalp 2. And they track focus, stress and emotional states, making them valuable in rehabilitation and addiction recovery.

GNNs use a smart way to process the EEG data. Among these techniques, we can highlight: Graph neural networks: this step involves the transformation of the brain into a network of nodes (each region of the brain), where GNNs interlink these nodes, allowing to learn patterns (a common characteristic between these regions) that connect to an activity in the brain. This aids in identifying stress, cravings or improvement during addiction treatment. Finally, GNN-based EEG systems foster rehabilitation through personalization and effectiveness, thanks to real-time insights and remote control.

2 LITERATURE SURVEY

The document explores how smart sensors and deep learning improve rehabilitation by enabling better exercise tracking and evaluation. Traditional rehab requires supervision from doctors or physiotherapists, which can be costly and not always accessible. Many patients perform exercises at home, but without proper monitoring, they may do them incorrectly or lose motivation, leading to slower recovery and less effective rehabilitation.

Indeed, the Smart Sensor-based Rehabilitation Exercise Recognition (SSRER) system tackles the aforementioned problem by monitoring body movements through the use of wearable sensors, thereby utilizing deep learning to analyze exercises. These sensors consist of IMUs, which track your movement, heart rate sensors to check your heart health, GSR sensors that identify the skin changes associated with stress, and EEG sensors that record your brain activity, including emotional states. Convolutional Neural Networks (CNNs) is the core of the system for movement recognition, whereas Gaussian Mixture Models (GMMs) can make data more accurate, and Dynamic Convolutional Neural Networks (D-CNNs) can accommodate differences in speed and posture. Such technologies can offer real-time feedback, monitor patients remotely, and measure rehabilitation accurately, allowing recovery to be more accessible, effective and tailor-made for patients including those stuck at home.

Smart Sensor Based Rehabilitation System Challenges Data synchronization is a challenge since

patients do the exercises at varying paces, making it hard to align. Stimulus data with noise may produce errors in the recognition of movements, and variations of the same exercise will reduce accuracy. The system is computationally intensive, preventing real-time inference on low-power devices. Sensor placement is not trivial; if sensors are misaligned, results will differ. There are also new concerns around health data being collected, and their clinical effect needs to be validated their real-world effectiveness will only be established once deployed. Fixing these issues will improve system reliability and patient outcomes.

3 PROPOSED SYSTEM

Table 1: Advantages of the Proposed Gnn-Based Rehabilitation System Compared to Existing Systems.

Feature	Existing Systems	Proposed GNN-Based System
Movement Tracking	Uses basic motion sensors, may lack accuracy	Uses IMUs with GNNs for precise movement recognition
Exercise Classification	Limited to predefined movements	GNNs analyse spatial and temporal movement patterns, improving recognition
Personalization	Generic exercise plans, less adaptive	Adjusts rehabilitation plans based on patient progress
Error Detection	Requires manual supervision	Detects incorrect movements automatically and provides real-time corrections
Feedback System	Delayed or requires clinical visits	Instant feedback, improving exercise effectiveness
Stress & Mental State Monitoring	Rarely included	Uses EEG and GSR sensors to track stress, fatigue, and emotional state
Overall Effectiveness	Requires frequent supervision, less adaptive	More accurate, adaptive, and cost-effective, reducing recovery time

The rehabilitation system proposed in this paper uses the cutting-edge model of Graph Neural Networks (GNNs) and includes sensor | graph} of IMUs, Heart-rate (HR), GSR, and EEG. IMUs (Inertial Measurement Units) track body movements to keep posture and motion algorithms calculation straight. For instance, if heart rate sensors measure physical effort, gsr sensors detect stress by measuring the sweat used by a user. Electroencephalogram (EEG) sensors measure brain wave activity to Help measure focus and emotions.

GNNs connect sensor data, treating each sensor as nodes and examining the links that bind them. This allows for accurate tracking of movements, personalized adjustments to rehabilitation exercises, and instant feedback on performance. The system identifies motion errors, predicts future risk of stress or relapse, and provides real-time corrective feedback to maximize the efficiency of movement. Rehabilitation becomes more accessible, interactive and efficient as patients receive continuous support through remote monitoring and adaptive exercise plans. This is a smart and scalable solution that delivers better recovery outcomes for everything from physical therapy to addiction recovery.
The advantages of our system when compare to existing system shown in above table 1.

4 MODULES

To implement the proposed approach using smart sensors and Graph Neural Networks (GNNs) for rehabilitation exercise recognition and evaluation, figure 1 shows the System Architecture. The system can be divided into the following key modules:

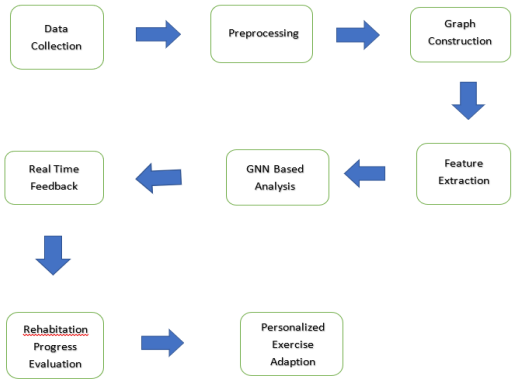

Figure 1: System Architecture.

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4.1 Data Acquisition Module

- Wearable Smart Sensors: Analyse motion and physiological data (e.g., accelerometers, gyroscopes, EMG sensors, heart rate monitors).
- Data Preprocessing: It includes noise filtering, signal normalising, and extracting features from raw sensor data.

4.2 Feature Extraction and Representation Module

- Spatial and Temporal Data Processing: Analyse motion patterns and body physiology trends.
- Graph Construction: Model the body movements as a graph in which nodes represent sensor positions (e.g., joints) and edges capture the spatial relationship.

4.3 Graph Neural Network (GNN) Model Module

- Graph-Based Learning Use GNNs (e.g. Graph Convolutional, Graph Attention Networks) to analyze movement.
- Exercise Classification: Supervised or semi-supervised learning to identify and classify rehabilitation exercises.

4.4 Real-Time Feedback and Recommendation Module

- Performance Evaluation: Compare patient movements with standard exercise patterns.
- Personalized Feedback System: Provide corrective guidance and suggestions based on deviations.
- Adaptive Recommendations: Adjust rehabilitation plans based on patient progress.

4.5 Remote Monitoring and Patient Engagement Module

- Cloud-Based Data Storage: Securely store patient data for longitudinal tracking.
- Telemedicine Integration: Enable remote monitoring and interaction with therapists.
- Gamification & Motivation: Implement interactive rehabilitation exercises to enhance engagement.

Figure 2 show the Model Accuracy Comparison for Rehabilitation Exercise Recognition Systems.

Expected Output:

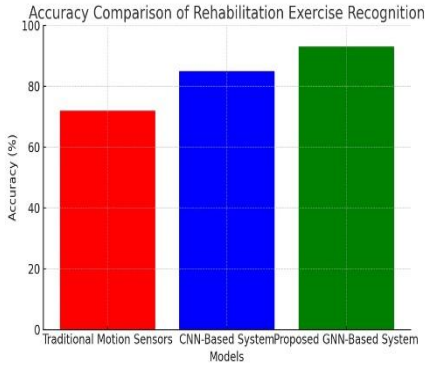

Figure 2: Model Accuracy Comparison for Rehabilitation Exercise Recognition Systems.

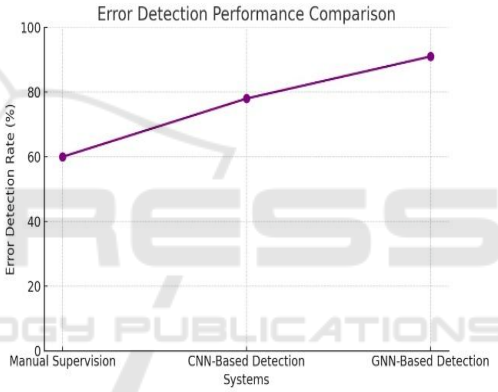

Figure 3: Error Detection Rate Comparison.

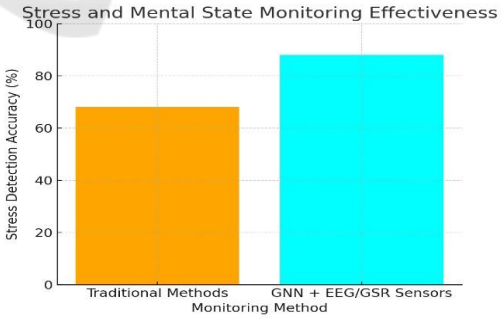

Figure 4: Stress Monitoring Accuracy Comparison.

Figure 3 and 4 shows the Error Detection Rate Comparison and Stress Monitoring Accuracy Comparison respectively.

5 CONCLUSIONS

It details a reforming framework with the help of keen indicators and Graph Neural Networks (GNNs) to screen and investigate activities for the individuals who are recovering from wounds or drug habit. Wearable sensors track body movements, heart rate, stress and brain activity. GNNs able to process this data on the fly to generate immediate feedback and customized workout routines. The system includes data collection, analysis in big data analytics, and remote monitoring, which improves accuracy and reduces errors, making rehabilitation more effective and accessible. It provides improved movement tracking, stress monitoring, and automated feedback in comparison to traditional methods. Despite issues on the level of data matching and sensor accuracy, the ultimate benefit of the system is that people recover better due to improved organization and efficiency of the rehabilitation process.

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