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A data-driven approach for detecting gait events during turning in people with Parkinson's disease and freezing of gait Peer-reviewed author version

Filtjens, Benjamin; Nieuwboer, Alice; D'cruz, Nicholas; SPILDOOREN, Joke; SLAETS, Leen & VANRUMSTE, Bart (2020) A data-driven approach for detecting gait events during turning in people with Parkinson's disease and freezing of gait. In: GAIT & POSTURE, 80, p. 130 -136.

DOI: 10.1016/j.gaitpost.2020.05.026 Handle: http://hdl.handle.net/1942/32615

## 1 **INTRODUCTION**

Freezing of gait (FOG) is a devastating gait disorder manifesting itself frequently 2 in Parkinson's disease (PD). FOG is defined by Nieuwboer and Giladi as "an episodic inability to generate effective stepping in the absence of any known cause other than Parkinsonism or high-level gait disorder" [1]. Patients describe a FOG episode as "the feeling that their feet are glued to the ground" [2]. FOG occurs most reliably during complex gait tasks, such as turning with fast speed or walking while performing a dual task [3]. To study FOG and the highly abnormal steps leading up to it, gait analysis has been adopted, using 9 instrumented gait analysis systems based on 3D motion capturing techniques 10 [4, 5]. The gait data generated from these systems are typically normalized to 11 a gait cycle. This normalization requires accurate timing of initial contact (IC) 12 and end contact (EC) of the foot. The detection of these gait events is based 13 on visual inspection by a clinical expert [4, 5]. Due to the small and shuffling 14 steps, reduced heel strike and inadequate swing phase prior to FOG [6], and 15 altered steps between FOG episodes [7], this process is imprecise. In addition, 16 visual detection of gait events are more time consuming, during more complex 17 gait tasks such as 360 degree turning [8]. 18

To find a solution for this problem, this paper aimed to investigate the validity 19 of an automated approach for gait cycle detection. Heuristic based methods 20 are most commonly used to automatically detect the defined gait events. These 21 methods utilize domain knowledge to extract kinematic features that correlate 22 with the timing of gait events. However, owing to the variable gait patterns 23 apparent in PD patients with FOG, these features do not necessarily generalize 24 to this pathology. Furthermore, heuristic methods typically lack validation in 25 challenging movement sequences, such as turning and dual tasking, commonly 26 used to trigger FOG [3]. 27

Powered by large datasets, data-driven approaches, such as recurrent neural 28 networks (RNN), have shown great success in many problems that contain tem-29 poral information. These approaches can infer relevant features directly from 30 the raw input data, a technique called end-to-end learning [9]. The success 31 of these approaches for gait event detection was recently demonstrated [10], 32 utilizing a long short-term memory (LSTM) network to classify gait events in 33 children. The focus of this paper was to provide a robust tool to automatically 34 annotate gait events for PD patients with FOG during straight-line gait and 35 turning, which can be trained end-to-end with minimal data pre-processing. 36

# 37 2 MATERIAL AND METHODS

## <sup>38</sup> 2.1 Sequence to Sequence Learning

In this study, gait event detection is cast as a sequence to sequence classification 39 problem [11]. Each input sample x is associated with a ground-truth label  $y_{obs}$ . 40 A model is trained to learn a function  $f: x \to y$  that transforms a given input 41 sequence  $X = x_0, \ldots, x_t$  into an output sequence  $Y = y_0, \ldots, y_t$  that closely 42 resembles the manual annotations  $Y_{obs}$ . Separate datasets are generated for 43 each gait event by encoding each sample as a binary vector  $y_{obs} \in \{0, 1\}$ . The 44 input sequence  $X_{in} \in \mathbb{R}^{s \times t}$  is comprised of a spatial dimension s and time 45 dimension t. 46

## 47 2.2 Dataset

An existing dataset [12] including fifteen PD patients with freezing of gait (FOG)
was used. Patients were diagnosed by a Movement disorders specialist as having
PD and were classified as freezers based on the first question of the New Freezing
of Gait Questionnaire (NFOG-Q): "Did you experience "freezing episodes" over

the past month?" [13]. The study was approved by the local ethics committee of
the University Hospital Leuven and all subjects gave written informed consent.

## 54 2.3 Procedure

Gait analysis was performed using an eight camera Vicon 3D motion analysis 55 system recording at a sample frequency of 100hz. Thirty-four retro-reflective 56 markers were placed on anatomical landmarks according to the full body plug-in-57 gait model. All experiments were done during the off-state of the subjects med-58 ication cycle, except for clinical testing which was conducted ON-medication. 59 The subjects were instructed to complete three straight-line and six 360 degree 60 turning trials, according to the standardized protocol described in a previous 61 paper [12]. Two researchers, blinded for NFOG-Q score, visually detected all 62 FOG episodes. The onset of FOG, defined as the start of delayed knee flex-63 ion, was detected by visual inspection of the knee-angle data (flexion-extension) 64 in combination with the 3D images. Termination of FOG was determined at 65 the time point when at least two consecutive movement cycles were regained. 66 These two gait cycles were not included in the FOG episode [14]. The dataset 67 was partitioned into two groups. Trials that contained a freezing episode were 68 indicated as freezing trials (FOG) and trials without a freezing episode were 69 termed as functional gait trials (FG). For both groups, the left-sided gait events 70 were manually annotated based on visual inspection of the 3D marker coordi-71 nates. Furthermore, the highly varied gait data between onset and termination 72 of a FOG episode was excluded during evaluation. 73

### 74 2.4 Deep Learning Models

#### 75 2.4.1 Recurrent Neural Network

<sup>76</sup> Recurrent neural networks (RNN) are commonly associated with the modelling
<sup>77</sup> of sequential data. Recurrent architectures solve the sequence to sequence learn<sup>78</sup> ing by iterating over the following equation [11]:

$$h_t = \sigma(x_t W^{xh} + h_{t-1} W^{hh}),$$

79

$$y_t = h_t W^{hy}$$

The weight matrices are represented by W, with superscripts representing fromto relationships. The terms  $x_t$  and  $y_t$  are the input and output at time t, respectively. However, computing the complete gradient by unrolling over long temporal sequences can lead to vanishing or exploding of the gradient [15]. Long Short Term Memory (LSTM) networks [16] extend RNNs with memory cells, instead of recurrent units, to store and output information. An LSTM cell is comprised out of four gates, formally defined as:

$$i_t = \sigma(x_t W^{xi} + h_{t-1} W^{hi} + C_{t-1} W^{ci}),$$

87

$$f_{t} = \sigma(x_{t}W^{xf} + h_{t-1}W^{hf} + C_{t-1}W^{cf}),$$

$$o_{t} = \sigma(x_{t}W^{xo} + h_{t-1}W^{ho} + C_{t-1}W^{co}),$$

$$\tilde{c}_{t} = tanh(x_{t}W^{xc} + h_{t-1}W^{hc}),$$

$$c_{t} = \sigma(f_{t} * c_{t-1} + i_{t} * \tilde{c}_{t}),$$

$$h_{t} = tanh(c_{t}) * o_{t}.$$

The weight matrices are represented by W, with superscripts representing from-92 to relationships. The term  $x_t$  is the input to the memory cell at time t. The 93 terms  $\sigma$  and tanh are the sigmoid and hyperbolic tangent activation functions. 94 The terms i, f, o, and c are the input gate, forget gate, output gate, and 95 cell activation vectors, respectively. The multiplicative gates allow the LSTM 96 cells to store and access information over long periods of time, thereby avoiding 97 the aforementioned vanishing and exploding gradient problem. Our recurrent 98 model consists out of one to three LSTM layers mapping the input  $x_t$  to a p-99 dimensional time series, where  $p \in \{2, 4, 8, 16, 32\}$ . Our model is based on the 100 architecture of [10], who successfully exploited LSTMs for gait event detection 101 in children. 102

#### 103 2.4.2 Convolutional Neural Network

Results from a systematic evaluation of convolutional neural networks (CNN) 104 and recurrent neural networks (RNN) suggests that the common association 105 between RNNs and sequence modelling should be reconsidered, and that CNNs 106 should be regarded as the natural starting point for sequence modelling [17]. 107 The authors show that a simple temporal convolutional neural network (TCN) 108 outperforms RNNs, such as LSTMs. The nature of our sequence to sequence 109 learning framework is based upon two constraints: (1) given an input sequence 110  $x_0, \ldots, x_t \in X$  the network produces an output  $y_0, \ldots, y_t \in Y$  of the same 111 length, and (2) that the mapping satisfies the causal constraint, such that  $y_t$ 112 only depends on the observations  $x_0, \ldots, x_t$  and not on  $x_{t+1}$ , i.e. there is no 113 leakage of information from future observations. To satisfy the first constraint, 114 the TCN network utilises 1D fully convolutional layers (FCN) [18]. FCN layers 115 preserve the time dimension throughout the network by omitting local pooling 116 layers, thereby ensuring that each hidden layer is the same length as the input 117 sequence. To satisfy the second constraint, the TCN network utilises causal 118

convolutions, i.e. convolutions that ensure that an output at time t is only 119 convolved with elements from time t and earlier. Our model consists of one 120 to three repeating blocks of causal convolutions mapping the input to a p-121 dimensional time series with a kernel size of five, where  $p \in \{2, 4, 8, 16, 32\}$ . 122 The convolutions are followed by batch normalization [19], ReLU activation, 123 1x convolution (bottleneck) [17], and dropout [20]. The repeating blocks are 124 concatenated to form a residual temporal convolutional neural network, based 125 on the architecture of [17]. 126

#### 127 2.4.3 Hyperparameter Optimization and Model Training

The gait trials were partitioned into equal length time windows of 128 samples. 128 Each input sample  $x_t$  is comprised out of the sagittal plane kinematics of the hip, 129 knee, and ankle of both legs. Additionally, angular velocities were extracted by 130 using first order finite difference equations. The input sequence is thus a matrix 131 of  $X_{in} \in \mathbb{R}^{12 \times 128}$ . All signals were low-pass filtered with a cut-off frequency of 132 7 Hz [21] using a zero phase fourth order butter-worth filter. Separate models 133 were trained for EC and IC by encoding the manual annotations as a binary 134 vector  $y_{obs} \in \{0, 1\}$ . 135

The convolutional and LSTM layers are followed by a fully connected layer which 136 learns the non-linear function  $f: x \to y$  from the proposed feature space that 137 best separates the two classes  $y_{obs} \in \{0,1\}$  by minimizing a certain loss func-138 tion. Since gait events occur sparsely compared to non-events, class imbalance 139 is accounted for by using a weighted binary cross entropy loss function [10]. The 140 number of residual blocks and filters (CNN) or layers and units (LSTM) were 141 optimized using the tree-structured Parzen estimator (TPE) [22], a Bayesian 142 optimization approach which was proven to have an overall better test perfor-143 mance than grid and random search [23]. The models were trained for 150 144 epochs and are visualized in Figure 1. To ensure generalization to new subjects, 145

a leave one subject out cross validation approach was utilized, as visualized in
Figure 2. The optimization algorithm was run for 10 iterations and the cross
validated loss was the objective function to be minimized.

### <sup>149</sup> 2.5 Heuristic Method

The deep learning models were quantitatively compared to a commonly used 150 heuristic method [21]. This method was chosen due to excellent performance, 151 when compared to other heuristic methods, for different gait pathologies [24] 152 and for 360-degree turning [25]. This method uses the maximum anterior posi-153 tion of the posterior calcaneus marker relative to the sacrum marker to detect 154 IC. EC is detected by the maximum posterior position of the metatarsal head 155 marker relative to the sacrum marker. During straight-line gait, the anterior 156 posterior axis is collinear to the walking axis of the gait laboratory. However, 157 during a 360 degree turn, the anterior posterior axis continuously varies over 158 time. Inspired by [25], this method was generalized to 360 degree turning by 159 defining a rotation matrix  $R_z$  around the coronal plane to map the position of 160 the calcaneus, metatarsal, and sacrum marker back to the transverse plane. 161

$$R_z = \begin{vmatrix} \cos(\theta) & -\sin(\theta) & 0\\ \sin(\theta) & \cos(\theta) & 0\\ 0 & 0 & 1 \end{vmatrix}$$

The angle  $\theta$  was defined as the pelvis angle, corresponding to the turning radius.

### <sup>164</sup> 2.6 Peak Detection

The predicted output sequence Y returns the likelihood of a gait event for each sample. The peaks within an output sequence thus corresponded to a gait event. A peak detection algorithm [26] was employed to detect the local maxima in the likelihood vector and in the characteristic kinematic shapes of the heuristic methods. A constraint was imposed on the minimum distance between two consecutive gait events. The threshold for this constraint was empirically defined at 15 frames or 150ms.

## 172 2.7 Statistical Analysis

The model predictions were validated in terms of accuracy and timing agreement with respect to the manual annotations which were considered as the golden standard [27]. The accuracy was assessed using the true positive (TP), false positive (FP), false negative (FN), and summarized with the F1-score. Bland-Altman plots were created to assess the timing agreement between the methods. The agreement was quantified in terms of mean values, 95% confidence intervals, and limits of agreement (mean  $\pm$  1.96 standard deviation).

$$F1 = \frac{2TP}{2TP + FP + FN} \tag{1}$$

# 180 3 RESULTS

For the freezing trials (FOG), a total of 506 IC and 491 EC events were acquired. The TCN model shows F1-scores of 0.995 and 0.992 for IC and EC, respectively. The LSTM model shows F1-scores of 0.989 and 0.976 for IC and EC, respectively. The heuristic method shows F1-scores of 0.976 and 0.956 for IC and EC, respectively. For the functional gait trials (FG), a total of 741 IC and 669 EC events were acquired. The TCN model shows F1-scores of 0.997 and
0.999 for IC and EC, respectively. The LSTM model shows F1-scores of 0.997
and 0.990 for IC and EC, respectively. The heuristic method shows F1-scores of
0.997 and 1 for IC and EC, respectively. The results are summarized in Table 1,
reporting the total number of steps and the accuracy of the algorithms in terms
of TP, FP, FN, and F1-score.

Error analysis showed that a large amount of the missed detections by the 192 heuristic method were caused by a festination pattern of walking, which is the 193 tendency to move forward with increasingly rapid, but ever smaller steps, as-194 sociated with the centre of gravity falling forward over the stepping feet [28]. 195 This phenomenon was especially evident in one patient, who accounted for 83% 196 of all false detections for the heuristic method. Exclusion of this patient results 197 in comparable levels of accuracy between the heuristic method and the TCN 198 model, which shows the highest overall accuracy. 199

Bland-Altman plots were obtained, assessing the timing agreement of the deep 200 learning models and the heuristic method, to the manual annotations. The 201 differences between the proposed annotations and the manual annotations (ver-202 tical axis) are plotted against their average (horizontal axis). A positive time 203 difference represents a delay in the annotations with respect to the manual anno-204 tations, while the limits of agreement (LoA) estimate the interval within which 205 a proportion of the differences between the methods lie. All results are given in 206 terms of frames. 207

Firstly, A Bland-Altman plot was obtained for both the FOG and FG trials, assessing the timing agreement of the TCN model versus the manual annotations, visualized in Figure 3 (a). For FOG-trials, the mean time differences [lower LoA, upper LoA] were 0.55 [-5.0, 6.1] for IC and -1.7 [-7.4, 4.1] for EC. For FG-trials, the mean time differences [lower LoA, upper LoA] were -0.93 [-6.5,

4.7] for IC and -0.01 [-4.7, 4.5] for EC. Secondly, A Bland-Altman plot was ob-213 tained for both the FOG and FG trials, assessing the timing agreement of the 214 LSTM model versus the manual annotations, visualized in Figure 3 (b). For 215 FOG-trials, the mean time differences [lower LoA, upper LoA] were 1.0 [-4.3, 216 6.3] for IC and -2.1 [-8.0, 3.8] for EC. For FG-trials, the mean time differences 217 [lower LoA, upper LoA] were -0.4 [-5.5, 4.7] for IC and 1.2 [-5.0, 7.5] for EC. 218 Lastly, A Bland-Altman plot was obtained for both the FOG and FG trials, 219 assessing the timing agreement of the heuristic method versus the manual an-220 notations, visualized in Figure 3 (c). For FOG-trials, the mean time differences 221 [lower LoA, upper LoA] were -4.4 [-13, 4.2] for IC and -3.3 [-13, 6.2] for EC. For 222 FG-trials, the mean time differences [lower LoA, upper LoA] were -3.5 [-8.1, 1.1] 223 for IC and 1.7 [-3.7, 7.1] for EC. 224

For the FG trials, all three algorithms performed excellently with low variability. 225 The deep learning algorithms additionally show minimal mean time differences 226 with the manual annotations. For the FOG trials, several early detections that 227 were still within the fifteen frame limit resulted in large mean time differences 228 and variability for the heuristic method. For the deep learning models, a few 229 hastened EC detections can be observed. These hastened detections were the 230 result of delayed swing-phase during gait re-initiation after a FOG episode. 231 Overall, the TCN model shows the most consistent results for both gait events. 232

# 233 4 DISCUSSION

We evaluated two data-driven approaches for the detection of gait events that were trained end-to-end on a small dataset of straight-line gait and 360 degree turning of PD patients with FOG. A total of 2407 events have been manually annotated and these events were used to quantitatively validate the algorithms in terms of accuracy and timing agreement. A commonly used heuristic method

proposed in [21] was reproduced to allow a quantitative comparison with the 239 deep learning models on the same dataset. The heuristic method showed a 240 large mean time difference with the manual annotations. For the functional 241 gait trials, the mean time difference could be associated with a systematic er-242 ror on the manual annotations. For the freezing trials, the line between false 243 and hastened detections blurred, resulting in large variability and an indication 244 that this method is ill-suited for detecting gait events in PD patients with FOG 245 when OFF-medication. In contrast, the Bland-Altman plots indicate that both 246 deep learning models share a similar small mean time difference with the man-247 ual annotations. While these results suggest that both models focus on similar 248 patterns in the data, the TCN model detects gait events with fewer false detec-249 tions. Overall, the TCN model showed excellent levels of accuracy and timing 250 agreement, with on average 39% and 47% of the detections occurring within 251 10ms from the manual annotations for FOG and FG, respectively. However, de-252 layed swing-phase during gait re-initiation after a freezing episode, resulted in a 253 few hastened EC detections. Additionally, research shows that strides directly 254 preceding FOG were reduced by 35% in comparison with normal (functional) 255 strides [5], which impacts the acceptable limits of agreement. Therefore, we 256 suggest to visually verify the timing of the gait events that directly precede and 257 proceed a FOG episode. 258

When repeating the analysis on a different cohort of non-freezing patients with PD through random selection of five gait trials we found very similar results confirming the robustness of the present findings (see supplm 1).

In conclusion, we were able to establish that the TCN model was able to accurately demarcate gait cycles based on kinematic data obtained with a 3D motion capturing system. The most remarkable finding was that this methodology proved robust for people experiencing severe gait disorders such as FOG

when OFF-medication. Hence, our results suggest that the TCN model allows 266 analyzing stepping behavior even during 360 degree turning tasks, when FOG 267 episodes are provoked most consistently. Furthermore, future work is now pos-268 sible in which automated step annotations based on kinematic data acquired 269 from wearable devices, could be compared with automated step annotations 270 based on kinematic data from 3D gait analysis systems. Such work is important 271 to increase the understanding of FOG and to assess the effects of interventions 272 during everyday life to alleviate this debilitating symptom. 273

# <sup>274</sup> 5 Data Availability

The input set was imported and labelled using Python version 2.7.12 with 275 Biomechanical Toolkit (btk) version 0.3 [29]. Peak detection was done with 276 Scipy [26]. Deep learning models were trained on an NVIDIA Tesla K80 GPU 277 using Python version 3.6.8 and Tensorflow version 1.14 [30]. Hyperparameters 278 were optimized using the Hyperopt python library [31], with cross validation 279 splits created with scikit-learn version 0.21.3 [32]. Utility functions for process-280 ing c3d files were adopted from [10]. All code, including a deployable model, is 281 made available at https://github.com/BenjaminFiltjens/gait\_event. Sta-282 tistical analysis was conducted using R statistical software version 3.5.3 [33]. 283

# <sup>284</sup> 6 Conflict of Interest Statement

The authors declare that there is no conflict of interest regarding the publication of this article. This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

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