An Eminent Design of Multipurpose (All-In-One Kneading Belt) for Lumbar Massage

Kunal Kaushik Panda, M Anupriya, C Naveen and R Sandhiya
1UG Scholar, Department of Biomedical Engineering, Aarupadai Veedu Institute of Technology, Chennai.
2Assistant Professor, Department of Biomedical Engineering, Aarupadai Veedu Institute of Technology, Chennai.
E-mail: kunaldigi143@gmail.com

Abstract: Examination keeps on suggesting that massage treatment could even be powerful for very condition and socioeconomics. Massage treatment can assume a boundless job in wellbeing and health systems. The expanding utilization of massage treatment as an assistant to customary ensure musculoskeletal injury recuperation then the developing number of doctor referrals for massage speak to a move toward non-tranquilize based treatments for private wellbeing. Given the spiralling expense of treatment and prescriptions in numerous nations, all things considered, more patients will get this treatment still as other non-customary clinical choices to fortify more ordinary ways to deal with deal with their medicinal services. In this article, we propose a multi-speciality massage belt for the users/patients to enhance their skeletal support for the betterment of their life. Especially, on the grounds that musculoskeletal issues vitally affect day by day capacity and personal satisfaction.

Keywords - Lumbar support, Vibrators, Physiotherapeutic medicine, Orthopedic, heart rate, Massage belt.

1. Introduction
Massage is the control of wistful tissues inside the body. Massage methods are generally applied with hands, fingers, elbows, knees, lower arms, feet, or an apparatus. the point of the massage is regularly for the treatment of body pressure or torment. a non-open who was expertly prepared to introduce massages [1]. In this manner making it especially hard to track down an expertly prepared individual who can play out the massage treatment. With time, this training changed and the massage was taken by remedial class treatment under clinical restorative methods that were given to the patients and clients who are in body pressure and other agony [2]. be that as it may, this likewise inevitably ended up being not achievable, as the techniques were of the drawn out period to finish it in a normal structure as it were Numerous sorts of practices are identified with massage and incorporate bodywork, manual treatment, vitality medication, neural activation, and breath work[3]. Stress the board and Awareness methods are henceforth first utilized by the advisor. This scene inside the physiotherapy division to take into account physical
torment and comparable issues is to utilize diverse parametric gear and manual massage treatments for the muscle and body torment [4]. With unpretentious use of that gear, clients need to manage a normal technique organized by the doctors in light of the fact that these machines are accessible at specific places and follow line to comprehend time for physical treatment [5]. On the decision hand, the sole elective left with the client or the patient is to search for a comparable item gathering for typical utilization of it for physiotherapeutic use which is staggeringly expensive and testing to utilize. The cumbersome structures don't permit the simple utilization of the machine or gear that is consistently a worry from the patient or the client's side [6]. This issue is trailed by normal alignment and support of the hardware that is likewise a monster concern. The current issue explanation incorporates the procedure of the hardware that gives help however the client or patient ought to accomplish physical weight so on initiate deter muscle torment. The premier experts that give restorative massage will be massage specialists, athletic mentors, physical advisors, and professionals of the numerous conventional Chinese and other eastern meds[7]. Massage specialists include a choice of clinical settings and will trip private living arrangements or organizations. Other comparable activities to help to massage incorporate profound vein apoplexy, draining issues or taking blood thinners like Warfarin, harmed veins, debilitated bones from cancer, osteoporosis, or cracks, and bunches of more utilized by present advisors and clinical experts for treatment of physiotherapeutic use.

1.1 Beneficial Effects

With the course of your time and medical practice and research, it's found and recorded that the advantages of massage include pain relief, reduced anxiety and depression, and temporarily reduced pressure, heart rate, and state of hysteria [8]. Also, massage therapy helped to achieve physical and mental strength and mental preparedness. This helps to own a healthy growth of mindfulness and active stimulation of the mind. Additional testing has shown a straight away increase and expedited recovery periods for muscle performance [9]. Therefore the objective of this study is the arranged goal is to style a belt with a rundown of modules that offer Lumbar Help, has heat treatment module, vibrator module, and working by means of air pressure with regulatory framework, warmth, and vibrator with its regulators [10]. Ordinary massage gear that centers around shoulder, neck thigh, and calves. In any case, this module incorporates cervical relief from discomfort with manipulating, warmth, and vibration when required for nerve unwinding. Territories, where this proposed module might be executed, are arms, wrist, palm, thigh, calves [11-15]. The arranged target is to plan a belt with a rundown of modules that incorporate warmth treatment, vibration, lumbar help, and pressure with its regulators according to the patient's use. Regions, where this proposed module can be actualized, are arm, wrist, palm, thigh, calves [15-18]. Likewise, the proposed framework incorporates a regulator module to control the module levels at various levels according to the comfort of the client [18-20]. This restorative hardware has low upkeep and is lightweight which is a major bit of leeway to the patient who wills to have this sort of gear.

The major work in this paper is as follows

- A-I-O Kneading Belt is a Therapeutic Equipment having objective for multiple function for pain relief and kneading.
- The idea is to provide lumbar support, kneading by air compression, Heat therapy and vibration for nerves relaxation that will be useful as an overall physiotherapeutic instrument.
- The planned objective is to design a belt with list of modules that includes heat
therapy module, vibrator module and kneader using air compression packs with controller system, heat pad and vibrator modules with its controllers.

- Our proposed system will have a blended solution to many requirements to a user/patient as therapeutic equipment with cost effectiveness and easy operations.

2. Methodology

The philosophy basically comprises of 4 pieces of the proposed hardware. The parts are the vibration treatment part, the Lumbar help part, the warmth treatment part, and the air pressure part. Each part is associated with transfers and microcontroller to play out the doled out work. The module parts are informed down the accompanying: There are two fundamental kinds of vibration treatment: entire body and confined. During the full-specific zone vibration treatment, the specialist will request that you stand, sit, or lay on a machine upheld by a vibrating stage. for instance, they’ll request that you remain in an extremely half-squat position along with your knees bowed. During vibration treatment, it should put a hand-held vibrating gadget on specific pieces of your body. For instance, they’ll place it on your calf or thigh muscles. The lumbar help decreases strain on your lower back. Additionally, the lumbar back belt helps in legitimate lifting structure, which forestalls lower back muscle injury and different harmful movement. Warmth treatment, additionally called thermotherapy, is that the use of warmth in treatment, as for help with discomfort and wellbeing. It will be advantageous to those with joint pain and firm muscles. Heat could even be a conventional self-care treatment for conditions like stiffness. Warmth treatment is most regularly utilized for recovery purposes. The helpful impacts of warmth incorporate expanding the extensibility of collagen tissues; diminishing joint firmness; decreasing torment; alleviating muscle fits; lessening irritation, and another post-intense period of mending; and expanding blood stream. The expanded blood stream to the influenced region gives proteins, supplements, and oxygen for better mending. Pressure treatment could likewise be clear and successful methods for quickening blood stream movement inside the lower appendages through fortifying vein support. It’s a spread of wound consideration that plans to delicately apply strain to the lower legs and legs by wearing explicitly structured stockings.

2.1 Main Features

- Lumbar Support
- Vibration Therapy
- Heat Therapy
- Air Compression Massage

2.2 Components Specifications

- Hardware Specification: Lumbar support, Vibration module, Heat Pad module, Air compression module, Physic-Belt, Relay, Arduino Nano, Display Module, Wires, Controller, battery and general hardware
- Software Specification: Arduino Uno & Embedded C, Solid works & CREO (for simulation).

2.3 Block Diagram: This figure 1 tells the clear structure of the proposed work.

![Figure 1 Block diagram of the model](image)

3. Results and Discussion

The proposed AIO Kneading belt structures the fundamental and significant needs of the patients and clients under the physiotherapeutic medicine and addresses the significant utilizations of massage in the belt. The belt in this way comprises of four important applications that are Lumbar help, warming treatment, air pressure working, and vibration treatment. Additionally, the future study alludes to create refined gear that therefore addresses the above-proposed framework in a more easy to understand employable model. The usage of the framework was concerning the Arduino circuit and fundamental circuit configuration structured regarding the need of the patient and relying on the accommodation required for the arrangement of the gadget circuit. Concerning the further advancement of the task to the patients with orthopedic and physiotherapeutic torment, the gadget or instrument can be a relief from discomfort gadget from which they can get lumbar help, vibration treatment, Heat Therapy, and Vacuum Compression with a control framework for better accommodation of the client. The manufacture gives simplicity of wear ability and the framework arrangement causes the client to utilize the restorative hardware effectively with no troubles. Subsequently through execution of this sort of All-in-one gear will be countable as a helpful easy to understand and client advantageous restorative hardware utilizing which a client can dispose of myo-pressurized torment utilizing Four sorts of treatments in a bit of single gear with arrangement setup of Heat Therapy, Vibration Therapy, Vacuum Compression procedure and Lumbar Support easily of availability and utilization. After present studies are finished the following target is to create the hardware and give a practical client experience. The further development of the project is started already and it is not now stopped due to the pandemic situation.
3.1 Simulation Images and Design

In this simulation images figure 2 and figure 3 clearly tells about the perfect view and simulation of proposed AIO belt.

![Figure 2 Proposed Model of AIO belt](image1)

**Figure 2** Proposed Model of AIO belt

![Figure 3 Simulation view of the proposed AIO belt](image2)

**Figure 3** Simulation view of the proposed AIO belt

4. Conclusion

Consequently the venture moves toward the significance of the vibration treatment for muscle and nerve unwinding and in this manner shows the significance of vibration module inside the massage belt. Likewise, the lumbar help inside the belt offers back help for back torment gives the pressure and bolster expected to reduce lower back torment brought about by muscle strain and fits. Vibration treatment may have a few advantages for treating certain conditions, similar to muscle shortcoming, muscle irritation, or Parkinson’s infection. it ought to try and be useful for more seasoned individuals who can’t practice normally. More examination is required to evaluate its possible advantages, including whether it can expand bone thickness. Accordingly the gadget is appropriate as a usable gadget for orthopedic and physiotherapy. Hence forth after we look for additional examination and further working inside the gadget to shape it more helpful. Subsequently
we finish up therefore with the massage belt with a vibration module, lumbar help, heat treatment, and vacuum pressure for orthopedic and physiotherapeutic assistance for patients or people for relief from discomfort utilizing the gadget. Also, massage therapy helped to achieve physical and mental strength and mental preparedness. This helps to own a healthy growth of mindfulness and active stimulation of the mind. Additional testing has shown a straight away increase and expedited recovery periods for muscle performance. The further development of the project is started already and it is not now stopped due to the pandemic situation.

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