

# Robust Walking Control of a Lower Limb Rehabilitation Exoskeleton Coupled with a Musculoskeletal Model via Deep Reinforcement Learning

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## Research Article

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## RESEARCH

# Robust Walking Control of a Lower Limb Rehabilitation Exoskeleton Coupled with a Musculoskeletal Model via Deep Reinforcement Learning

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## Abstract

**Background:** Few studies have systematically investigated robust controllers for lower limb rehabilitation exoskeletons (LLREs) that can safely and effectively assist users with a variety of neuromuscular disorders to walk with full autonomy. One of the key challenges for developing such a robust controller is to handle different degrees of uncertain human-exoskeleton interaction forces from the patients. Consequently, conventional walking controllers either are patient-condition specific or involve tuning of many control parameters, which could behave unreliably and even fail to maintain balance.

**Methods:** We present a novel and robust controller for a LLRE based on a decoupled deep reinforcement learning framework with three independent networks, which aims to provide reliable walking assistance against various and uncertain human-exoskeleton interaction forces. The exoskeleton controller is driven by a neural network control policy that acts on a stream of the LLRE's proprioceptive signals, including joint kinematic states, and subsequently predicts real-time position control targets for the actuated joints. To handle uncertain human-interaction forces, the control policy is trained intentionally with an integrated human musculoskeletal model and realistic human-exoskeleton interaction forces. Two other neural networks are connected with the control policy network to predict the interaction forces and muscle coordination. To further increase the robustness of the control policy, we employ domain randomization during training that includes not only randomization of exoskeleton dynamics properties but, more importantly, randomization of human muscle strength to simulate the variability of the patient's disability. Through this decoupled deep reinforcement learning framework, the trained controller of LLREs is able to provide reliable walking assistance to the human with different degrees of neuromuscular disorders.

**Results and Conclusion:** A universal, RL-based walking controller is trained and virtually tested on a LLRE system to verify its effectiveness and robustness in assisting users with different disabilities such as passive muscles (quadriplegic), muscle weakness, or hemiplegic conditions. An ablation study demonstrates strong robustness of the control policy under large exoskeleton dynamic property ranges and various human-exoskeleton interaction forces. The decoupled network structure allows us to isolate the LLRE control policy network for testing and sim-to-real transfer since it uses only proprioception information of the LLRE (joint sensory state) as the input. Furthermore, the controller is shown to be able to handle different patient conditions without the need for patient-specific control parameters tuning.

**Keywords:** Robust Walking Control; Human-exoskeleton Interactions; Muscular Disorders; Deep Reinforcement Learning

## Introduction

Wearable robots like lower-limb exoskeletons have great potential for mobility restoration and human augmentation [1]. Scientific and technological work on exoskeletons began in the early 1960s but have only been recently applied

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for gait assistance rehabilitation and functional substitution in patients suffering from motor disorders. There are two main types of exoskeletons for gait assistance: the ones for partial assistance and the others for full mobilization. Partial assistance exoskeletons are generally lighter, targeting less severe handicaps. They can also assist healthy people for performance or endurance augmentation purposes [2]. Full mobilization exoskeletons are designed to move the legs of people suffering from severe loss of motor control or motor disorders, typically in people with spinal cord injury (SCI) and neuromuscular disorders [3,4], to perform activities of daily living (ADL) [2, 5–8]. Lower limb rehabilitation exoskeletons (LLREs) with multi-joint actuation for full mobilization have been used more often nowadays in rehabilitation clinics and have shown great benefits to improve mobility for people with a variety of neuromuscular disorders such as muscle weakness or paralysis) [3,4,9,10]. Further investigation on LLREs to assist people with neuromuscular disorders is an important part of rehabilitation exoskeleton (RE) research frontiers [9,10].

Robustness and stability of the LLRE for walking assistance is of great significance to ensure the safety of the patient. One of the most common ways to ensure that is to use crutches or other balance assistance devices for additional support to avoid falling down during walking. Some commercially available exoskeletons include ReWalk (ReWalk Robotics), Ekso (Ekso bionics), Indego (Parker Hannifin), TWIICE [6], VariLeg [11] and LFMAS [12]. ReWalk measures the tilt angle of the upper body to initiate walking, and Ekso uses accelerometers on crutches and pressure sensors on shoes to detect the walking intention of the wearer. However, holding the crutches with the arms and hands limits the patient's interactions with the environment [13] and hinders the patient's timely response to emergencies. In addition, it adds additional burden to the patient's upper body. A limited number of LLREs are able to assist human walking without the need of crutches or helpers, such as Rex (Rex Bionics) [14] and Atalante (Wandercraft) [15]. These LLREs free the user's hands, but come at the cost of very low walking speeds and increased overall weights (38kg for the Rex and 60kg for the Atalante). In addition, these heavy autonomous LLREs are very expensive [6]. In this paper, we target the robust control of a lightweight LLRE currently being developed in our group [16,17] that includes a sufficient number of degrees of freedom (DoF) and has very strong actuation. The goal is to enable autonomous, independent walking with this LLRE without external help, which could give the patient a confidence boost to use the LLRE in the clinical or home setting. In order for it to cooperate with the human with minimal risks of fall or physical harm, advanced controllers to robustly perform walking assistance under various human-exoskeleton interaction conditions need to be developed.

There are many challenges in developing such advanced controllers due to inherent requirements of safe interaction

with the patient and the environment [2, 18, 19]. Because of varied conditions of patients' disability, the human-exoskeleton interaction forces are unpredictable and could vary substantially from one patient to another, a very important factor to consider for controller development. Existing controllers for LLREs often focus on trajectory tracking, conventional Proportional–Integral–Derivative (PID) control [20], fuzzy control [8], model-based predictive control [21], impedance control [22,23], and momentum-based control [24]. The trajectory tracking approaches are primarily used for early-stage rehabilitation when patients have very weak muscle strength, its robustness against unexpected large perturbations or uncertain interaction forces is not great. Model-based method could be ineffective or even unstable due to inaccurate dynamics modeling, and it typically requires a laborious task-specific control parameters tuning. To overcome the model uncertainties, data-driven, RL-based controllers are attracting attention in the LLRE control recently [12, 25–27]. In [26], a human-exoskeleton interaction control of a gait rehabilitation LLRE was proposed and the proposed adaptive law of the admittance parameters was designed with the RL algorithm. This kind of tethered rehabilitation robot is less portable and can be used only in laboratory and clinical applications.

This paper is the first investigation of a deep neural network-based reinforcement learning (RL) controller for LLREs to realize robust walking control. The major contributions include 1) a robust walking control approach of a LLRE using deep neural network-based RL. It is trained with a novel decoupled network structure, in which an integrated human musculoskeletal model is incorporated into the training process to generate realistic human-exoskeleton interaction forces. This decoupled network structure enables the trained control policy to use only proprioception information of the LLRE regardless of the uncertain human-exoskeleton interaction forces, which consequently facilitates easy deployment of the controller to the physical exoskeleton. 2) a muscle strength randomization is considered during the training process with domain randomization. Learning with muscle strength randomization allows the neural network to produce a universal, self-adaptive walking control policy for the LLRE to handle varying human-exoskeleton interactions from patients with different degrees of neuromuscular disability without any manual tuning of control parameters. The proposed decoupled RL-based walking control strategy is virtually tested on an LLRE system to verify its effectiveness in assisting users with different disabilities such as passive muscles (quadriplegic), muscle weakness, or even hemiplegic conditions. The stability, symmetry analysis and ablation study demonstrate the strong robustness of the LLRE under various human-exoskeleton interactions.

## Exoskeleton and Interaction Modeling

### Modeling of a LLRE

A LLRE hardware shown in Fig. 1a has been developed in an early effort [16] to assist patients with gait rehabilitation. The details about the LLRE design have been presented in our prior work [17]. This LLRE system has 8 actuated DoFs, each side of the body includes 1 DoF for the hip flexion/extension, 1 DoF for the knee flexion/extension, and 2 DoFs for the ankle. In contrast to most commercial LLREs with passive or fixed ankles, the ankle of our system consists of a powered 2-DoF joint to assist with dorsiflexion/plantarflexion and inversion/eversion [28]. These 2 DoFs have their rotation axes located at different positions and are physically driven by the closed-loop of two ankle motors together with linkage of universal joints and screw joints. Smart actuators (Dynamixel Pro Motor H54-200-S500-R) are utilized for all joints and the motors at the ankle can produce up to  $160Nm$  dorsi/plantar flexion torque [28]. Beside these 8 actuated DoFs, the root joint in the model of the LLRE system has 6 unactuated DoFs (3 global translational and 3 global rotational DoFs) to allow its free movement in space.

### Modeling of Human Exoskeleton Interactions

#### Musculoskeletal Modeling

To simulate realistic human exoskeleton interaction, a full-body human musculoskeletal model used in [29] is integrated with the LLRE to create realistic human-exoskeleton interaction forces and constraints. The musculoskeletal model, illustrated in Fig. 1, is around  $170cm$  tall, weighs  $72kg$  and consists of 50 DoFs and 284 musculotendon units. Each musculotendon unit is represented as a polyline that starts at the origin of the muscle, passes through a sequence of waypoints, and ends at the insertion. It generates an active muscle force through contraction and applies the force to the two bones of its origin and insertion. The contraction muscle dynamics is simulated with a simplified Hill-type model [30,31] as follows,

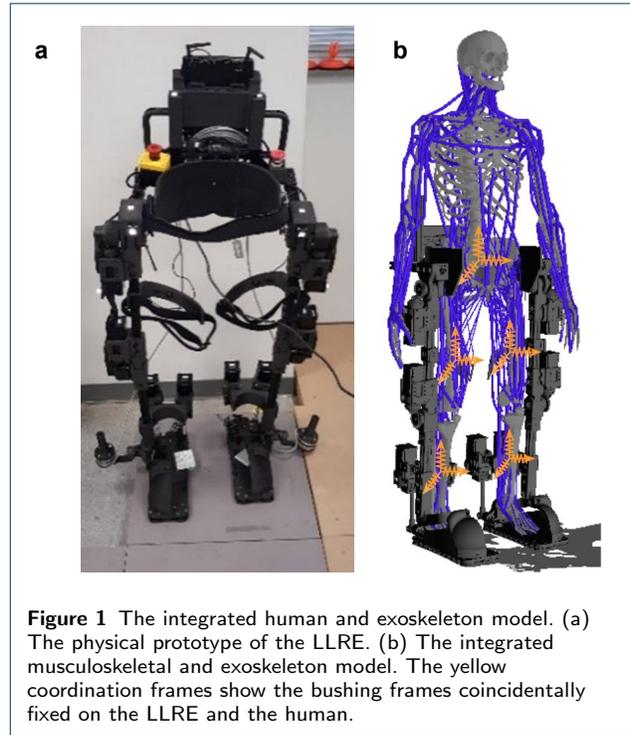
$$F = [a \cdot F_L(l) \cdot F_V(\dot{l}) + F_P(l)] \times F_{max} \quad (1)$$

where  $a \in [0, 1]$  is the muscle activation,  $F_{max}$  is the maximum isometric muscle force, and  $l$  is the normalized muscle length.  $F_L$  and  $F_V$  are force-length and force-velocity functions, respectively. When the muscle is fully passive without active contraction ( $a = 0$ ), it develops only a passive force  $F_P \times F_{max}$  because of its background elasticity.

The Euler-Lagrangian equations for the human musculoskeletal dynamics using generalized coordinates can be described by:

$$\mathbf{M}(\mathbf{q})\ddot{\mathbf{q}} + \mathbf{c}(\mathbf{q}, \dot{\mathbf{q}}) = \mathbf{J}_m^T \mathbf{f}_m(\mathbf{a}) + \mathbf{J}_{ext}^T \mathbf{f}_{ext} \quad (2)$$

where  $\mathbf{q}$  is the vector of joint angles,  $\mathbf{f}_{ext}$  is the vector of external forces, and  $\mathbf{f}_m$  is the vector of muscle forces which



**Figure 1** The integrated human and exoskeleton model. (a) The physical prototype of the LLRE. (b) The integrated musculoskeletal and exoskeleton model. The yellow coordination frames show the bushing frames coincidentally fixed on the LLRE and the human.

is a function of muscle activations  $\mathbf{a} = (a_1, a_2, \dots, a_n)$  for all muscles.  $\mathbf{M}(\mathbf{q})$  denotes the generalized mass matrix, and  $\mathbf{c}(\mathbf{q}, \dot{\mathbf{q}})$  is Coriolis and gravitational forces.  $\mathbf{J}_m$  and  $\mathbf{J}_{ext}$  are Jacobian matrices which map the muscle and external forces to the joint space, respectively. Following [29], due to the linearity of muscle force over the activation, we can write the muscle force vector

$$\mathbf{f}_m(\mathbf{a}) = \frac{\partial \mathbf{f}_m}{\partial \mathbf{a}} \mathbf{a} + \mathbf{f}_m(\mathbf{0}). \quad (3)$$

Consequently, Eq. 2 can be rewritten as

$$\mathbf{M}(\mathbf{q})\ddot{\mathbf{q}} + \mathbf{c}(\mathbf{q}, \dot{\mathbf{q}}) = \mathbf{A}\mathbf{a} + \mathbf{e} + \mathbf{J}_{ext}^T \mathbf{f}_{ext} \quad (4)$$

with

$$\mathbf{A} = \mathbf{J}_m^T \frac{\partial \mathbf{f}_m}{\partial \mathbf{a}}, \quad \mathbf{e} = \mathbf{J}_m^T \mathbf{f}_m(\mathbf{0}). \quad (5)$$

As a result, the joint coordinate acceleration  $\ddot{\mathbf{q}}$  can be computed from

$$\ddot{\mathbf{q}} = \mathbf{K}\mathbf{a} + \mathbf{b} \quad (6)$$

with

$$\mathbf{K} = \mathbf{M}^{-1}\mathbf{A}, \quad \mathbf{b} = \mathbf{M}^{-1}(\mathbf{e} + \mathbf{J}_{ext}^T \mathbf{f}_{ext} - \mathbf{c}). \quad (7)$$

### Modeling of Human-Exoskeleton Interactions

The LLRE has straps around the hip, femur and tibia to constraint the human motion, as shown in Fig. 1a. In this study, the pelvis of the human musculoskeletal model is attached to the exoskeleton hip through a prismatic joint that allows relative movement only along the vertical (up & down) direction. Meanwhile, we use linear bushing elements [32] to simulate the interaction forces and moments between the human and exoskeleton at all strap locations. A linear bushing element represents a bushing connecting a frame fixed on the exoskeleton to a frame fixed on the human with linear translational and torsional springs and dampers. The yellow coordination frames in Fig. 1b show the bushing frames coincidentally fixed on the LLRE and the human during initial alignment. The governing equations for the bushing element are as follows:

$$\begin{cases} f_x = k_x x + c_x \dot{x} \\ f_y = k_y y + c_y \dot{y}, \text{ and} \\ f_z = k_z z + c_z \dot{z} \end{cases} \begin{cases} \tau_x = \alpha_x \theta_x + \beta_x \dot{\theta}_x \\ \tau_y = \alpha_y \theta_y + \beta_y \dot{\theta}_y \\ \tau_z = \alpha_z \theta_z + \beta_z \dot{\theta}_z \end{cases} \quad (8)$$

where  $f_x$ ,  $f_y$  and  $f_z$ , are the translational forces;  $\tau_x$ ,  $\tau_y$ , and  $\tau_z$  are the rotational or torsional moments along the bushing frames;  $x$ ,  $y$ ,  $z$  are the translation distances between the origins of the two frames;  $\theta_x$ ,  $\theta_y$ , and  $\theta_z$  are the  $x-y-z$  body fixed Euler angles between the frames;  $k_i$ ,  $c_i$ ,  $\alpha_i$ , and  $\beta_i$  ( $i = x, y, z$ ) denote directional linear constants. These directional constants allow us to model different resistance strengths of straps along different directions. During motion, bushing forces and moments are generated due to deviation of the two frames and they are applied to both human and exoskeleton. For the interaction between the human pelvis and the LLRE waist structure, the bushing element only generates a force along the vertical direction and we specify its translation stiffness  $k_y = 8000$ , translation damping  $c_y = 10$ . At the other four leg strap locations, the following bushings parameters are used: translation stiffness  $k_x = k_z = 1500$ ,  $k_y = 500$ , translation damping  $c_x = c_z = 10$ ,  $c_y = 1$ , rotation stiffness  $\alpha_x = \alpha_z = 10$ ,  $\alpha_y = 3$ , rotation damping  $\beta_x = \beta_z = 1$ ,  $\beta_y = 0.1$  to simulate the connections between the human femur and the strap on the LLRE femur. We use smaller constants along the limb length (axis) direction to allow the straps to slide up and down and rotate along the axis direction easier. Beside using these bushing elements for elastic strap modeling, we assume there is no relative motion between the human foot and the exoskeleton foot due to tight coupling and model that as a fixed constraint.

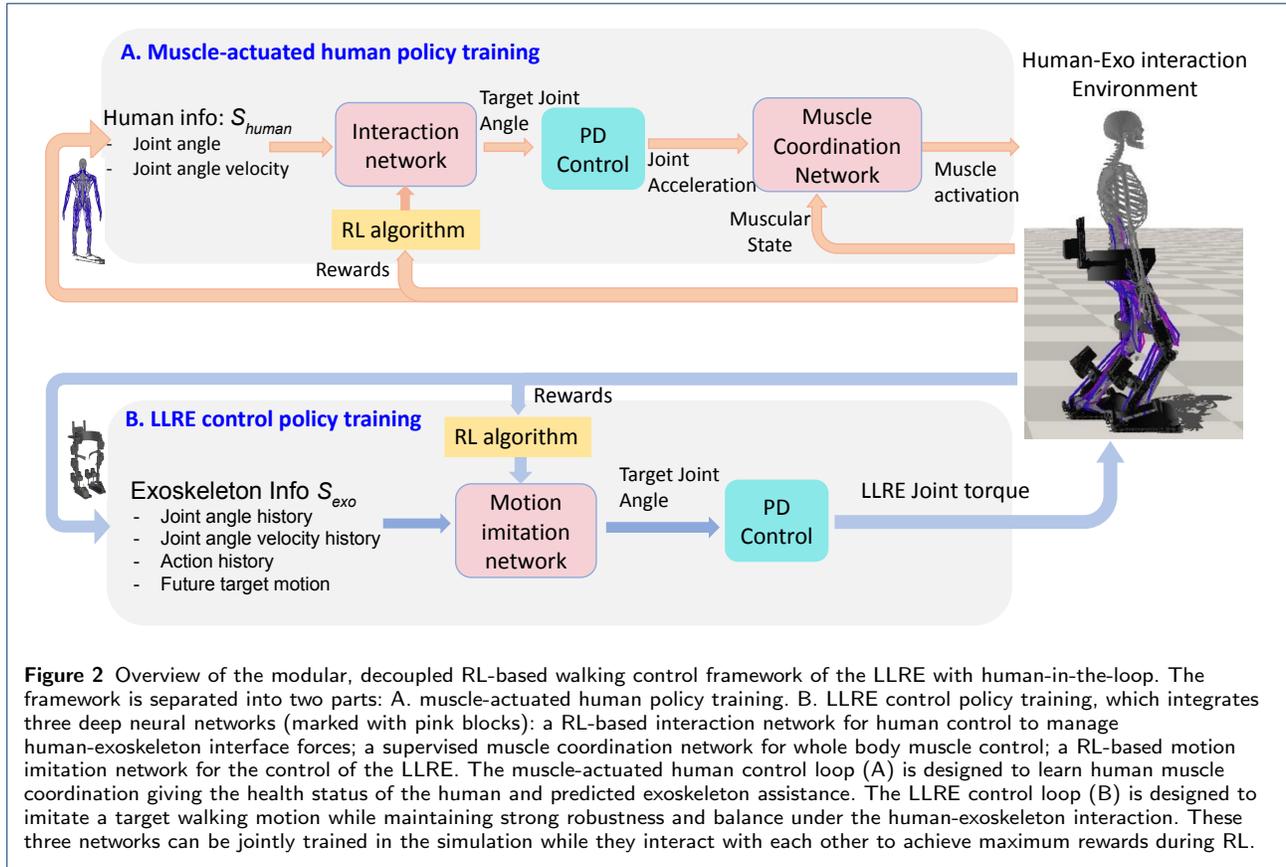
### Deep RL-based Walking Control

In this section, we present a novel walking controller based on deep RL with decoupled neural networks for the LLRE to perform walking assistance with strong robustness against various human-exoskeleton interactions. Fig. 2

shows the overall learning framework of this deep RL-based walking control workflow, it includes (A) a muscle-actuated human control loop and (B) a LLRE control loop. The goal of the LLRE control loop is to learn a control policy  $\pi_\theta(a_s|s_{exo})$  of the LLRE that imitates a target walking motion while achieving strong robustness and balance under the influence of the human-exoskeleton interaction. The motion imitation network (pink block) in this loop is a stochastic control policy  $\pi_\theta(a_s|s_{exo})$  of the LLRE. The human muscle-actuated control loop is required to generate realistic human-exoskeleton interactions. In the muscle-actuated control loop, a combination of a RL-based interaction network and a supervised learning-based muscle coordination network (pink blocks) is devised to learn human muscle activation during the assisted walking. The first RL-based interaction network aims to produce small interaction forces between the human and the LLRE by considering the patient's desire to follow the exoskeleton movement and reduce pressure on the body. This interaction network takes the human skeleton state  $s_{human}$  (the kinematic states of the human) as the input and its policy  $\pi_\phi(a_h|s_{human})$  produces target human joint angle output ( $a_h$ ) during human-exoskeleton interaction, where  $\phi$  is network parameters to be optimized using RL. PD control from these target angles generates desired human joint accelerations  $q_d$ , which are passed to the second muscle coordination network. The muscle coordination network  $a_m = \pi_\varphi(q_d, s_{muscle})$  is a deterministic policy that outputs the muscle activations  $a_m$  from the current muscle state  $s_{muscle}$  to minimizing the differences between the muscle generated acceleration and the desired joint acceleration, where  $\varphi$  is network parameters determined by regression. Collectively, these three networks are jointly learned through simulations to achieve maximum rewards in deep RL. Through this proposed decoupled learning control process, the controller for the LLRE will be shown to be able to handle varying human-exoskeleton interactions caused by different degrees of human disability just using proprioception information of the LLRE (joint sensory state). In the following subsections, the details of these three control networks are introduced.

### RL-based LLRE Control Policy Training

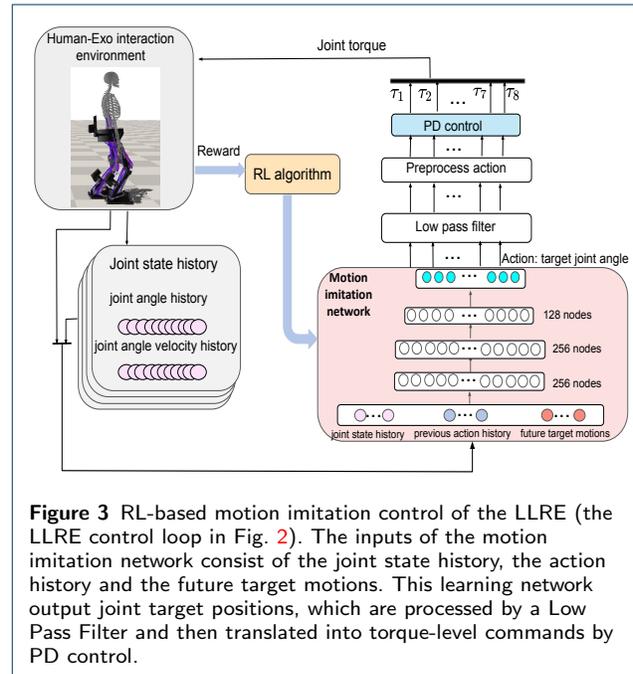
Fig. 3 shows a detailed schematic of the RL-based LLRE control loop (B in Fig. 2). The controller (or control policy) is learned through a continuous RL process. We design the control policy through a neural network with parameters  $\theta$ , denoting the weights and bias in the neural network. The control policy can be expressed as  $\pi_\theta(a_s|s_{exo})$  and the parameters  $\theta$  of the neural network are updated according to the policy gradient method to achieve the maximum reward. In the learning process (Fig. 3), the input of the control policy network is defined by  $s_{exo} = \{p_{t-2:t}, v_{t-2:t}, a_{t-2:t}, \dot{p}_{t+1:t+6}\}$ , in which  $p$  and  $v$  are joint angles and angular velocities of the LLRE, and  $a_{t-2:t}$  represents the action history of three sequential steps. To learn



a particular skill, we utilize the corresponding target joint poses from the task motion at six future time-steps  $\hat{p}_{t+1:t+6}$  as the motion prior for feasible control strategies. The use of task motion data, despite being task-specific, alleviates the need to design task-specific reward functions and thereby facilitates a general framework to learn a diverse array of behaviors.

In Fig. 3, the control policy network is implemented as a Multi-Layer Perception (MLP) network that consists of three fully connected layers and ReLU as the activation function. The sizes of three layers are set to 256, 256 and 128, respectively. At every time step  $t$ , the neural network model observes the state of the exoskeleton  $s_{exo,t}$  from the environment, and selects an action  $a_{s,t}$  according to its control policy  $\pi_{\theta}(a_s|s_{exo})$ .  $\pi_{\theta}(a_s|s_{exo})$  is in the form of the probability distribution of actions in a given state. The LLRE in the environment then applies the action  $a_{s,t}$ , which results a new state  $s_{exo,t+1}$  and a scalar reward  $r_t$  immediately. The objective is to learn a control policy that maximizes the discounted sum of reward:

$$\pi^* = \arg \max_{\pi} E_{\tau \sim p(\tau|\pi)} \left[ \sum_{t=0}^{T-1} \gamma^t r_t \right] \quad (9)$$



where  $\gamma \in (0, 1)$  is the discount factor,  $\tau$  is the trajectory  $\{(s_0, a_0, r_0), (s_1, a_1, r_1), \dots\}$  and  $p(\tau|\pi)$  denotes the likeli-

hood of a trajectory  $\tau$  under a given control policy  $\pi$ .  $T$  is the horizon of an episode. We design the reward function  $r_t = w^p r_p + w^e r_e + w^{root} r_{root} + w^{cop} r_{cop} + w^\tau r_\tau + w^{as} r_{as} + w^{fc} r_{fc}$  as the weighted summation of multiple sub-rewards to encourage the control policy to imitate a target walking motion while maintaining balance with robustness.  $w$  denotes the corresponding weight for each sub-reward. The list of sub-rewards are itemized as follows:

- Imitation Reward ( $r_p$  and  $r_e$ ): These two terms encourage the exoskeleton to minimize the difference between the current and reference motions in terms of the joint positions ( $p_t$ ) and end-effector positions ( $x_t$ ).

$$\begin{aligned} r^p &= \exp[-\sigma_p \sum_j \|\hat{p}_t^j - p_t^j\|^2] \\ r^e &= \exp[-\sigma_e \sum_i \|\hat{x}_t^i - x_t^i\|^2] \end{aligned} \quad (10)$$

where  $j$  is the index of joints,  $(\hat{p}_t, \hat{x}_t)$  are the reference joint and end-effector positions.

- Root Reward ( $r_{root}$ ): This reward aims to track the task root motion including the root's position  $\hat{x}_t^{root}$  and rotation  $\hat{q}_t^{root}$ .

$$r_t^{root} = \exp[-\sigma_{r1} \|\hat{x}_t^{root} - x_t^{root}\|^2 - \sigma_{r2} \|\hat{q}_t^{root} - q_t^{root}\|^2] \quad (11)$$

- CoP (Center of Pressure) Reward ( $r_{cop}$ ) [17]: This reward is to encourage the controller to predict an action that will improve the balance and robustness of the exoskeleton's motion. The movement of system CoP is an important indicator of system stability and balance, and this reward is to motivate the current CoP position  $c_t^{cop}$  to stay inside a stable region  $S$  around the center of the foot support. By considering the geometric of the foot in the LLRE design (the width and length of the foot are 12cm and 30cm), the stable region for foot CoP is defined as a smaller rectangle area  $S$  around the foot geometric center whose width and length are set to 7cm and 11cm respectively (narrower in the lateral direction than forward direction). And the CoP reward function is expressed as

$$r_t^{cop} = \begin{cases} \exp[-\sigma_{cop} \|D(c_t^{cop}, S)\|^2], & \text{if } c_t^{cop} \in S \\ 0, & \text{if } c_t^{cop} \notin S \end{cases} \quad (12)$$

where  $D(\cdot, \cdot)$  is the Euclidean distance between CoP and the center of  $S$ .

- Action Smoothness Reward ( $r_{as}$ ): This reward encourages smooth action prediction by penalizing the second order finite difference derivatives of the actions.

$$r_{as} = \exp[-\sigma_{as} \|(a_s)_t - 2(a_s)_{t-1} + (a_s)_{t-2}\|^2] \quad (13)$$

- Foot clearance Reward ( $r_{fc}$ ): This reward penalizes the roll and pitch angles of the swing foot to encourage the foot to stay parallel with the ground and create more foot clearance to avoid tripping.

$$r_{fc} = \exp[-\sigma_{fc} |\sin(\theta_{roll, pitch})|^2] \quad (14)$$

- Torque Reward ( $r_\tau$ ): This reward is to reduce energy consumption and to improve efficiency and prevent overburdening joint actuators.

$$r_\tau = \exp[-\sigma_\tau \sum_i \|\tau_i\|^2] \quad (15)$$

where  $i$  is the index of actuated joints.

The output of the neural network predicts the joint target positions. To obtain smooth motions, the output from the control policy network is first processed by a second low-pass filter before being applied to the LLRE. Moreover, we apply preprocessed actions (output) that are linearly interpolated from two consecutive filtered actions during each time step. Then the preprocessed actions  $a_{s,t}$  are specified as PD targets and the final PD-based torques applied to each joint are calculated as

$$\tau = k_p(a_{s,t} - p_t) - k_v \dot{p}_t \quad (16)$$

where  $p_t$  denote the joint angle of the LLRE.  $k_p$  and  $k_v$  are the proportional gain and differential gain, respectively.

Learning with Proximal Policy Optimization (PPO)

An effective solution to many RL problems is the family of policy gradient algorithms, in which the gradient of the expected return with respect to the policy parameters is computed and used to update the policy parameters  $\theta$  through gradient ascent during training. To train the RL networks proposed here, we use the state-of-the-art RL algorithm known as Proximal Policy Optimization (PPO), a model-free policy gradient algorithm that samples data through interaction with the environment and optimizes a ‘‘surrogate’’ objective function [33]. It utilizes a trust region constraint to force the control policy update and ensure that the new policy is not too far away from the old policy. The probability ratio  $r_t(\theta)$  is defined by:

$$r_t(\theta) = \frac{\pi_\theta(a_t|s_t)}{\pi_{\theta_{old}}(a_t|s_t)}. \quad (17)$$

This probability ratio is a measure of how different the current policy is from the old policy  $\pi_{\theta_{old}}$  (the policy before the last update). A large value of this ratio means that there is a large change in the updated policy compared to the old one. PPO also introduces a modified objective function that adopts clipped probability ratio which forms a pessimistic estimate of the policy's performance and avoids a reduction

in performance during the training process. The following "surrogate" objective function by considering the clipped objective is applied to update the policy parameters.

$$L(\theta) = E_t [\min(r_t(\theta)\hat{A}_t, \text{clip}(r_t(\theta), 1 - \varepsilon, 1 + \varepsilon)\hat{A}_t)] \quad (18)$$

where  $\varepsilon$  is a small positive constant which constrain the probability ratio  $r_t(\theta)$ .  $\hat{A}_t$  denotes the advantage value at time step  $t$ .  $\text{clip}(\cdot)$  is the clipping function. Clipping the probability ratio discourages the policy from changing too much and taking the minimum results in using the lower, pessimistic bound of the unclipped objective. Thus, any change in the probability ratio is included when it makes the objective worse, and otherwise it is ignored. This can prevent the policy from changing too quickly and leads to more stable learning. The control policy can be updated by maximizing the clipped discounted total reward in Eq. 18 with a gradient ascent.

#### Human Muscle Coordination via RL and Supervised Learning

Predictive human muscle-actuated simulations based on deep RL have achieved some remarkable results [29, 34]. For example, the simulation presented in [29] consists of a high-fidelity human musculoskeletal model that represents the detailed joints and muscles around the upper and lower extremities and a deep neural network RL-based muscle-actuated controller. It can simulate many aspects of human motions using deep RL, such as steady walking, running even jumping in a predictive manner. Inspired by their work [29] and to further incorporate realistic human-exoskeleton interactions for the purpose of controlling a LLRE, this paper designs a decoupled network structure that combines the LLRE control policy network with a RL-based interaction network and a supervised learning-based muscle coordination network for muscle-actuated control (A in Fig. 2) in the human-exoskeleton interaction environment.

#### Human-Exoskeleton Interaction Network

The human-exoskeleton interaction network within the RL framework aims to produce a stochastic control policy  $\pi_\phi(a_h|s_{human})$  predicts the target human joint poses  $a_h$  given human skeletal states  $s_{human}$ , where  $\phi$  denotes network parameters to be optimized using PPO. The network structure is the same as the motion imitation network in the LLRE control loop in Fig 2. We design the reward of this network to encourage the control policy to minimize interaction forces between the human and the LLRE, considering the patient's desire to follow the exoskeleton movement and reduce strap pressure on the body, as follows.

$$r_{int} = \exp[-\sigma_{int} \sum_i ||f_i||^2] \quad (19)$$

where  $f_i$  is the  $i$ -th bushing interaction force between the human and exoskeleton.

#### Muscle Coordination Network

The interaction network predicts desired human joint angles during human-exoskeleton interaction, which are fed to the PD control to compute the desired human joint accelerations  $\ddot{\mathbf{q}}_d$ . The muscle coordination network is constructed to coordinate activations of all muscles to produce the desired human joint accelerations  $\mathbf{q}_d$  as close as possible. From Eq. 6, we have a linear mapping between  $\ddot{\mathbf{q}}$  and  $\mathbf{a}$ . We encourage the human joint acceleration to track the desired human joint acceleration  $\ddot{\mathbf{q}}_d$  from the interaction network. Following [29], we formulate this problem into the supervised learning-based regression framework to learn collaboratively with the interaction network and motion imitation network. Let  $\mathbf{a} = \pi_\phi(\mathbf{q}_d, s_{muscle})$  be a network policy that maps desired human joint torque to muscle activations  $\mathbf{a}$ . The muscle state  $s_{muscle} = (\text{vec}(\mathbf{A}), \mathbf{e})$  is defined to encode the information that convert muscle activations into muscle actuated joint accelerations. The loss function to minimize the discrepancy between the desired and actuated joint acceleration is designed as follows:

$$\text{loss} = E||\ddot{\mathbf{q}}_d - \mathbf{K}\mathbf{a}(\phi) - \mathbf{b}||^2 + w_a||\mathbf{a}||^2 \quad (20)$$

where  $w_a$  is a weight. The muscle coordination network is implemented as a MLP network that consists of four fully connected layers. We use both the  $\tanh$  and ReLU nonlinear function at the output layer to enforce the muscle activations in the normalized range  $[0, 1]$ . To solve this regression network to minimize the loss function in Eq. 20, it needs to sample a large collection of tuples  $(\mathbf{K}, \mathbf{b}, \mathbf{A}, \mathbf{e})$ . Because the motion imitation network generates numerous episodes during training, we can sample the muscle tuples for regression from the episodes.

To elucidate the offline learning process of the proposed method, the pseudocode is provided in Algorithm 1. During learning, this proposed control scheme alternates between the motion imitation network, interaction network and the muscle coordination network to collect tuples and jointly update the policy parameters. One of the unique advantages of this decoupled structure is that it allows each network to operate separately with distinct focuses. For example, the LLRE control policy network focuses on hardware control with only proprioceptive information input. As a result, the trained policy can be readily deployed on the physical exoskeleton without the need for human sensing.

#### Muscle Strength Randomization

One key challenge in developing robust walking controller for a LLRE is to deal with patients with different degrees of disability, which are often manifested by muscle weakness or paralysis. To generate a universal walking control policy that has strong robustness against different magnitudes of human interactions forces without the need of tuning of control parameters, we must consider various muscle

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**Algorithm 1** Offline training process of the decoupled RL framework
 

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1: for iteration=1,2,..., max_iter do
2:   Empty LLRE replay buffer  $\mathcal{R}$ , human skeleton replay buffer
    $\mathcal{R}_h$ , muscle buffer  $\mathcal{R}_m$ 
3:   Collect trajectory from human-exoskeleton environment into
   buffer  $\mathcal{R}$ 
4:   Advantage estimates  $\hat{A}_{buff}$ 
5:   for epoch = 1,2,...,K do
6:     for batch = 1,2,... do
7:       Sample set of transitions  $(\hat{s}_{exo}, \hat{a}_s, \hat{A}) \sim \mathcal{R}$ 
8:       Optimize parameters  $\theta$  of the motion imitation net-
       work using sampled transitions
9:     end for
10:   end for
11:   for epoch = 1,2,...,K_h do
12:     for batch = 1,2,... do
13:       Sample set of transitions  $(\hat{s}_{human}, \hat{a}_h, \hat{A}_h) \sim \mathcal{R}_h$ 
14:       Optimize parameters  $\phi$  of interaction network using
       sampled transitions
15:     end for
16:   end for
17:   for epoch = 1,2,...,K_m do
18:     for batch = 1,2,... do
19:       Sample set of transitions  $((K, \mathbf{b}, \mathbf{M}, \mathbf{e})) \sim \mathcal{R}_m$ 
20:       Optimize parameters  $\varphi$  of the muscle coordination net-
       work using loss Eq. 20
21:     end for
22:   end for
23: end for

```

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conditions of the patient and incorporate these conditions into the virtual environment. Here we propose to incorporate a novel muscle strength randomization process into the training workflow. Although muscle weakness or paralysis can be caused by a variety of neuromuscular disorders that affect different physiological properties of the muscle, we choose to randomize the maximum muscle isometric forces  $F_{max}$  in Eq. 1 to achieve the end result of limiting the muscle’s capability to generate force. Scaling the maximum isometric forces from 1 to 0 decrease the force generation capacity of the muscle from full capacity to fully paralysis. By simply scaling the maximum isometric forces of all muscles or selected muscles (e.g. on one side of the body) within prescribed ranges, we can simulate different conditions of disability such as muscle weakness, hemiparesis, and full paralysis. From our numerical experiments, we find that training with randomized muscle strength is critical to learn robust walking behavior that can handle varying human-exoskeleton interaction forces and consequently produce a LLRE controller that uses only proprioceptive information of the exoskeleton itself.

## Numerical Experiments

In this section, we first present a learned controller for the LLRE to perform the walking motion without a human and then conduct several numerical experiments involving human subjects with different neuromuscular disorders (healthy, fully passive or quadriplegic, muscle weakness, and hemiparesis) to demonstrate the ability of the LLRE

to perform robust walking motion under varying human-exoskeleton interactions.

### Model Simulation Settings

Our control system involves three deep neural networks as described above and the training of these networks relies on the integrated simulation environment that considers the human-exoskeleton interaction, exoskeleton control, and active muscle contraction. During training, the time integration frequency for the environment is 600Hz and the control frequency (for both exoskeleton and human) is set to 30Hz. The open-source library DART [35] is utilized to simulate the exoskeleton and human skeleton dynamics. The GRFs are computed by a Dantzig LCP (linear complementary problem) solver [36]. The training and testing are performed with a desktop computer with an Intel® Xeon(R) CPU E5-1660 v3 @ 3.00GHz × 16.

### RL-based Controller Settings

In this paper, the reference walking motion is manually created based on a human walking motion. The reference motion can provide guidance for motion imitation for the LLRE but needs not to be generated precisely. PyTorch [37] is used to implement the neural networks and the PPO method for the learning process. The networks are initialized by the Xavier uniform method [38]. Totally about 20 million samples are collected in the training. The policy and value networks of the motion imitation network and interaction network are updated at a learning rate of  $10^{-4}$ , which is linearly decreased to 0 when 20 million samples are collected. The max iteration is set to 120000. The learning rate of the muscle coordination network is also set to  $10^{-4}$ . Hyperparameters settings for training using PPO are shown in Table 1. To verify the robustness of the trained controller, we test the control policies in out-of-distribution simulated environments, where the dynamic parameters of the exoskeleton are sampled randomly from a larger range of values than those during training. Table 2 shows the dynamics parameters of the LLRE and their ranges during training and testing. Note that the observation latency denotes the observation time delay in the real physical system due to sensor noise and time delay during information transfer. Considering the observation latency improves the reality of the simulations and further increases the difficulty for policy training. According to the PD control Eq. 16, the proportional gain  $k_p$  and differential gain  $k_v$  are set to 900 and 40 respectively. We have tried different sets of rewards weights in the three neural networks in a proper range, we found the control performance with different sets of weights are similar, and we choose the best one:  $w^p = 0.75$ ,  $w^{ee} = 0.4$ ,  $w^{cop} = 0.06$ ,  $w^{root} = 0.4$ ,  $w^{as} = 0.3$ ,  $w^{fc} = 0.2$ ,  $w^\tau = 0.1$ ,  $w^{int} = 0.05$ ,  $w_a = 0.1$ . We carried out five numerical experiments to demonstrate that the decoupled RL-based framework is able to generate a universal

controller for the LLRE to robustly perform natural walking motion and assist human with different neuromuscular disorders (fully passive or quadriplegic, muscle weakness, and hemiplegic conditions) without the need of tuning control parameters.

**Table 1** Hyper-parameters settings for training

Parameters	Value	Parameters	Value
Discount factor	0.99	epochs	10
Policy Adam learning rate	$10^{-4}$	clip threshold	0.2
batch size	128	memory buffer	2048

**Table 2** Dynamics randomization details of LLRE during training and testing

Dynamic Parameters	Training Range	Testing Range
Friction coefficient	[0.9,1.6]*default value	[0.7,2.0]*default value
Mass	[0.8,1.2]*default value	[0.7,1.5]*default value
Motor strength	[0.8,1.2]*default value	[0.7,1.3]*default value
Observation latency	[0,0.04]s	[0,0.06]s
Inertial	[0.5,1.5]*default value	[0.4,1.6]*default value
Center of Mass	[0.9,1.2]*default value	[0.8,1.3]*default value

## Numerical Experiments and Results

### *Walking without Human-Exoskeleton Interactions*

In the first case, we first validate the robust walking motion learned from the controller of the LLRE without human-exoskeleton interactions. We only train the motion imitation network (the LLRE control loop in Fig. 2) for the LLRE to imitate the reference walking motion without the human involved. A series of snapshots of the walking motion resulting from the learned control policies can be observed in Fig. 4a. The learned controller of the LLRE is able to perform balanced walking motion autonomously. Fig. 5a represents the joint behavior statistics of the hip flexion/extension, knee flexion/extension and ankle dorsiflexion/plantarflexion joint angles during 40 walking cycles. The corresponding joint torques are depicted in Fig. 5a. The joint angles and torques are relatively smooth. To further validate the learned controller's ability to cope with uncertain dynamics of the LLRE, we test the learned controller in 200 out-of-distribution simulated environments, where the dynamics parameters are sampled from a larger range of values than those used during training (shown in Table 2). The third figure in Fig. 5a visualizes the performance of the learned controller in 200 simulated environments with randomized dynamics. It depicts the reward statistics (mean and standard deviation) with respect to time under 200 simulated environments with different dynamics. The joint position tracking (Eq. 10) and foot CoP (Eq. 12) also achieve a high reward under more diverse dynamics of the LLRE. The end-effector reward

indicating the foot tracking performance maintains a high value, revealing the LLRE can perform a stable walking motion without falling in 200 simulated environments with unfamiliar dynamics. These results demonstrate that the learned controller is able to effortlessly generalize to environments that differ from those encountered during training and achieve good control performance under very diverse dynamics.

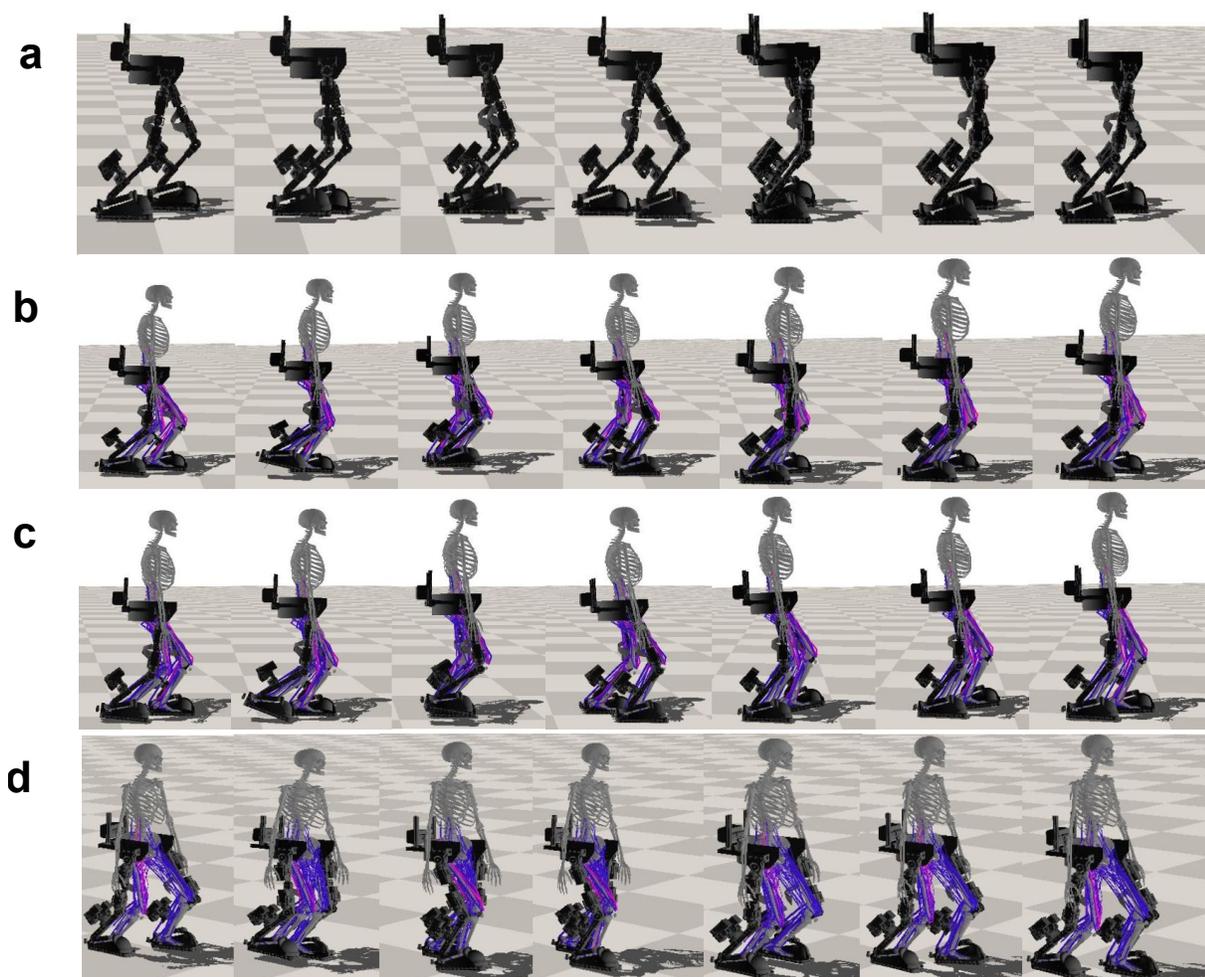
### *Walking with a Passive/Quadriplegic Human*

In this case, we investigate the performance of the learned controller under the human-exoskeleton interactions from a passive human (e.g. a quadriplegic patient). Linear bushing forces are utilized to simulate the interaction between the human and LLRE. In this particular case, we do not consider the active muscle contraction of the human operator or actuation torques produced from human joints, assuming the operator could be a patient suffering from SCI or severe stroke, with very limited or no control of his or her own body. Thus, only the passive muscle forces in Eq. 1 during movement are incorporated. The walking assistance learned by the LLRE and performance of the motion controller are shown in Fig. 5b.

Fig. 5b displays the statistical results of the hip, knee, ankle joint angles and torques generated by the learned controller during 40 walking cycles. We can clearly observe that the torques calculated from the PD control are still smooth under human-exoskeleton interactions. Reward statistics of the controlled LLRE in 200 simulated environments are shown in the third figure of Fig. 5b. The high joint tracking reward and end-effector tracking reward indicates that the learned controller has strong stability and robustness to the varying human interaction forces from a passive human. This case demonstrate the capability of the LLRE to carry a passive human to perform the walking assistance with robustness.

### *Walking with a Healthy Human*

To test the controller's robustness under active muscle-actuated human interaction forces, we design a numerical experiment where the human is fully muscle-actuated and has no disability. For simplicity, we only activate the 162 lower leg musculotendon units while ignoring the active contraction of the upper body muscles. A series of snapshots of the walking assistance resulting from the learned control policy can be observed in Fig. 4b. Statistical results of joint and torque trajectories with human-exoskeleton interaction from an active human are shown in Fig. 5c. Reward statistics of the controlled LLRE during 40 walking cycles are shown in the third figure in Fig. 5c. The statistical results of the muscle activations of major lower-limb muscles on the right side body are illustrated in Fig. 6. Muscle activations predicted from the muscle coordination network show smooth patterns. The hamstring and gastrocnemius muscles are the main muscles responsible for



**Figure 4** Snapshots of the walking control of the LLRE. The learned controller trained from the decoupled RL-based control framework enables the LLRE to perform walking assistance under varying human-exoskeleton interactions from human subjects with different neuromuscular disorders (healthy, fully passive or quadriplegic, muscle weakness, and hemiparesis). a) autonomous walking control without human involved. b) robust walking control with a fully healthy, muscle-actuated human. c) robust walking assistance with a human with muscle weakness. d) robust walking assistance with a human with left hemiparesis. The color of the muscle indicates its activation with purple being the highest and blue being the lowest.

knee flexion and ankle dorsiflexion and plantarflexion. The activation pattern of the gastrocnemius is also consistent with the result using electromyogram measurements [39], in which the gastrocnemius developed a high activation during stance phase.

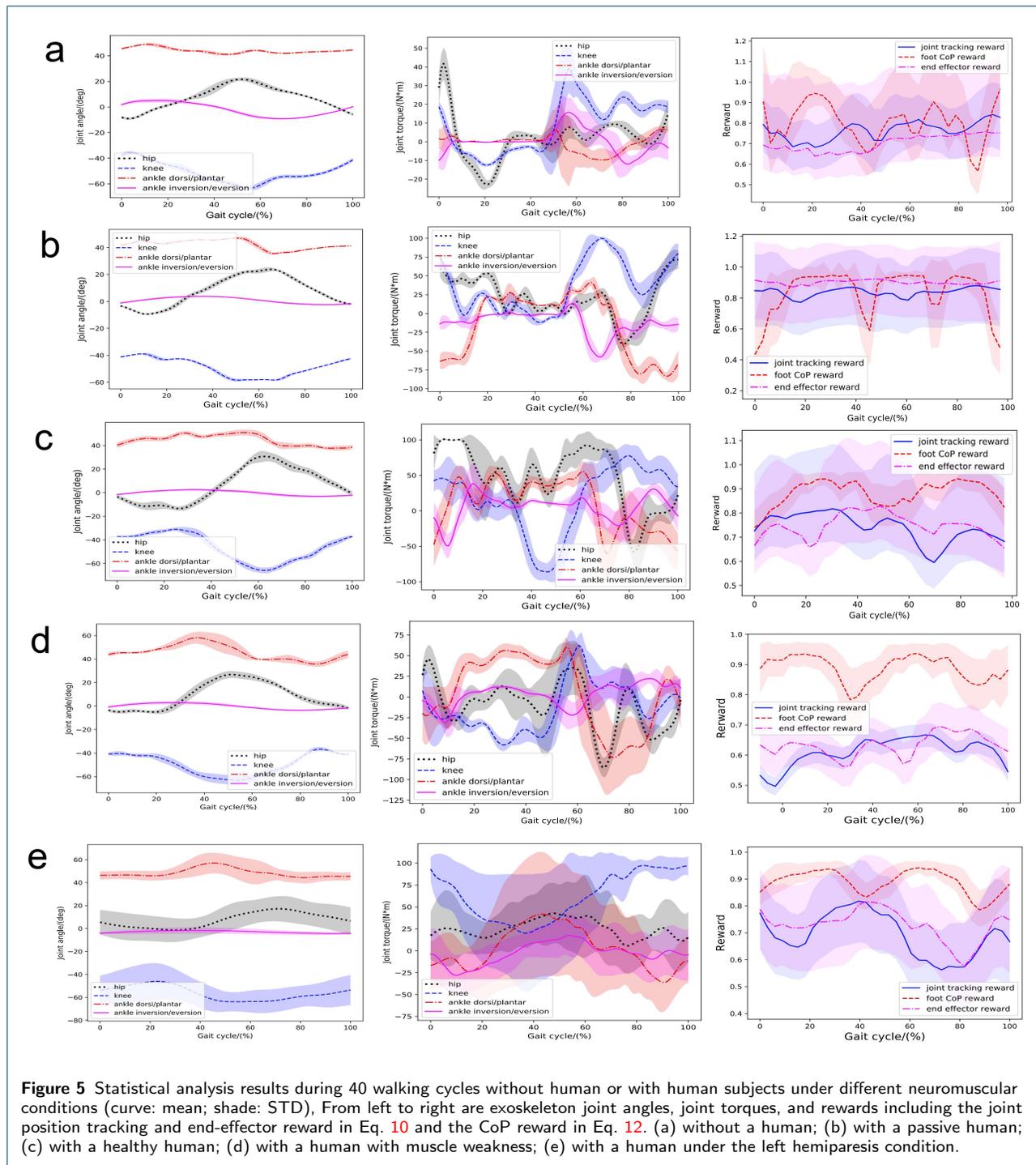
#### *Walking with a Human with Muscle Weakness*

Muscle weakness has been considered to be a minor modifiable risk factor for health outcomes, and it plays a significant role in the etiology of disability [40]. It could be caused by age-related loss of muscle mass such as dynapenia or loss of muscle strength due to neuromuscular disorders. In this case, muscle weakness is incorporated into our human model by reducing all muscles' force generation capability by half. A series of snapshots of the walking

assistance resulting from the learned control policy can be observed in Fig. 4c. Fig. 5d shows the Joint behavior statistics with muscle weakness during multiple cycles. Statistical results of the muscle activations of major lower-limb muscles on the right side of the body are shown in Fig. 7. Muscle activations predicted for this case have bigger variances than those in the fully healthy human case. This case successfully validates that the learned controller can generate robust walking motion assisting a patient with the muscle weakness condition.

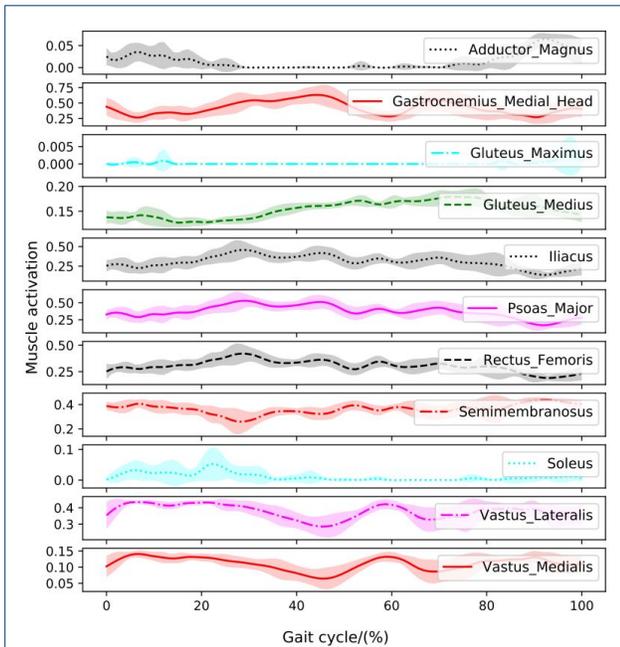
#### *Walking with a Hemiplegic Patient*

Hemiparesis due to stroke impairs a patient's ability to walk. The disabilities caused by the hemiparesis, together with the ensuing safety concern, prevent many patients

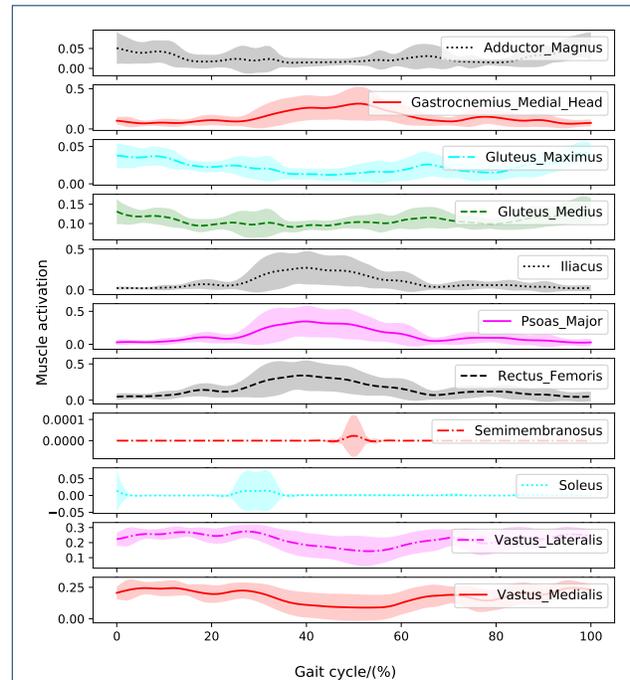


from practicing walking by themselves and may contribute to a further decline in their walking ability or physical condition. It has been reported that following a stroke, patients often suffer from impaired balance control [41]. In this case, we will demonstrate that the learned controller is capable of providing the assistance to help a hemiplegic patient (on the left side) perform robust walking assistance.

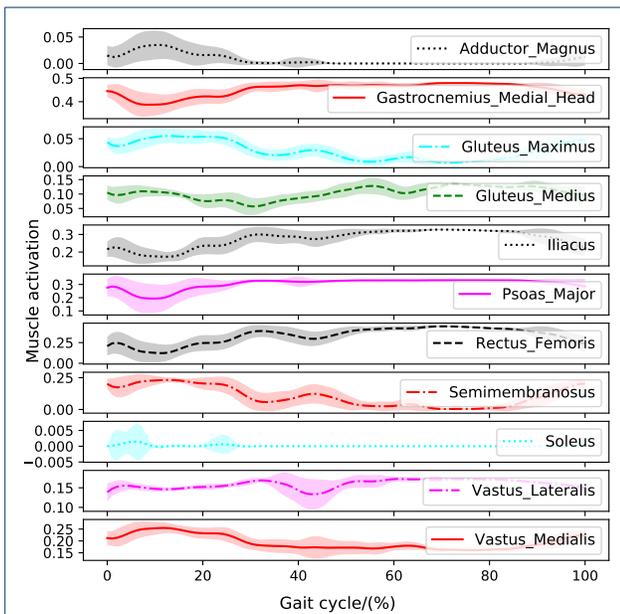
A series of snapshots of the walking assistance resulting from the learned control policy can be observed in Fig. 4d. Statistical results of joint angles and torques with the hemiplegic patient are shown in Fig. 5e. Statistical results of the muscle activations of major lower-limb muscles on the right side are illustrated in Fig. 8. The muscle activation reward



**Figure 6** Major muscle activations on the right leg when performing the skill with a fully healthy human.



**Figure 8** Major muscle activations on the right leg when performing the skill with a hemiplegic patient.



**Figure 7** Major muscle activations on the right leg when performing the skill with a patient with muscle weakness.

sults show even greater variances than those in the previous two human cases.

#### Gait Symmetry and Robustness

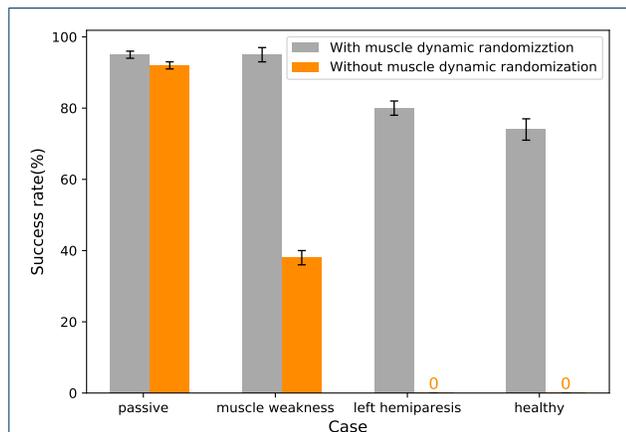
To quantify human gait symmetry when walking with the exoskeleton, we use the ratio index  $R = X_R/X_L$  [42] to qual-

ify the gait symmetry between the right and left legs.  $X_R$  and  $X_L$  denote the mean joint angle of the right leg and the left leg, respectively. If the value of the ratio index is close to 1, the human shows a good symmetry gait pattern. Table 3 shows the gait symmetry analysis of the hip, knee, ankle joints for the four simulation cases involving human subjects with different neuromuscular conditions (fully passive, healthy, or quadriplegic, muscle weakness, and hemiparesis). As it can be observed from the table, the case for the human with left hemiparesis condition has the highest asymmetry index for most joints except the knee, whereas the healthy subject exhibits better symmetry for most joints except the knee. For the left hemiparesis case, the hip, knee, and ankle angles of the right leg are all greater than those of the left (paraplegic) leg. The walking assistance from the LLRE certainly improves the gait symmetry of the hemiparesis human compared to that without exoskeleton, but the asymmetry is still evident due to vastly different neuromuscular conditions on two sides. Nonetheless, if the neuromuscular condition improves with more rehabilitation training, we expect the gait symmetry to continuously improve as well.

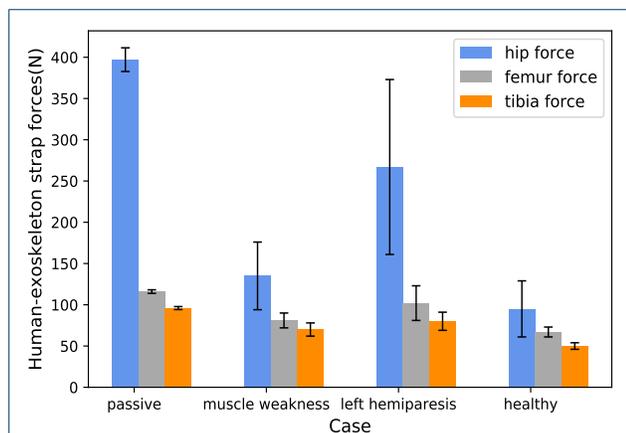
Since a good indication of balance and robustness for walking is to avoid falling, we conduct an ablation study to show the success rate (SR) of control policies trained differently. Fig. 9 summarizes the SR of trained policies with/without muscle strength randomization, for which each case is evaluated over 100 walking trials (40 cycles

**Table 3** Gait symmetry analysis

Case	hip	knee	ankle dorsi/plantar	ankle inver/ever
passive	0.86	1.08	0.95	0.78
healthy	0.92	1.12	1.04	0.86
muscle weakness	0.82	1.06	0.94	0.56
left hemiparesis	1.49	1.03	1.08	1.46



**Figure 9** Ablation study. It shows the comparison results of success rates for different human conditions with/without muscle strength randomization training. The success rate is evaluated over 100 trials for each condition. The success rates on the all human conditions are significantly higher than that trained without muscle strength randomization.



**Figure 10** Human-exoskeleton interaction (strap) forces under different cases during 40 walking cycles.

each). If we train the neural network under the passive human case, the trained control policy has poor robustness to handle the other three conditions, with less than 40% SR for the muscle weakness case and zero SR for both the left hemiparesis and healthy cases. In contrast, if the policy is trained with muscle strength randomization, it has high SR for all cases. The success rates under the human with left hemiparesis condition is significantly lower when trained without the muscle strength randomization, as shown in

Fig. 9. Note that the SR is evaluated with test cases that are randomized from larger ranges for physical parameters of the LLRE (Table 2) and therefore some failures are expected.

To study the range of human-exoskeleton interaction forces, we provide in Fig. 10 the strap forces under different cases during 40 walking cycles. The human-exoskeleton strap forces on hip, femur and tibia locations from a passive human are greater than those from a muscle weakness, left hemiparesis and healthy human. The hip forces for the passive and left hemiparesis human are significantly higher than the other two cases, which is understandable since either one or two legs can not provide any support to the body weight. Among the four cases, the strap forces are the smallest for the healthy case and the values are all below 100N. Since the interaction network aims to minimize the interaction forces (Eq. 19), it encourages the healthy human to follow the motion of the exoskeleton to the best of capability and thus produces a low level of interaction forces.

## Discussion

Designing a robust walking controller for a LLRE is particularly important for rehabilitation and represents a crucial challenge due to the safety concerns for the patients. The risk of testing on real humans is even greater, and the cost of testing is often high. The decoupled RL-based neural network architecture proposed in this work incorporates the muscle-actuated human control into the training process and considers realistic effects of an LLRE on the human's musculoskeletal system in the simulation environment, resulting in an extendable framework to investigate the control of LLREs with the varying human-exoskeleton interactions. From our numerical experiments, the learned controller of the LLRE is capable of providing robust walking assistance to the human with a variety of neuromuscular conditions such as healthy, passive or quadriplegic, muscle weakness, and hemiplegic conditions.

The decoupled control structure integrates three deep neural networks including the motion imitation network for the LLRE, the human-exoskeleton interaction network, and the muscle coordination network for the human muscle control. These three networks are jointly trained in the simulation while they interact with each other to achieve maximum rewards during reinforcement learning. There are several distinct advantages for this decoupled learning structure. First, three separate networks allows independent control of the LLRE, human joint, and muscles. As demonstrated by the cases with and without human, the same framework can be flexibly utilized for training in all cases by enabling or disabling individual networks. This decoupled network structure also has a unique advantage for sim-to-real transfer, for which only the trained controller of the LLRE need to be deployed on the physical rehabilitation

exoskeleton. Second, the control structure can easily incorporate a human or patient with different disability conditions, as demonstrated by all the human cases above.

In this work, only muscle weakness and paralysis resulting from a variety of neuromuscular disorders have been considered to test the robustness of the LLRE controller. Nonetheless, we believe we are able to extend the current work for further investigations on patients with other pathologic conditions such as muscle contracture, muscle spasticity, cerebral palsy, and femoral anteversion. Such an extension will require further adjustment or randomization of muscle parameters such as optimal fiber lengths for contracture [43] or muscle contraction intensity for spasticity [44].

By incorporating the motion imitation into the learning process, the proposed control framework has the capability to potentially learn a diverse array of human behaviors without the need to design skill-specific reward functions. Common rehabilitation motions such as sit-to-stand, walking on inclined ground can be learned by feeding proper target motions. For example, in [17], the authors presented a motion imitation, RL based control of a LLRE for squatting assistance. In this work, we extend its learning framework to include both active muscle contraction and human-exoskeleton interaction force optimization. The current framework is much more general and can handle a variety of motions and humans with different health conditions. Due to the nature of imitation learning, we foresee minimal changes to the current learning framework for different activities, except for crafting different target motions for imitation. The learning process will automatically create specific controllers that can produce physically feasible and stable target motions.

## Conclusion

This paper proposes a decoupled RL-based control framework for robust walking control of a LLRE system. The framework is flexible enough to train the walking controller with or without human-in-the-loop. It separates the control of the exoskeleton and human voluntary muscle control while integrating the human-exoskeleton interaction in the physics-based simulation environment and trains multiple control networks simultaneously. More importantly, to avoid tuning control parameters to various magnitudes of human-exoskeleton interaction forces or create different LLRE controllers for patients with different conditions of disability, muscle strength randomization is critical in the training process to handle these conditions. Experimental results show that this proposed framework is able to generate a universal, robust walking controller for the LLRE to handle various levels of human-exoskeleton interactions without the need of tuning parameters. The walking controller is shown to be able to provide assistance to healthy human or patients with different disability conditions including fully passive or quadriplegic, muscle weakness,

and hemiplegic conditions. The decoupled network structure also allows us to isolate the LLRE control policy network for testing and facilitate straightforward sim-2-real transfer since it uses only proprioception information of the LLRE as the input. In the future, we plan to deploy the trained walking control policy to the physical LLRE with sim-to-real transfer and validate its performance on the real physical system with patients involved.

### Abbreviations

LLRE: Lower limb rehabilitation exoskeleton; RL: Reinforcement learning.

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### Additional Files

Additional file — Video

Links to videos of lower limb rehabilitation exoskeleton assisting the users with different disabilities such as passive muscles (quadriplegic), muscle weakness, or even hemiplegic conditions without control parameters tuning.

### Availability of data and materials

The datasets and code generated during and/or analyzed during the current study are not publicly available due to the conditions of the funding source but are available from the corresponding author on reasonable request.

### Competing interests

The authors declare that they have no competing interests.

### Consent for publication

Not applicable.

### Author Contributions

In this work, XZ first proposed the research idea and approach of the paper and provided the project guidance. The code implementation, development and data analysis were done by SL and XZ. The CAD design, development and fabrication of the robotic exoskeleton were done by GJA and EN and its multibody model was created by XZ with support from GJA, EN, and SA. The first draft of the manuscript was written by SL and XZ. SA, GJA and HS provided valuable suggestions and feedback on the draft, and HS also made some important revisions to the final paper. All authors contributed to the article and approved the submitted version.

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