COMPARISON OF METHODS TO DETERMINE GROUND REACTIONS DURING THE DOUBLE SUPPORT PHASE OF GAIT

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Abstract. There is a growing interest in predicting the gait motion of real subjects under virtual conditions, e.g. to anticipate the result of surgery or to help in the design of prosthetic/orthotic devices. To this end, the motion parameters can be considered as the design parameters of an optimization problem. In this context, determination of the joint efforts for a given motion is a required step for the subsequent evaluation of cost function and constraints, but force plates will not exist. In the double support phase of gait, the ground reaction forces include twelve unknowns, rendering the inverse dynamics problem indeterminate if no force plate data is available. In this paper, several methods for solving the inverse dynamics of the human gait during the double support phase, with and without using force plates, are presented and compared.
1 INTRODUCTION

A great effort has been done by the biomechanics community to analyze the gait of real subjects [1]. Usually, the procedure starts with the capture of the subject’s motion by means of an optical system, and the measurement of the ground reactions through force plates. Then, the obtained positions of a number of markers serve to calculate the histories of the coordinates defining a computer model of the subject. These data are processed to minimize the errors and differentiated to yield the histories of the coordinates at velocity and acceleration level. At this point, the equations of motion of the model are set in some way (forward or inverse dynamics) and the muscle forces that produce the joint efforts are estimated through optimization techniques due to their redundant nature. It can be said that today this whole process has reached a high degree of maturity, although the obtained values of the muscular forces are not always reliable. The results of this kind of analyses are a good help for medical applications.

However, in the last years, the biomechanics community is attempting to go one step further: the prediction of the gait motion of real subjects under virtual conditions [2-4]. If this problem was successfully solved, it would be extremely useful for the medical world, e.g. to anticipate the result of surgery or to help in the design of prosthetic/orthotic devices.

Multibody dynamics is a suitable tool to address the mentioned challenge. In fact, the dynamic behavior of many complex machines has been simulated for a long time thanks to this discipline, by stating and solving the so-called forward dynamics problem. The human body can be also considered a multibody system and, hence, its motion can, in principle, be simulated in the same way. There is, however, a key difference between the simulation of machines and the simulation of the human body: in the latter case, the inputs to the system, i.e. the motor actions, are the result of the neuro-muscular actuation and, hence, they are unknown. Consequently, forward dynamics cannot be applied as in man-made machines. Instead, two approaches can basically be followed: a) to state an optimization problem, so as to find the most likely motion or muscular forces according to some objective function under the corresponding constraints; b) to replicate the neuro-muscular system by means of an intelligent algorithm [5], like the smart drivers do in the automotive case. Up to now, the multibody community has chosen the first approach, as closer to its experience in mechanical problems.

The present work is part of a project aimed to simulate the gait motion of incomplete spinal cord injured subjects wearing active orthoses. The objective is to simulate the gait of real and specific patients when wearing orthoses that have not even been built. This is expected to serve for the design or adaptation and testing of subject-tailored orthoses in the computer, so that disturbance to patients is minimized.

To solve this problem, the plan is to follow the optimization approach indicated above. The design variables will be either the parameters defining the motion of the patient or the parameters defining the excitations of his muscles, while the objective function will be the total metabolic cost, whose calculation requires the histories of muscular forces to be known [6].

In the first case (motion parameters as design variables), the calculation of the muscular forces requires the joint efforts to be previously determined, which is not possible unless the ground reactions are obtained for the motion defined by the current value of the design variables. This last problem, i.e. to obtain the ground reactions for a given motion, is not such when only one foot is in contact with the ground, but its solution becomes undetermined during the double support phase. When actual captured motions are analyzed, the mentioned indeterminacy is overcome by the measurement of ground reactions by means of force plates, as explained at the beginning of this Introduction. However, force plates do not exist for the virtual motions generated during the optimization procedure. Therefore, the problem here is to
calculate the ground reactions for a given motion, both during the single and double support phases, without making use of measurements coming from the force plates.

In the second case (excitation parameters as design variables), the muscular forces are straightforwardly obtained from the excitations defined by the current value of the design variables. However, a force contact model is required for the foot-ground contact, in order to obtain the motion resulting from the excitations by means of forward dynamics.

The problem of determining the ground reactions for a given motion when force plates are not available has previously been addressed by other authors. For example, Ren et al. [7] introduce the concept of Smooth Transition Assumption (STA), which basically consists of adjusting a smooth function for the double support phase between the uniquely determined values of the ground reaction components of the single support phase. However, this approach may not be applicable when the duration of the double support phase represents a relevant part of the full gait period, as in some cases of pathological gait. Therefore, an alternative solution is proposed in this paper, which serves for the problems arisen in the two optimization options considered in the previous paragraphs. Given the motion, the inverse dynamics allows for the calculation of the resultant ground reaction forces and moments during the whole period. Then, the parameters of a force contact model in both feet are considered as the design parameters of an optimization process. The objective function to be minimized is defined as the difference between the ground reactions obtained through inverse dynamics and the ground reactions yielded by the force contact model. Moreover, a null value of the reaction is imposed to each foot when it is not contacting the ground. The proposed method is applied to the captured motion of a real healthy subject, and the resulting ground reactions are compared with those measured by force plates, in order to assess their accuracy.

The proposed method shows some similarities with the work by Millard et al. [4], who address the problem of obtaining a foot-ground contact model that may be used within a predictive optimization scheme based on forward dynamics analyses. However, these authors define a planar model, not a 3D one, and try to tune the contact model parameters to reproduce the normal and tangential forces, but do not consider the reaction moments. Moreover, they measure the real contact forces by means of force plates instead of calculating them from the captured motion through an inverse dynamics analysis, which is consistent with the objective they were pursuing.

The paper is organized as follows. Section 2 describes the experiment, the measurements carried out, the computational model of the subject, the applied signal processing, and the inverse dynamics formulation. Section 3 explains the different solutions for the double stance problem. Section 4 shows the obtained results and their discussion. Finally, Section 5 gathers the conclusions of the work.

2 EXPERIMENT, MEASUREMENTS, MODEL, SIGNAL PROCESSING, AND FORMULATION.

A healthy adult male of age 37, mass 74 kg and height 180 cm, has been dressed with a special suit where 37 passive reflective markers have been attached, as illustrated in Fig. (1a). For the experiment, the subject walks on a walkway with two embedded AMTI AccuGait force plates, located in such a way that each plate measures the ground reactions of one foot during a gait cycle. The motion is captured by an optical system composed by 12 Natural Point OptiTrack FLEX:V100 cameras and its software, which provides the 3D trajectories of the markers.

A 3D computational model of the subject has been developed in mixed (natural + relative) coordinates. The model, shown in Fig. (1b) possesses 18 bodies and 57 degrees of freedom, and it is defined by 228 dependent coordinates. Unlike the 3D models proposed by several
authors [2, 3], the present model does not use the Head-Arms-Trunk (HAT) simplification. The reason is that it is expected that the upper limbs play a relevant role in the gait of incomplete spinal cord injured subjects, who are the final target of the project. All the body segments are connected by spherical joints in the model, so as to circumvent the problem of determining the rotation axes. Each foot is defined by means of two segments. Following the picture in Fig. (1b), the coordinates of the system are composed by the three Cartesian coordinates of all the points at the spherical joints plus the points at the centers of mass of the five distal segments (head, hands and forefeet), the three Cartesian components of two orthogonal unit vectors at each body (red and green vectors in Fig. (1b)), the three angles that define the pelvis orientation with respect to the inertial frame, and the 51 (3x17) angles that define the relative orientation of each body with respect to the previous one in the open chain system with base in the pelvis.

The geometric parameters of the model are obtained, for the lower limbs, by applying correlation equations from a reduced set of measurements taken on the subject and, for the upper part of the body, by scaling table data according to the mass and height of the subject. Regarding the inertial parameters, they are obtained, for the lower limbs, by a correction, based on data coming from densitometry if available, of the method already indicated for the geometric parameters; for the upper part of the body, the scaling method is used again, but a second scaling is applied in order to adjust the total mass of the subject.

To reduce the noise due to the motion capture process, the Singular Spectrum Analysis (SSA) filter is applied to the position histories of the markers, which are then used to calculate the histories of the model natural coordinates by means of simple algebraic relations. The values of these coordinates at each instant of time are not kinematically consistent due to the inherent errors of the motion capture process. Therefore, the kinematic consistency of the natural coordinates at position level is imposed, at each instant of time, by means of the following augmented Lagrangian minimization process [8],

\[
(W + \Phi_q^T \alpha \Phi_q) \Delta q_{i+1} = -W (q_i - q^*) - \Phi_q^T (\alpha \Phi + \lambda_i)
\]

\[
\lambda_{i+1} = \lambda_i + \alpha \Phi \quad ; \quad i = 1, 2, ...
\]

where \(q^*\) is the vector of the inconsistent natural coordinates, \(\Delta q_{i+1} = q_{i+1} - q_i\), \(\Phi\) is the vector of kinematic constraint equations, \(\Phi_q\) is the corresponding Jacobian matrix, \(\lambda\) is the vector

Figure 1: (a) Markers location; (b) Computational model.
of Lagrange multipliers, $\alpha$ is the penalty factor, and $W$ is a weighting matrix that allows to assign different weights to the different coordinates according to their expected errors.

From the consistent values of the natural coordinates, a set of independent coordinates $z$ is calculated: the three Cartesian coordinates of the spherical joint connecting pelvis and torso, along with the three $x$, $y$, $z$ rotation angles with respect to the fixed global axes, are used to define the pelvis position and orientation, while the joint relative coordinates are used to define the remaining bodies of the model in a tree-like structure.

Prior to differentiate the histories of the independent coordinates $z$, the SSA filter is applied to them in order to reduce the noise introduced by the kinematic consistency. Then, the Newmark’s integrator expressions are used to numerically differentiate the filtered position histories so as to obtain the corresponding velocity and acceleration histories [8].

Once the histories of the independent coordinates $z$, and their derivatives, $\dot{z}$ and $\ddot{z}$, have been obtained, the inverse dynamics problem is solved by means of the velocity transformation formulation known as matrix-R [9], which provides the motor efforts required to generate the motion. However, since such motor efforts are obtained as an external force and torque acting on the pelvis and the corresponding internal joint torques, they are not the true ground reaction force and torque and the true joint torques, as long as the true external force and torque must be applied at the foot or feet contacting the ground, not at the pelvis. Anyway, a simple linear relation can be established between the two sets of motor efforts: it is obtained by equating the vector of generalized forces due to the set of force and torques with the pelvis as base body, and the vector of generalized forces due to the force/forces and torques with the foot/feet as base body/bodies.

Figure 2: Ground reactions calculated (thick line) and measured (thin line).
Fig. (2) shows the correlation between the ground reaction force and moment components calculated and measured. The reaction force and moment components coming from both plates have been added and the results plotted, so that they can be compared with the same terms obtained from inverse dynamics. The plots start at the toe-off of the right foot and finish at the heel-strike of the same foot. The two vertical lines delimitate the double-support phase, in which the inverse dynamics can only provide the addition of the force and moment components due to both feet. However, during the single support phase, the inverse dynamics provides the force and moment at the contacting foot.

3 SOLUTION OF THE DOUBLE STANCE PROBLEM

3.1 Using reactions from force plates

The most common way to calculate the joint torques during a gait cycle including double support is to measure the ground reaction forces and moments by means of force plates. Then, these measured reactions can be used as the inputs of an inverse dynamics problem. This is the only solution when only the lower limbs are considered in the study: the Newton-Euler equations can be solved from the feet to the hips, and no knowledge about what happens with the upper part of the body is needed.

In case the whole body is considered, a resultant reaction vector $\mathbf{R}$, which includes the three components of both the external reaction force and moment, can be obtained by solving the inverse dynamics problem stated in Section 2. This resultant reaction will not coincide with that measured at the force plates, $\mathbf{R}_F$, due to the errors accumulated in the estimation of the body segment parameters and the motion capture, and the measurement error of the force plates themselves. This means that the inverse dynamics results are inconsistent with the force plate measurements. However, these force plate measurements can still be used as an input for the solution of the double support problem, since their shapes contain information about how the total reaction is transferred from the trailing foot to the leading foot. A solution to this problem would be to combine the results from inverse dynamics with the measured reactions in a least square sense [10], but this would modify the resulting motion. In order to preserve the kinematics, a simpler alternative method is here presented.

The residual between the reactions obtained from inverse dynamics and those measured by force plates, $\mathbf{e}=\mathbf{R}-\mathbf{R}_F$, can be split and added to each of the force plate reactions to make their resultant consistent with the inverse dynamics, thus assuming that all the residual comes from errors in the reaction measurement. In order to avoid discontinuities at heel strike and toe off, the correction is split between both force plates by using a linearly varying function $\kappa$:

$$\mathbf{R}_1 (t) = \mathbf{R}_F1 (t) + \kappa(t)e(t)$$
$$\mathbf{R}_2 (t) = \mathbf{R}_F2 (t) + [1 - \kappa(t)]e(t)$$

(2)

where $\mathbf{R}_1$ and $\mathbf{R}_2$ are the reactions at the trailing and leading foot respectively, and $\mathbf{R}_{F1}$ and $\mathbf{R}_{F2}$ are their force plate counterparts. This leads to a set of reactions at each foot that is close to the force plate results, but keeping the consistency with inverse dynamics. This means that the force plate information is used only for approximating the transition of the reactions, instead of as an input of the inverse dynamics problem.
3.2 The smooth transition assumption (STA)

In case no force plate data is available, the ground reaction forces and moments at each foot can be determined by using a reasonable transition criterion. An example of this type of procedures is the smooth transition assumption (STA), proposed by Ren et al. [7]. This algorithm is based on the assumption that the reaction forces and moments at the trailing foot decay according to a certain law along the double support phase. The method uses two shape functions $f_x(t)$ and $f(t)$ that approximate the shape of the reactions at the trailing foot during the double support phase, by using a combination of exponential and linear functions whose parameters are obtained by trial and error. The first function, $f_x$, is used for the anteroposterior reaction force, whereas the second function, $f$, is used to model the shape of the remaining five components. Thus, the anteroposterior reaction force $R_{1x}$ is obtained as:

$$R_{1x}(t) = f_x(t)R_{1x}(t_{HS})$$

where $f_x$ is a function whose value is 1 at the heel strike of the leading foot, and 0 at the toe off of the trailing foot, and $t_{HS}$ is the time instant at the heel strike of the leading foot, i.e. the end of the single support phase.

For the remaining five components of the ground reaction the procedure is the same, but using the second smoothing function $f$ and the value of the corresponding component at heel strike. In order for the smoothing function to correctly mimic the decay of the reaction moments, the reaction forces must be considered as applied at the respective centers of gravity of each foot. Once the reactions along the support phase are estimated for the trailing foot, their counterparts at the leading foot are the result of forcing the resultant to be equivalent to the total reaction $R$ given by the inverse dynamics.

3.3 Force contact model with optimization

Using an assumed transition curve to determine the reaction sharing in the absence of force plates can be a good approximation in normal gait applications. However, the STA and similar methods are based on the assumption that the double support phase is short in comparison to the cycle period, and that the reactions at toe off behave in a certain way, which has been previously observed from normal gait measurements. In pathological gait, neither of these assumptions is true, since, on the one hand, the double support phase may be even longer than the swing phase, and, on the other hand, the force transfer between both feet is unknown. A possible way to obtain the ground reaction forces at each foot from inverse dynamics can be the usage of a foot-ground contact model.

To model the foot-ground contact, a point force model that provides the contact force as function of the indentation between the two contacting surfaces is used. The total contact force is divided into the normal and tangential components. The normal component follows the model proposed by Lankarani and Nikravesh [11], while the tangential component is the bristle-type model proposed by Dopico et al. [12]. The corresponding parameters are design variables of the optimization process. The foot surface is approximated by several spheres, whose positions and radii are also design variables of the optimization process.

The objective is to adjust the position and size of the spheres and the contact force parameters, so that the ground reactions provided by the inverse dynamics are reproduced by the contact model. During the single-support phase, the contacting foot is responsible for providing the ground reaction force and torque obtained from inverse dynamics. However, during the double-support phase, both feet contribute to produce the total ground reaction force and torque obtained from inverse dynamics.
Therefore, the optimization problem is stated as follows: find the force contact parameters and the position and size of the spheres approximating the feet surfaces, so that the error between the ground reaction force and torque components provided by the inverse dynamics and the contact model is minimized. Upper and lower boundaries are set for each design variable. Moreover, a null value of the reaction is imposed to each foot when it is not contacting the ground. The introduction of this last constraint requires the transition times between single and double support to be determined, which has been done by using the force plate data. In case no force plate data were available, a method based on kinematics, such as the Foot Velocity Algorithm (FVA) [13], could be used for that purpose.

Figure 3: Feet models during the optimization process: right foot (blue solid line); left foot (blue dashed line).

To speed-up the optimization process, only the models of the two feet are used for each function evaluation, as illustrated in Fig. (3). Indeed, since the motions of the feet are known and the forces introduced by the contact model only depend on the indentation histories, dealing with the whole human body model is not required. The picture in Fig. (3) is a projection on the sagittal plane of the 3D feet models. For each foot, the red reference frames are rigidly connected to the heel and toe segments respectively: three spheres belong to the hindfoot and the fourth one is part of the forefoot.

The evolutive optimization method known as Covariance Matrix Adaptation Evolution Strategy (CMA-ES) [14] has been applied. A Matlab function containing the implementation of the algorithm has been downloaded from www.lri.fr/~hansen/. Being an evolutive optimization method, it does not require that function evaluations are sequentially executed, thus enabling the process to be parallelized. Consequently, the CMA-ES function is prepared to simultaneously send several sets of design variables (arranged as columns in a matrix) for their respective values of the objective function to be calculated. A Matlab function has been developed by the authors that receives a matrix with as many columns (sets of design variables) as available parallel processors, and returns a row vector with the corresponding values of the objective function. This function makes use of the Parallel Computing Toolbox through the parfor statement, in order to perform the multiple function evaluations in parallel. Each function evaluation is carried out by a Fortran code packed into a MEX-file, that calculates the ground reactions due to the contact model and obtains the error with respect to the inverse dynamics results.

The method described so far is a general approach. However, to begin with, a simpler version has been implemented in this work. Four spheres have been considered for each foot. The design variables are the following five parameters for each sphere: $x$ and $y$ local position of the sphere center for a given $z$ (blue vectors in Fig. (1b)), sphere radius $r$, stiffness $K$ and restitution coefficient $c_e$ of the Lankarani-Nikravesh normal contact force model [11]. This makes a total of 40 design variables. Regarding the objective function, only the RMS errors due to the discrepancies between the normal force and the longitudinal and lateral moments provided by inverse dynamics and the force contact model are taken into account, this being equivalent
to adjust the normal force and the center of pressure. All the three mentioned terms of the objective function are affected by weighting factors (1, 5, 5), in order to balance their different scales. The null value reaction at each foot when it is not contacting the ground is imposed by returning a Not-a-Number (NaN) value of the objective function when this condition is violated, as required by the CMA-ES algorithm.

4 RESULTS AND DISCUSSION

Fig. (4) shows the force plate reactions, modified according to the procedure described in Section 3.1 (FPm), versus their unmodified counterparts (FP). The x, y and z axes correspond to the anteroposterior, mediolateral and vertical directions respectively. In Fig. (5), the results obtained by applying the STA are displayed, and compared to the same reference. It can be observed that the STA approximates the reactions of the trailing foot (toe-off) better than those at the leading foot, which is something to be expected due to the nature of the method. Sharing the residual between force plates and inverse dynamics among both feet (FPm) yields worse results than STA at the trailing foot, but the overall results are better, since the maximum error is bounded by the residual ε.

![Figure 4: Ground reaction components: FPm (thick lines) vs. FP (thin lines); x component (blue), y component (green), z component (red).](image)

The results obtained from the contact model (CM) are shown in Fig. (6). Fig. (6a) plots the total normal contact force provided by inverse dynamics (ID), the two normal contact forces yielded by the contact models of the feet, their addition, and the normal contact forces measured by the force plates during the experiment. The plots start at the toe-off of the right foot and finish at the heel-strike of the same foot. The grey area delimitates the double-support phase, in which the inverse dynamics can only provide the addition of the normal forces due to both feet. Fig. (6b) plots the mediolateral and anteroposterior moments provided by the contact model and the inverse dynamics.
Figure 5: Ground reaction components: STA (thick lines) vs. FP (thin lines); x component (blue), y component (green), z component (red).

Figure 6: Comparison among ground reactions from inverse dynamics (ID), contact model (CM) and force plates (FP): a) vertical force; b) horizontal moments.

It can be seen that the total normal force obtained from inverse dynamics is well reproduced by the total normal force obtained as the addition of the normal forces provided by the feet due to the optimized contact model. Moreover, the normal force at each foot measured by the force plates during the experiment is well adjusted too by the normal force at each foot.
due to the optimized contact model. On the other hand, an acceptable agreement is also observed between ID and CM for the two horizontal components of the reaction moment.

In Fig. (7), the results of matching the CM forces to the inverse dynamics by sharing the residual (CMm) are displayed. The results obtained for the vertical force and its corresponding moments are, in terms of maximum RMS error, better than those obtained by the STA.

![Graphs showing ground reaction components: CMm (thick lines) vs. FP (thin lines); x component (blue), y component (green), z component (red).](image)

Figure 7: Ground reaction components: CMm (thick lines) vs. FP (thin lines); x component (blue), y component (green), z component (red).

It must be said that modeling the foot as two segments proved to be relevant: a single-segment foot model was also tested but it led to notably higher errors.

The discontinuities shown by the force and moments yielded by the contact model are presumably due to the fact that the motion is imposed. This, along with the fact that the time-step used by the motion capture system (10 ms) is rather large for contact problems, means that a contact sphere might undergo sudden indentation increments from one time-step to another. Moreover, no mechanism has been provided in order to handle the variation of stiffness depending on the number of active spheres. Other possible cause is the notable error in the captured positions of the markers at the feet, which further amplifies the mentioned problem.

Regarding efficiency, the optimization process that led to the presented results took a wall-clock time of around 14 seconds on an Intel Core i7 950 computer, and roughly required 12,000 function evaluations, being these figures representative of the general trend observed during the study.

At the view of the results and the computational effort required by this optimization process, it is clear that the proposed method is not suitable to be applied at each iteration of a predictive optimization process having the motion as design variables, as long as the required computation times would be too high. Instead, it seems more reasonable to use this technique to obtain a foot contact model that could be applied on a predictive optimization process, having either the motion or the excitations as design variables. In such a context, it would be expected that the observed discontinuities in the reactions produced by the contact model vanished: in the first case, the optimizer would move away from motions causing discontinuities, due to their high metabolic cost; in the second case, forward dynamics would be run at each function evaluation, thus yielding a smooth profile of the contact reactions.
For the use of the method in the abovementioned way, it would be advisable to set the same model for both feet. However, this has not been done in the present work, since the excessive inaccuracy in marker location led to non-satisfactory results. Therefore, more attention should be paid to marker location (especially in the feet) in the experiment. Also, it would be recommendable to carry out experiments at different gait speeds, as in [4], in order to adjust the model to all of them, or to seek a relationship between the contact model parameters and the gait speed. Finally, the method should be extended to the general case, including tangential contact forces, although this objective might need to be approached in a different way.

5 CONCLUSIONS

The solution of the double support problem during gait, i.e. the determination of ground reactions from a given motion without the help of force plates, allows estimating the joint efforts that generated the motion. The difficulty of the problem comes from the ground reactions indeterminacy that occurs during the double support phase of gait. In this paper, different methods for solving the double stance problem in human gait have been presented and compared. Apart from the use of force plate measurements, two methods that do not use force plate information are addressed, namely the smooth transition assumption and the use of a foot-ground contact model.

Basically, the idea in the latter approach is to seek the parameters of a force contact model that produce the same reaction forces and moments than those estimated from inverse dynamics. In this work, only the contact surface and normal force parameters have been considered as design variables, being the normal reaction force and the horizontal components of the reaction moment the magnitudes whose error has been minimized.

The proposed force-based approach has shown a good correlation with measurements taken from force plates, and the computational times required have been kept moderated (some seconds). Therefore, it could serve to generate foot-ground contact models to be used within optimization processes aimed at predicting the motion of real subjects under virtual conditions. This kind of tool would be of great help to anticipate the result of surgery or to help in the design of prosthetic/orthotic devices. However, for such an application, further work should be done in the future, especially in the direction of eliminating the force and moment discontinuities.

It should be noted that the method is not intended for identifying the actual parameters of the foot-ground contact, since that would require a much more precise measurement of the foot motion during support phase.

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