

1 **Number of Synergies Impacts Sensitivity of Gait to Weakness and Contracture**

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15

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17 **Abstract**

18 Muscle activity during gait can be described by a small set of synergies, weighted groups of
19 muscles, that are often theorized to reflect underlying neural control. For people with neurologic
20 injuries, like in cerebral palsy or stroke, even fewer (*e.g.*, < 5) synergies are required to explain
21 muscle activity during gait. This reduction in synergies is thought to reflect simplified control
22 strategies and is associated with impairment severity and treatment outcomes. Individuals with
23 neurologic injuries also develop secondary musculoskeletal impairments, like weakness or
24 contracture, that can also impact gait. The combined impacts of simplified control and
25 musculoskeletal impairments on gait remains unclear. In this study, we use a musculoskeletal
26 model constrained to synergies to simulate unimpaired gait. We vary the number of synergies (3-
27 5), while simulating muscle weakness and contracture to examine how altered control impacts
28 sensitivity to muscle weakness and contracture. Our results highlight that reducing the number of
29 synergies increases sensitivity to weakness and contracture. For example, simulations using five-
30 synergy control tolerated 40% and 51% more knee extensor weakness than those using four- and
31 three-synergy control, respectively. Furthermore, the model became increasingly sensitive to
32 contracture and proximal muscle weakness, such as hamstring and hip flexor weakness, when
33 constrained to four- and three-synergy control. However, the model's sensitivity to weakness of
34 the plantarflexors and smaller bi-articular muscles was not affected by the number of synergies.
35 These findings provide insight into the interactions between altered control and musculoskeletal
36 impairments, emphasizing the importance of incorporating both in future simulation studies.

37

38 **1. Introduction**

39 Muscle synergy analysis decomposes muscle excitations to identify common patterns of co-
40 activation during dynamic activities. These patterns are theorized to reflect modular spinal and
41 supraspinal networks that are used to control movement (Kargo et al., 2010; Stein, 2008) and
42 reduce the dimensionality of neuromuscular control (Tresch and Jarc, 2009). More recently,
43 these analyses have provided a tool to quantify the complexity of an individual's motor control
44 (Cappellini et al., 2016; Clark et al., 2010; Steele et al., 2015; Tang et al., 2015). Extending
45 synergy analyses to clinical populations, like children with cerebral palsy (CP) and individuals
46 post-stroke, has improved our understanding of neuromuscular impairments. For example,
47 muscle activity during walking for children with CP and individuals post-stroke can be explained
48 by fewer synergies than nondisabled peers, which has been associated with impaired function
49 (Cheung et al., 2012) and treatment outcomes (Oudenhoven et al., 2017; Schwartz et al., 2016;
50 Shuman et al., 2019a, 2018). These individuals also commonly develop secondary
51 musculoskeletal impairments. In particular, muscle contracture and weakness are common (Gage
52 et al., 2009; O'Dwyer et al., 1996). The interactions between altered control and secondary
53 musculoskeletal impairments make identifying the causal mechanisms underlying gait
54 pathologies challenging and limit our ability to effectively intervene.

55 Computational models of the neuromusculoskeletal system enable evaluation of hypotheses
56 about relationships between impairment mechanisms. Previous studies used modeling and
57 simulation to examine how weakness (van der Krogt et al., 2012), contracture (Fox et al., 2018),
58 and the number of synergies (Mehrabi et al., 2019) may impact gait. Results highlighted that
59 weakness, contracture, and reliance on fewer synergies, make achieving a typical gait pattern
60 more difficult. However, these impairments were imposed in isolation; therefore, not addressing

61 if altered control inhibits adaptation to musculoskeletal impairments (Fox et al., 2018). A
62 previous simulation study examined the combined effects of these impairments in the presence
63 of aberrant musculoskeletal geometries. Results highlighted that the number of synergies may
64 influence how musculoskeletal impairments impact gait and suggested that altered muscle-
65 tendon properties, rather than impaired motor control, were the primary cause of abnormal gait in
66 a case study of a child with CP (Falisse et al., 2020).

67 The purpose of the present study was to examine the interactions between neuromuscular and
68 musculoskeletal impairments on unimpaired gait. Specifically, we used musculoskeletal
69 simulation to examine how the number of synergies controlling movement alters the sensitivity
70 of unimpaired gait to weakness and contracture. We used a direct collocation framework
71 (Mehrabi et al., 2019) to generate tracking simulations while varying the number of synergies
72 and simulating progressive weakness and contracture. Reducing the number of synergies
73 controlling movement restricts control space and flexibility, thus, we hypothesized that control
74 strategies constrained to fewer synergies would (1) reduce the amount of weakness and
75 contracture the simulation can tolerate before unimpaired gait is irreducible and (2) exacerbate
76 the increases in muscle activity required to replicate unimpaired gait with weakness and
77 contracture.

78 **2. Methods**

79 **2.1 Musculoskeletal model**

80 We built a sagittal plane, musculoskeletal model based on the planar model of (Geyer and Herr,
81 2010) and added the rectus femoris similar to (Dorn et al., 2015) in MapleSim (Maplesoft, Inc).
82 The model consisted of seven rigid body segments - one combined head, arms, and torso (HAT)

83 and three segments per leg (thigh, shank, and foot) – linked by hinge joints (Geyer and Herr,
84 2010) (Figure 1). Eight Hill-type musculotendinous units per leg actuated the model's nine
85 kinematic degrees of freedom (DoF): biarticular hamstring (HAM), gluteus maximus (GLU),
86 iliopsoas (IP), rectus femoris (RF), vasti (VAS), gastrocnemius (GAS), soleus (SOL), and tibialis
87 anterior (TA) (Dorn et al., 2015; Mehrabi et al., 2019). Ten continuous coulomb friction contact
88 spheres were placed equidistantly along each foot to simulate ground contact (Brown and
89 McPhee, 2016). Sphere contact stiffness was hand-tuned to a value of 848500 N/m to prevent
90 unrealistic foot movements and spikes in ground reaction forces (Mehrabi et al., 2019).

91 **2.2 Optimization**

92 Dynamic equations of motion were exported from MapleSim to a direct collocation (DC)
93 optimal control framework (Figure 1) within MATLAB (Mathworks, Inc) (Mehrabi et al., 2019).
94 DC is a trajectory optimization method that discretizes states along a path and solves for each
95 discretization point simultaneously. DC has become popular because of its ability to accurately
96 and rapidly simulate motion (Ackermann and van den Bogert, 2010; De Groote et al., 2016;
97 Kinney et al., 2013).

98 Within MATLAB, ADiGator (Weinstein and Rao, 2017) converted the trajectory optimization
99 into a nonlinear program which MATLAB's interior-point optimizer (IPOPT) (Wächter and
100 Biegler, 2006) solved. The framework generated tracking simulations that minimized deviations
101 from desired kinematics, the amount of muscle activation required - which we termed “neural
102 demand” (Ackermann and van den Bogert, 2010; Mehrabi et al., 2019) - and a smoothing term
103 for neural control:

$$J = \int_{t=0}^{t=t_f} \left(w_1 \sum_{j=1}^9 (\Theta - \Theta_{tracked})^2 + w_2 \sum_{m=1}^{16} u_m^2 + w_3 \sum_{m=1}^{16} \dot{u}_m^2 \right) dt \quad (1)$$

104 where $\Theta - \Theta_{tracked}$ represents deviations from tracked kinematics, and u represents muscle
105 activations with \dot{u} derivatives. Neural demand acted as an energetic estimator in lieu of a
106 metabolic model as muscle activations require substantial metabolic energy (Lemaire et al.,
107 2019), are a primary determinant of human energy expenditure (Umberger et al., 2003), and
108 correlate with the metabolic cost of walking (Hortobágyi et al., 2011; Silder et al., 2012).
109 Weighting factors (w_1 , w_2 , and w_3) applied to the tracking, neural demand, and neural derivative
110 terms were set to 5000, 35, and 0.05, respectively. These weights were previously used to
111 simulate unimpaired gait (Mehrabi et al., 2019). Gait replication was the primary goal, thus
112 tracking error was most heavily weighted. Average walking kinematics from a previous study of
113 unimpaired individuals (Liu et al., 2008) were tracked ($\Theta_{tracked}$). To reduce computation time,
114 symmetry was assumed (Ankarali et al., 2015). Preliminary simulations were initialized with a
115 null guess: perfect state matching and zeroed controls, whereafter simulations used the
116 preliminary solutions to initialize the optimization.

117 **2.3 Neuromuscular Control**

118 We implemented a neuromuscular controller within the DC framework (Figure 1) that varied the
119 number of synergies controlling each leg (Steele et al., 2015). Non-negative matrix factorization
120 (NNMF) (Lee and Seung, 1999) generated synergies from an initial simulation that controlled
121 each muscle individually (*i.e.*, not constrained by synergies). Briefly, NNMF decomposes control
122 signals into weights and activations by a multiplicative update algorithm that minimizes
123 deviations from the original signal. Thus, the chosen sets of 3-5 synergies represented the groups
124 of muscles that would explain the greatest variance in muscle activity from the initial simulation.

125 The synergies constrained muscle activation patterns during tracking simulations, where fewer
126 synergies were used to simulate more severe neuromuscular impairments (Cheung et al., 2012;
127 Steele et al., 2015). We selected 3-5 synergies as this reflects the control complexities observed
128 in CP (Bekius et al., 2020; Shuman et al., 2019a; Steele et al., 2015; Tang et al., 2015),
129 individuals post-stroke (Clark et al., 2010), and nondisabled individuals (Rozumalski et al.,
130 2017; Shuman et al., 2019b). Two synergy control, sometimes seen in stroke (Clark et al., 2010)
131 and CP (Shuman et al., 2019a; Tang et al., 2015), was excluded because of its inability to track
132 unimpaired gait (Mehrabi et al., 2019).

133 **2.4 Musculoskeletal Impairments**

134 We simulated weakness by reducing a muscle or muscle group's maximum isometric force (F_o^m)
135 (Fox et al., 2018; Ong et al., 2019; Steele et al., 2012; van der Krogt et al., 2012). Each muscle
136 was weakened individually, along with both plantarflexors (PFlex = GAS + SOL), knee
137 extensors (KExt = RF + VAS), knee flexors (KFlex = GAS + HAM), hip extensors (HExt =
138 GLU + HAM), and hip flexors (HFlex = IP + RF). To examine generalized weakness, all
139 muscles were weakened simultaneously (ALL).

140 We altered the original model (Mehrabi et al., 2019) to permit tendon strain and simulated
141 contracture by reducing a muscle or muscle group's tendon slack length (L_s^t) (Fox et al., 2018;
142 Steele and Lee, 2014). We simulated contracture for SOL, GAS, HAM, and PFlex. These
143 muscles exhibit contracture among children with CP (Barber et al., 2011; Handsfield et al., 2016;
144 Wiley and Damiano, 1998) and stroke survivors (Diong and Herbert, 2015; Halar et al., 1978;
145 Kwah et al., 2012), and are thought to contribute to pathologic gait (Graham et al., 2016;
146 O'Dwyer et al., 1989; Ong et al., 2019; Steele and Lee, 2014).

147 **2.5 Analyses**

148 We progressively increased weakness or contracture, using 1% increments for weakness and
149 0.1% increments for contracture, until the simulation failed to replicate unimpaired gait. Points
150 of failure, defined by either the average root-mean-squared error (RMSE) for a DoF surpassing
151 one degree or the simulation's inability to converge after 2500 iterations, were considered
152 weakness and contracture thresholds. Thresholds demonstrate gait's robustness to weakness or
153 contracture. Differences in thresholds across controls highlight how reducing the number of
154 synergies used by the control strategy can impact unimpaired gait's sensitivity.

155 To further examine interactions between the neuromuscular and musculoskeletal impairments,
156 we analyzed the neural demand required to replicate gait as weakness and contracture
157 progressively increased with five-, four, and three-synergy control (Figure 4a). As noted above,
158 neural demand was a term in the optimization's objective function and calculated as the sum of
159 squared activations. Neural demand from five-synergy control were subtracted from four- and
160 three-synergy control, highlighting differences in neural demand from baseline control (Figure
161 4b). We fit quadratic curves to the neural demand differences to characterize the compounding
162 effects of weakness and contracture on the amount of muscle activation required to track
163 unimpaired gait. The second-order coefficient of a quadratic fit describes the steepness of the
164 curvature. Greater second-order coefficients indicate larger increases and more rapid deviations
165 in neural demand relative to five-synergy control (Figure 4b). To facilitate comparison, the
166 second-order coefficients were normalized to the maximum observed for each impairment (*i.e.*,
167 weakness and contracture).

168 **3. Results**

169 **3.1 Weakness**

170 The tolerance to weakness decreased as the control strategy used fewer synergies to track
171 unimpaired gait (Figure 2). When weakness was imposed, five-synergy control tolerated on
172 average 27% and 35% more weakness than four- and three-synergy control, respectively. For
173 generalized weakness (ALL), five-synergy control tolerated up to a 45% reduction in total body
174 strength (*i.e.*, the simulation failed to track unimpaired gait with five-synergies when all muscles
175 were weakened by 45%). Four- and three-synergy control tolerated similar reductions in total
176 body strength (44% and 45%, respectively), indicating the number of synergies had little to no
177 effect on generalized weakness thresholds.

178 The weakness thresholds for specific muscle groups varied. We deemed muscle groups control
179 sensitive if the average difference in weakness thresholds between five-, four-, and three-synergy
180 control exceeded 7.7%. This value represents the standard deviation in lower limb muscle
181 volume and strength for TD children (Handsfield et al., 2016; Knarr et al., 2013). Control
182 sensitive muscle groups included the VAS, knee extensors (VAS + RF), HAM, hip extensors
183 (HAM + GLU), knee flexors (GAS + HAM), hip flexors (IP + RF), IP, and TA (Figure 2).

184 Within the control sensitive group, five-synergy control could replicate unimpaired gait with, on
185 average, 34% and 41% more weakness than four- and three-synergy control, respectively. Within
186 the control sensitive group, four- and three-synergy control were least robust to TA, IP, and hip
187 flexor (IP + RF) weakness.

188 The muscle groups that were not sensitive to changes in the number of synergies (*i.e.*, control
189 insensitive) included the GAS, GLU, RF, SOL, and PFlex (SOL + GAS). Three muscles, the
190 GAS, GLU, and RF, could be fully weakened (*i.e.*, completely removed from the simulation with
191 a weakness threshold of 100%) without preventing unimpaired gait for all synergy controls. The

192 SOL and plantarflexors (SOL + GAS) had weakness thresholds of 58% and 50% for five-
193 synergy control, respectively, with minimal differences (0-3 percentage points) in weakness
194 thresholds with fewer synergies.

195 **3.2 Contracture**

196 The tolerance to contracture decreased as the control strategy used fewer synergies to track
197 unimpaired gait (Figure 3). On average, five-synergy control tolerated 24.7% and 57.1% greater
198 reductions in tendon slack length (l_s^t) when compared to four- and three-synergy control.
199 However, contracture thresholds varied between muscle groups. All three plantarflexor scenarios
200 (SOL, GAS, SOL+GAS) showed similar robustness to contracture, with a 1.6 percentage point
201 drop in contracture threshold from five- to four-synergy control, but then no further reduction in
202 contracture threshold for three-synergy control. Similarly, HAM contracture had a 1.6 percentage
203 point drop in threshold from five- to four-synergy control, but then had a 7.6 percentage point
204 drop in threshold with three-synergy control.

205 **3.3 Neural Demand**

206 Weakness, contracture, and the number of synergies used by the control strategy impacted the
207 neural demand (sum of squared muscle activations) during gait. Five-synergy control's neural
208 demand was most sensitive to ALL, PFlex, SOL, and hip flexor (HFL and HFL + RF) weakness
209 and least sensitive to knee extensor (RF, VAS, and VAS + RF), GLU, and GAS weakness.
210 Contracture of the plantarflexors (SOL, PFlex, and GAS) increased five-synergy control's neural
211 demand more than HAM contracture. Without weakness or contracture, neural demand increased
212 by 16.7% with four-synergy control compared to five-synergy control, and was further elevated
213 by 3.7% with three-synergy control (Figure 4a, y-axis intercept).

214 The sensitivity of neural demand to weakness increased as the control strategy used fewer
215 synergies for most muscles (Figure 4c). The quadratic fit comparing the difference in neural
216 demand between three- and five-synergy control was 3.5x that of four-synergy control. That is,
217 as weakness progressed, the neural demand of three-synergy control increased and deviated from
218 baseline control more rapidly than four-synergy control. For example, when ALL muscles were
219 weakened, the second-order coefficient increased from 0.05 for four-synergy control to 0.39 for
220 three-synergy control. Deviations from five-synergy control were greatest for the control
221 sensitive muscles, especially weakness of the IP and TA. In contrast, the number of synergies
222 were less influential on neural demand for the control insensitive muscles, with GAS, GLU, and
223 RF second-order coefficients close to zero.

224 The sensitivity of neural demand to contracture increased as the control strategy used fewer
225 synergies (Figure 5). When averaged across the contracture scenarios, the second-order
226 coefficient was 2.5x larger for three- than four-synergy control. Deviations from five-synergy
227 control, as measured by the average second-order coefficient between four- and three-synergy
228 control, were largest for contracture of the plantarflexors (SOL, GAS, and SOL + GAS) and
229 smallest for HAM contracture.

230 **4. Discussion**

231 This study found that impaired motor control (*e.g.*, a control strategy constrained to fewer
232 synergies) impacts how sensitive unimpaired gait is to musculoskeletal impairments. This
233 supports both our hypotheses: control strategies constrained to use fewer synergies (1) tolerated
234 less weakness and contracture while replicating unimpaired gait and (2) exacerbated the
235 increases in muscle activation required to replicate unimpaired gait with weakness and
236 contracture. Prior analyses have excluded altered control from systematic analyses on impacts of

237 weakness or contracture on gait (Fox et al., 2018; Jason J Kutch and Valero-Cuevas, 2011; van
238 der Krogt et al., 2012). Our results highlight interactions between altered control and
239 musculoskeletal impairments which influence the sensitivity of gait and should be factored into
240 future analyses, especially for populations with motor impairments.

241 The majority of muscles and muscle groups were sensitive to changes in the number of synergies
242 used to track unimpaired gait. In general, weakness of proximal muscles and contracture of the
243 hamstring and plantarflexors were most sensitive to changes in the number of synergies.

244 Previous studies examining muscle weakness found that unimpaired gait was generally robust to
245 weakness when control was not constrained to synergies (Fox et al., 2018; van der Krogt et al.,
246 2012), but could only tolerate up to 3% reductions in tendon slack length (Fox et al., 2018). Our
247 findings indicate similar trends for baseline control: five-synergy control was robust to the
248 removal of several muscles and tolerated up to 3% reductions in tendon slack length for the
249 plantarflexors. However, with four- and three-synergy control, simulations were less robust to
250 weakness and contracture. Thus, the ability for the simulation to track unimpaired gait with
251 weakness and contracture quickly diminished as the control strategy was constrained to use
252 fewer synergies.

253 Our sagittal-plane simulations of unimpaired gait were most robust to the weakness of redundant
254 and bi-articular muscles. Independent of the number of synergies, our simulations could track
255 unimpaired gait with the removal of the gluteus maximus, rectus femoris, and gastrocnemius,
256 which may be surprising due to the low redundancy measure ($\#$ of muscles divided $\#$ DoFs+1
257 (Sohn et al., 2019)) of our model compared to previous studies: 1.5 vs. 3.8 (van der Krogt et al.,
258 2012) and 4.8 (Fox et al., 2018). Gluteus maximus results may be the most surprising because of
259 the gluteus maximus' ability to generate hip extensor moments (Arnold et al., 2005). However,

260 our model and other previous studies found that redundant hip and knee extensors could actively
261 compensate for gluteus maximus weakness (van der Krogt et al., 2012). Robustness to rectus
262 femoris and gastrocnemius were previously reported (van der Krogt et al., 2012) and stem from
263 lower maximum isometric forces and reduced abilities to accelerate joints per unit force (Arnold
264 et al., 2005), allowing alternative control strategies to replicate unimpaired gait with as few as
265 three synergies. In contrast, (Jason J. Kutch and Valero-Cuevas, 2011) found that removing the
266 gastrocnemius and rectus femoris had the greatest impact on endpoint force generation,
267 emphasizing a lack of redundancy in the musculoskeletal system . However, comparing this to
268 our results from gait highlights how redundancy can be task-specific.

269 From a clinical perspective, it is surprising our results indicate that gluteus maximus, rectus
270 femoris, and gastrocnemius weakness would not prevent unimpaired gait as these are common
271 suspects of gait deviations in CP (Falisse et al., 2020; Ong et al., 2019; Steele et al., 2012).
272 Model simplifications are likely not the sole cause as prior studies using more complex models
273 found similar robustness to GAS, GLU, and RF weakness (van der Krogt et al., 2012). Our
274 investigation and prior studies analyzed the impact of weakness during only unimpaired gait.
275 GAS, GLU, and RF weakness may be more substantial in gait patterns that rely more on flexors,
276 such as crouch gait in CP (Steele et al., 2012). Additionally, children with CP can develop bony
277 deformities (Graham et al., 2016) and often have deficits in multiple muscle groups (Handsfield
278 et al., 2016; Wiley and Damiano, 1998), likely affecting sensitivity to altered muscle-tendon
279 properties.

280 The neural demand of unimpaired gait was most sensitive to total body and plantarflexor
281 weakness and plantarflexor contracture, aligning with previous results indicating that
282 impairments in these muscle groups lead to large increases in neural demand (van der Krogt et

283 al., 2012). In addition, our study and previous findings highlight that knee extensor,
284 gastrocnemius, gluteus maximus, and rectus femoris weakness have little to no effect on the
285 neural demand of unimpaired gait (van der Krogt et al., 2012). Furthermore, the increases in
286 neural demand required to adapt to weakness and contracture were exacerbated by fewer
287 synergies. The magnitude of the exacerbating effect was largest for the weakness and contracture
288 scenarios four- and three-synergy control were least robust to. These findings indicate that an
289 individual's muscle activation increases most when adapting to the to the musculoskeletal
290 impairments they tolerate the least.

291 It is important to note that there are several limitations of this study. Simulations were a
292 simplified representation of human gait that had simplified muscle paths and neglected active
293 stability and control in the mediolateral direction. The addition of the mediolateral direction
294 would likely highlight how unimpaired gait was sensitive to hip abductor weakness (van der
295 Krogt et al., 2012) and simplified hip anatomy may have led to greater impairment thresholds for
296 the hamstrings. Nonetheless, our simplified simulations found results similar to previous three-
297 dimensional analyses of unimpaired gait's robustness to weakness and contracture (Fox et al.,
298 2018; van der Krogt et al., 2012) and highlights how, even in a simple model, fewer synergies
299 can influence sensitivity to weakness and contracture. We also assumed bilateral symmetry
300 which can be a poor assumption for individuals with hemiparesis. Future studies should examine
301 unilateral muscle dysfunction and fewer synergies. Lastly, we only examined unimpaired gait
302 and altered gait patterns may have different responses to the combined effects of fewer
303 synergies, weakness, and contracture (Latash and Greg Anson, 1996). Future studies should
304 apply similar methods to altered gait patterns as some gait deviations may be advantageous
305 because they increase robustness to specific impairments.

306 This study investigated the interactions between neuromuscular and musculoskeletal
307 impairments on gait. We found that when the control strategy was constrained to use fewer
308 synergies, the likelihood of achieving an unimpaired gait pattern with weakness and contracture
309 was further reduced. These results could be used to develop hypotheses for designing future
310 interventions. For example, targeting plantarflexor weakness may be advantageous for an
311 individual who uses fewer synergies because of its control insensitivity and importance in gait
312 (Hall et al., 2011; Liu et al., 2008; van der Krogt et al., 2012). In conclusion, the severity with
313 which musculoskeletal impairments influence gait is affected by the number of synergies
314 required to explain one's muscle activity during gait. Incorporating these factors into patient-
315 specific models could improve our understanding of function for individuals with neuromuscular
316 impairments.

317 **5. Declaration of Competing Interest**

318 There are no conflicts of interest to report.

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Figure Captions

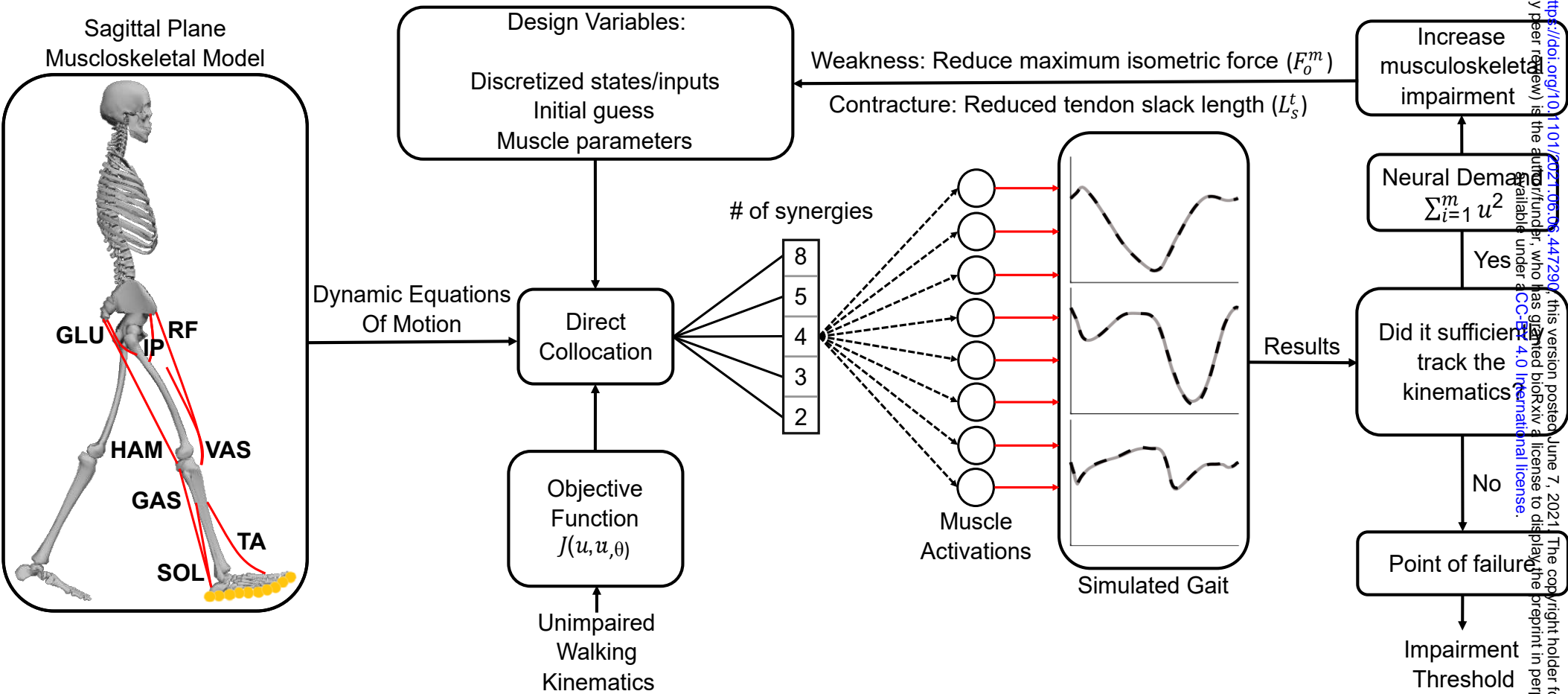
Figure 1: A two-dimensional sagittal plane musculoskeletal model and synergy simulation framework tracked unimpaired gait kinematics. The model had nine degrees of freedom, including right and left leg hip, knee, and ankle flexion, actuated by eight muscles per leg. Fixed sets of synergies constrained control, forcing the direct collocation algorithm to solve for synergy activations. The objective function minimized deviations from unimpaired kinematics and the sum of muscle activations (u) squared (neural demand). Weakness, simulated by a reduction in maximum isometric force (F_o^m), and contracture, simulated by a reduction in tendon slack length (L_s^t), were progressively increased for each muscle or muscle group until the simulation failed to replicate unimpaired gait. Kinematic deviations and convergence determined the success of the simulation. The primary outcomes were (1) musculoskeletal impairment thresholds, defined by the amount of weakness or contracture before failure, and (2) neural demand of each gait cycle.

Figure 2: Weakness thresholds for five-, four-, and three-synergy control. A greater weakness threshold indicates muscle groups that are more robust to weakness while tracking unimpaired gait. Three muscles (GAS, GLU, and RF) had a weakness threshold of 100% (i.e., could be removed entirely from the simulation without impairing gait) for all synergy controls. Muscles were considered control sensitive or control insensitive based on the average threshold differences between five-, four-, and three-synergy control. If the average difference in weakness thresholds between five-, four-, and three-synergy control exceeded 7.7%, it was considered control sensitive. Control sensitivity indicated that changes in the number of synergies used by the control strategy altered weakness thresholds.

Figure 3: Contracture thresholds with five-, four-, and three-synergy control. A greater contracture threshold indicates muscle groups that are more robust to contracture while tracking unimpaired gait.

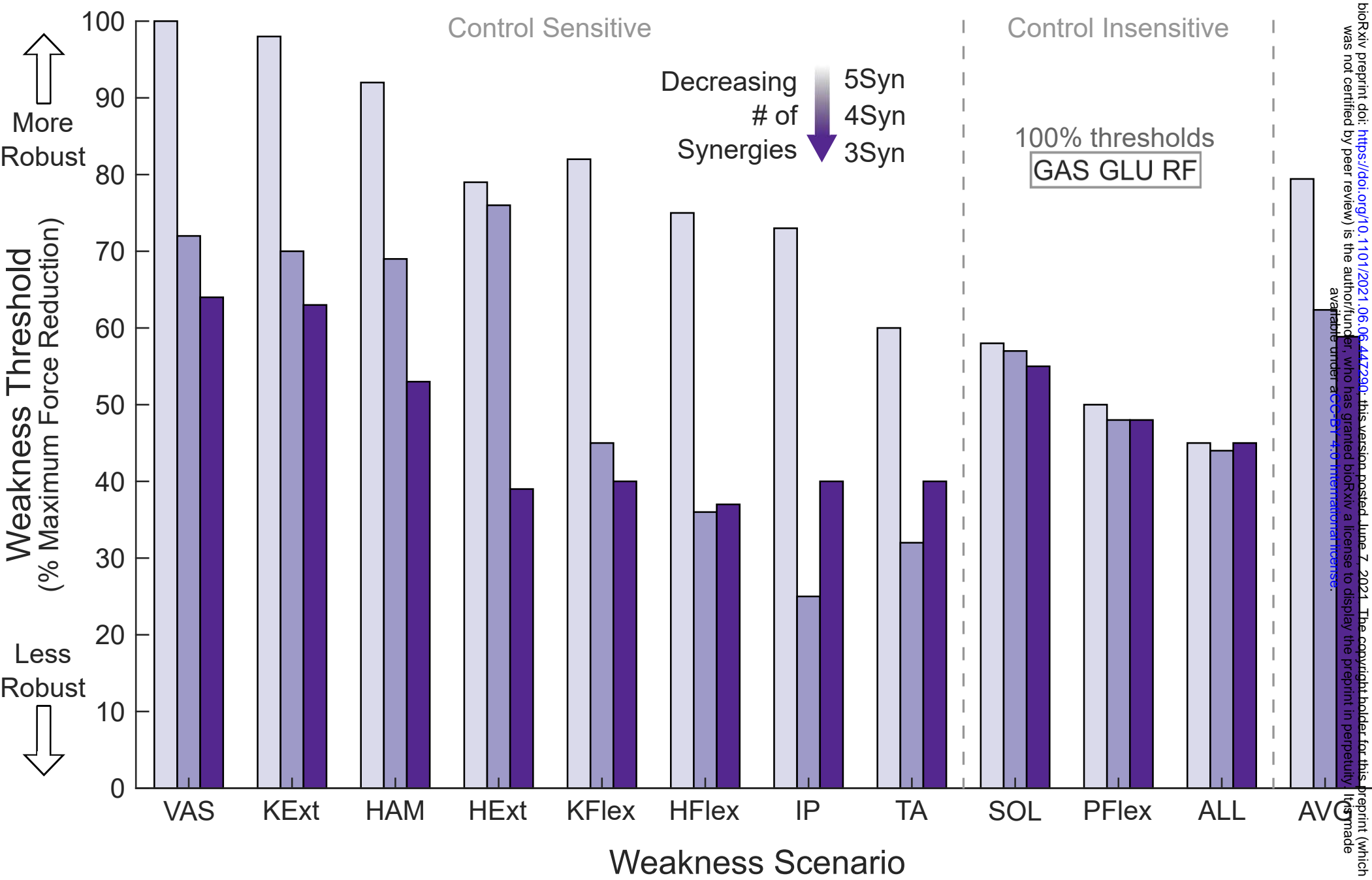
Figure 4: Neural demand – the summation of muscle activations squared - results for weakness simulations. (a) Neural demand values for five-, four-, and three-synergy control as hamstring (HAM) weakness, used as an example, was progressively increased. Weakness thresholds (X) indicate when simulations could no longer track unimpaired gait. Baseline neural demand (no weakness or contracture) was higher when control was constrained to fewer synergies (y-axis intercept). (b) Points represent five-synergy control's neural demand subtracted from four- and three-synergy neural demand. Differences from five-synergy control's neural demand were fit with quadratic polynomials where second-order coefficients indicate neural demand's sensitivity to weakness (i.e., how, as weakness progressed, neural demand increased and deviated from five-synergy control when control strategies were constrained to use fewer synergies). (c) Weakness second-order neural demand coefficients, normalized to the maximum (0.02) of four- and three-synergy control. Greater second-order coefficients indicate greater sensitivity and larger increases in neural demand relative to five-synergy control with increasing weakness.

Figure 5: Contracture second-order neural demand – summation of muscle activations squared - coefficients, normalized to the maximum (1.46) of four- and three-synergy control. Greater second-order coefficients indicate increased sensitivity and larger increases in neural demand relative to five-synergy control as contracture progressed.



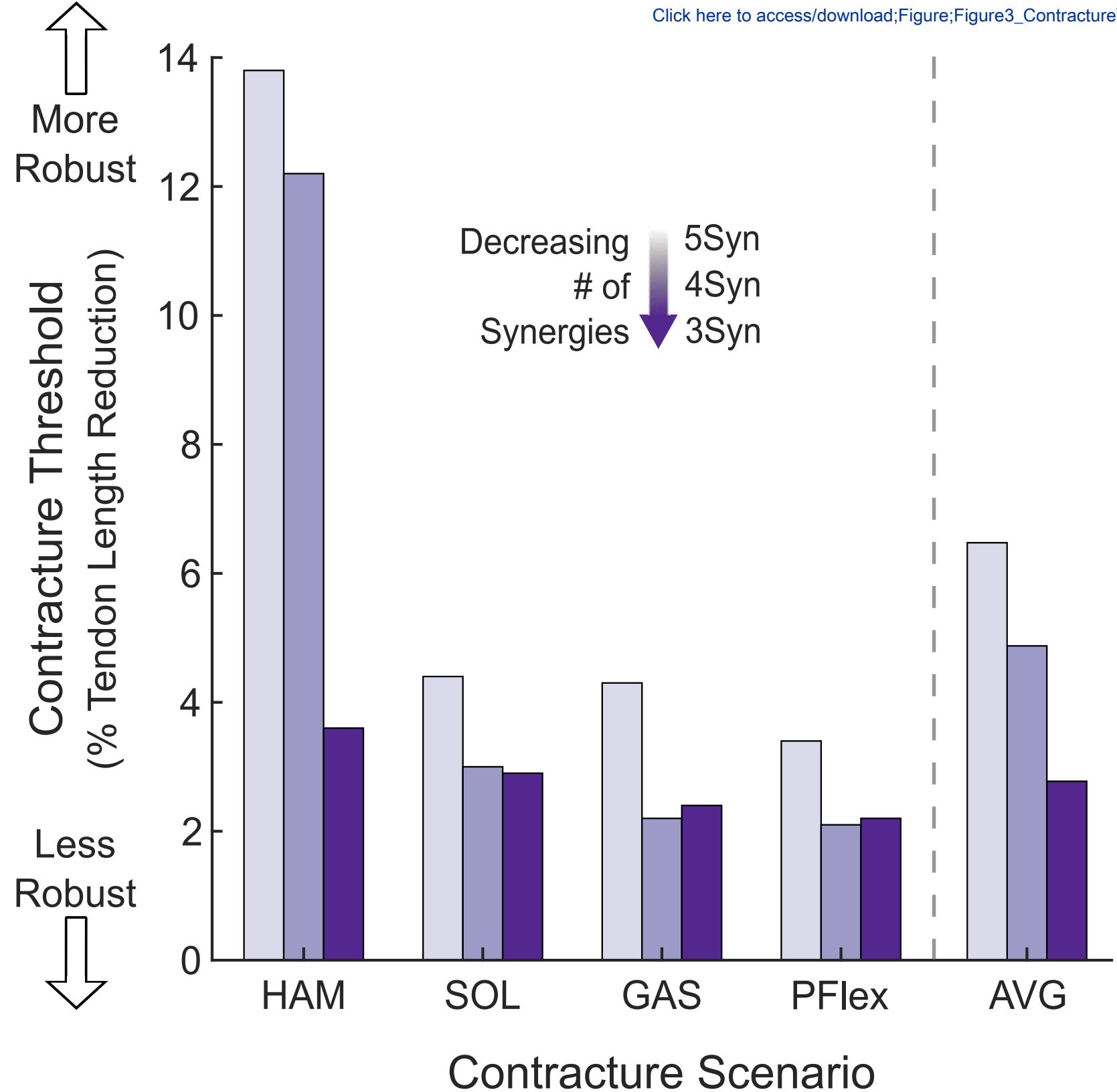
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Figure 2

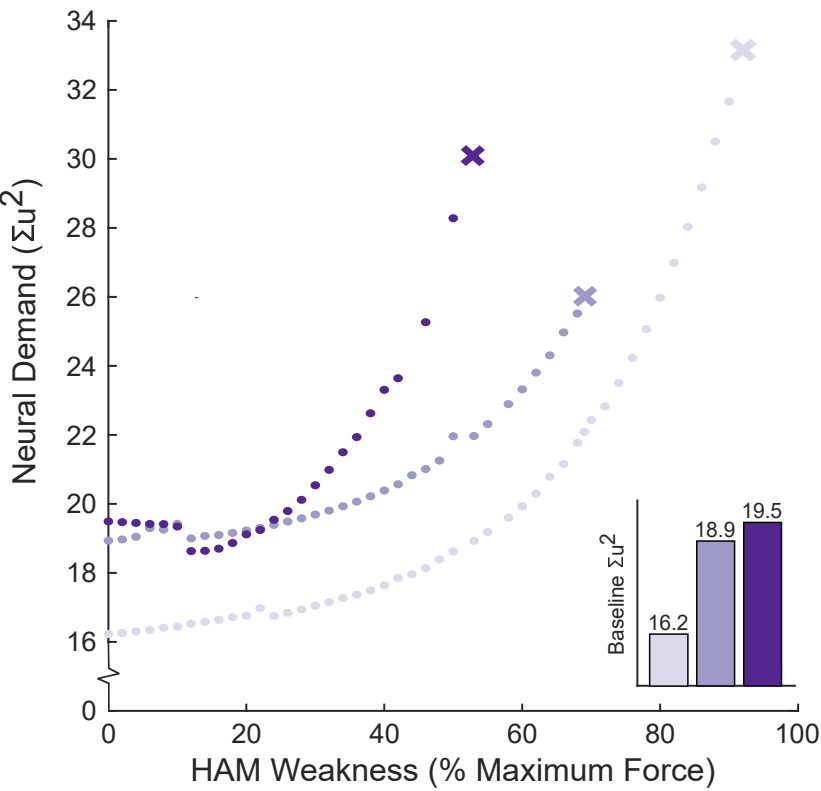


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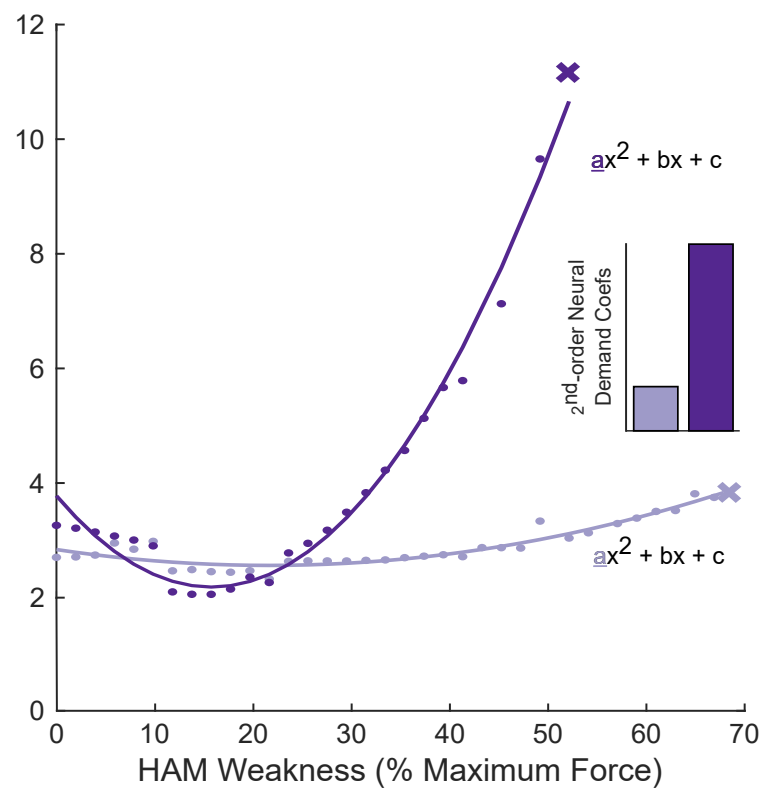
Figure 3



(a) Neural Demand



(b) Divergence from 5-synergy Control



(c) Second-order Neural Demand Coefficients

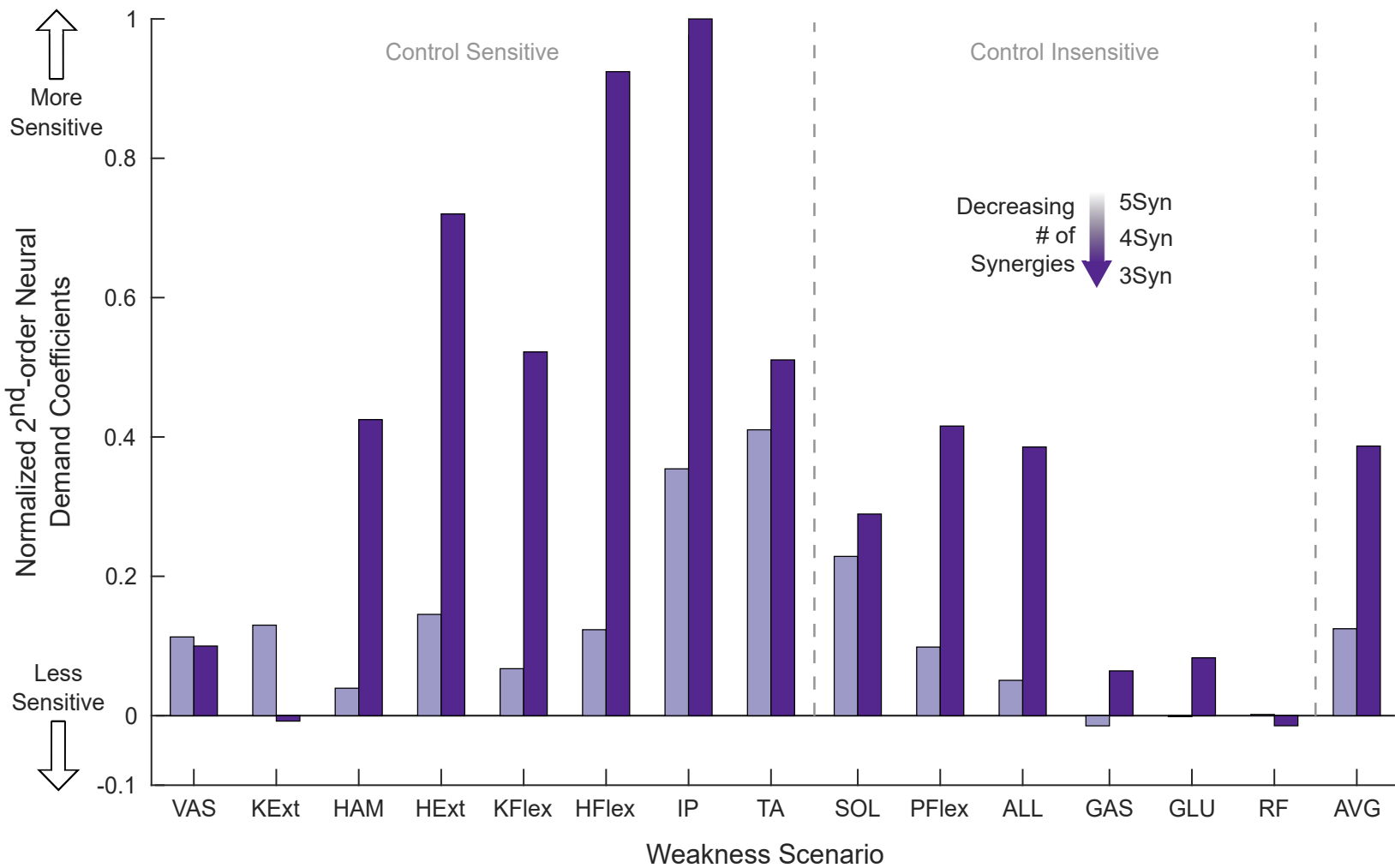
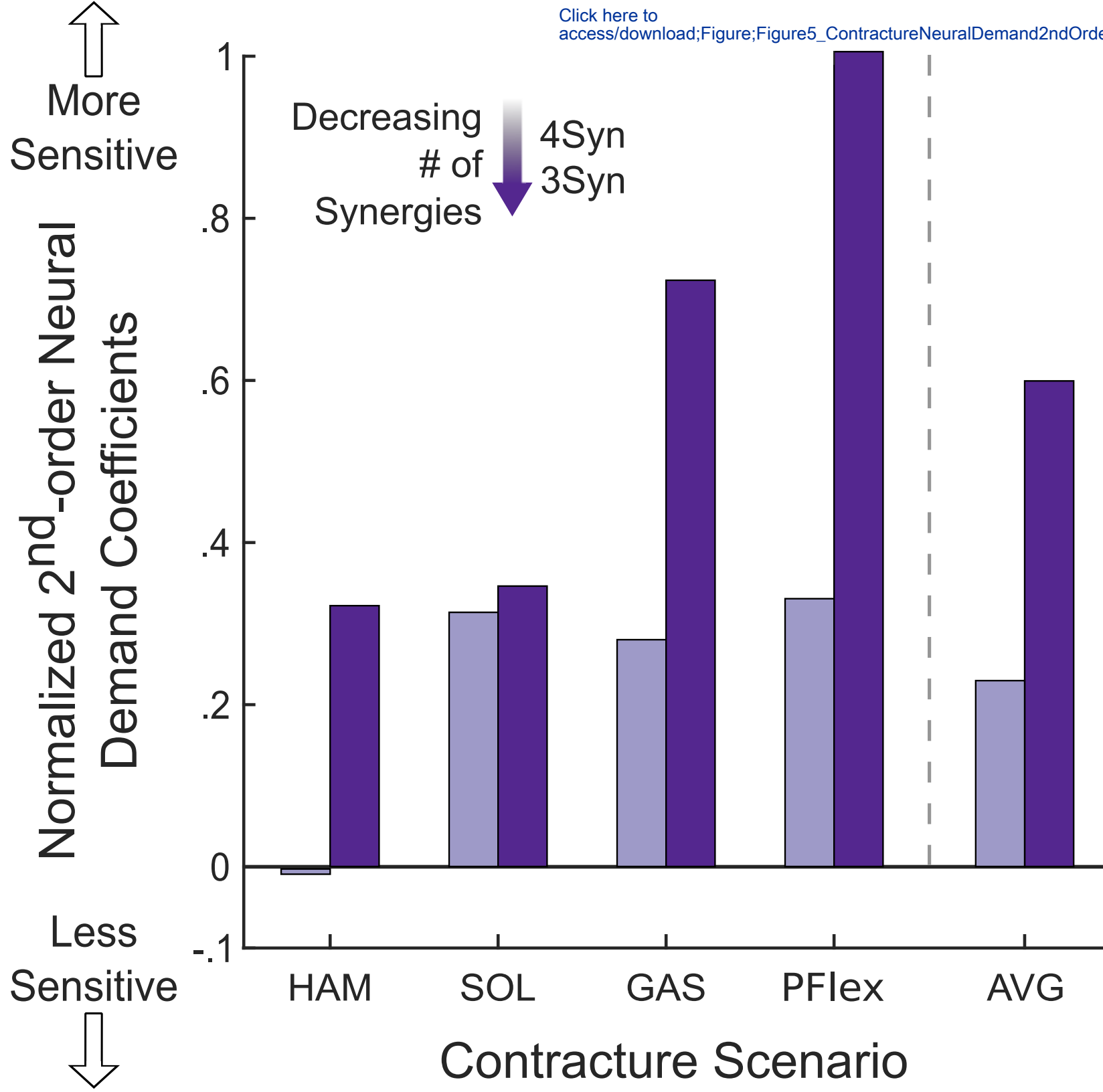


Figure 5



[Click here to access/download;Figure;Figure5_ContractureNeuralDemand2ndOrderCoeffs.eps](#)

Declaration of Competing Interest

There are no conflicts of interest to report.