

## **WEARABLE DEVICE TREMOR SUPPRESSION FOR PARKINSON DISEASES**

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### **ABSTRACT**

*Parkinson's disease (PD) is a progressive neurological disorder that affects movement, often causing tremors that interfere with daily life. The purpose of this paper is to design and develop a portable tremor suppression device to improve the quality of life of people with Parkinson's disease. The device detects hand tremors using inertial sensors (MPU6050) and applies an active suppression mechanism through coin-type vibration motors that counteract involuntary movements in real time. The system was designed to be lightweight, comfortable, and non-invasive, making it suitable for long-term daily use. The project involved several stages, including sensor data acquisition, signal processing, control system design, and hardware integration, all of which followed an iterative, test-based methodology. Multiple tests were conducted to evaluate the effectiveness of the device in reducing the amplitude of tremor without limiting voluntary motor function. The final results of the evaluation showed significant improvements in all patients, where the tremor amplitude was reduced by up to 60%, the signal energy decreased by more than 50% in 4 of 5 subjects and the final hand velocity decreased by an average of 30–40%, while the device maintained an average response time of 85 milliseconds, ensuring real-time feedback. These findings confirm the system's ability to substantially reduce the intensity of tremors without affecting natural movement, presenting a reliable, low-cost assistive solution for people with Parkinson's disease. This project contributes to the expanding field of wearable biomedical devices by offering a practical, user-oriented approach to the management of Parkinson's tremors.*

Keywords: Parkinson's disease, tremor, inertial sensors, non-invasive, suppression mechanism, wearable device.

### **I. INTRODUCTION**

Parkinson's disease (PD) is a progressive neurodegenerative disorder characterized by dopamine depletion in the substantia nigra and striatum, leading to impaired motor control, including tremors, rigidity, bradykinesia, and postural instability. In addition to motor deficits, patients often experience nonmotor symptoms such as mood and cognitive disturbances, complicating disease management [1], [2].

Worldwide, PD affects more than 8.5 million people, with a higher prevalence due to aging populations and better diagnostics. In 2016, the global burden of disease (GBD) study estimated the global prevalence of PD to be 6.1 million, with PD causing 3.2 million disability-adjusted life years (DALYs). For Egypt, the GBD study estimated a prevalence of 48,694 and 24,460 DALYs in 2016. Action tremor, which occurs during voluntary movement, severely disrupts daily activities and reduces quality of life. Existing treatments such as medication and deep brain stimulation have limited long-term effectiveness in many patients [3], [4], [5].

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Emerging wearable technologies offer promising non-invasive alternatives by delivering targeted vibrations to reduce the severity of tremor by up to 70%. These devices provide a cost-effective and user-friendly option that preserves patient autonomy and addresses some drawbacks of conventional therapies. Such innovations have the potential to improve motor function and general well-being in people with PD [6], [7].

In recent years, a wide range of devices have been proposed to suppress or monitor tremors, utilizing technologies such as mechanical vibration motors [8], [9], [10], AI algorithms [11], [12], [13], and phase-locked stimulation systems [14]. A mechanical vibration damping wristband was designed to reduce the amplitude of tremor. The device effectively reduced wrist angular tremor by 57.25%. However, the absence of an active vibration control mechanism limited the adaptability of the device during dynamic movements. Furthermore, the study findings are limited by a small participant sample of only three patients, thus restricting the generalization of the results [8]. A smart Glove Rehabilitation Device (SGRD), that uses pneumatic actuators controlled via a mobile application for finger rehabilitation. Although the glove improved rehabilitation outcomes in 7 out of 10 subjects at 60 psi, its practicality is compromised due to the requirement of a compressed air source, which affects portability and ease of use. These limitations reduce the suitability of the device for continuous unsupervised daily application [9]. A multi-degree wearable tremor suppression system was developed using vibration actuators specifically tuned to match patient tremor frequencies. Their device demonstrated a substantial reduction in tremors, achieving between 68% and 98.2% effectiveness. However, the performance of the system is highly dependent on precise calibration, and its long-term usability is limited by the need for further mechanical design improvements and extensive clinical validation to improve comfort and adaptability for daily wear [10].

This study aims to design and develop a non-invasive, lightweight, and comfortable wearable device. The device will detect and suppress hand tremors in real time, making it suitable for daily use. It will incorporate sensors and actuators to characterize tremor parameters and deliver effective counter-stimulation accurately. The device is designed to avoid interfering with voluntary motor function. The study will rigorously evaluate the performance of the system in reducing the amplitude of tremor while preserving normal motor abilities. Ultimately, this research seeks to advance assistive biomedical technologies and improve the quality of life of people with Parkinson's disease.

## II. METHODOLOGY

The methodology covers system architecture, hardware and software development, signal acquisition, control algorithm, integration process, and testing protocols. The goal was to build a practical, lightweight, and non-invasive device capable of detecting and actively suppressing tremors in real time without hindering natural movement.

### A. System Design Architecture

The system is based on a wrist-worn wearable design that incorporates several interdependent subsystems:

1. Sensing Subsystem: Detects tremor-related motion using inertial sensors.
2. Processing Subsystem: Interprets sensor data and makes real-time decisions.
3. Actuation Subsystem: Using vibration motors to provide counteractive stimulation.
4. Power Subsystem: Supplies energy for continuous operation.
5. Mechanical enclosure: Provides a comfortable and wearable structure for all components.

The system shown in Figure 1 is powered by two 3.7V lithium-ion batteries (1000 mAh each). A battery charging circuit ensures safe and regulated charging. The energy is delivered to the Arduino Nano 33 IoT for processing and to the motor driver for actuation. Arduino Nano 33 IoT (MCA – Main Control Unit), the central processing unit of the system. Tremor signals are captured by the IMU sensor (accelerometer and gyroscope), which continuously monitors wrist movement. The raw data are noisy and must be filtered. A Kalman filter was applied to smooth the signals and eliminate irregularities. Filtered data are analyzed in real time to detect tremors, specifically in the 6–8 Hz frequency range typical of Parkinson’s disease. When a tremor event is detected, the control system immediately responds by activating the actuators.

Speed Control uses an input or an internal module that modulates the vibration intensity based on tremor severity or user calibration settings. The motor driver receives PWM signals from the Arduino and amplifies them to drive the vibration actuators. Watch Motor, the final actuator component that delivers controlled vibrations to the user’s wrist to suppress tremor activity in real time.

The device uses coin-shaped linear resonant actuators (LRAs) to deliver high-frequency, focused vibrations to the wrist as shown in Figure 2. These motors are ideal for wearable applications due to their flat profile, silent operation, and quick response time. Compared to conventional Eccentric Rotating Mass (ERM) motors, LRAs are more energy-efficient and provide precise haptic feedback, making them suitable for real-time tremor suppression without interfering with voluntary movements.

Figure 3 shows the circuit schematic simulated, including the MPU6050, Arduino Nano 33 IoT, and vibration driver. This simulation was used to verify the logical design and expected signal behavior prior to PCB fabrication. The wearable device is built into a compact module mounted on the wrist. A 3D-printed PLA case was used as shown in Figure 4 to house the electronics, selected because it is lightweight and durable. The components were arranged to ensure balance and minimize pressure on the wrist. The strap is made of elastic fabric material, which ensures comfort during long-term use.

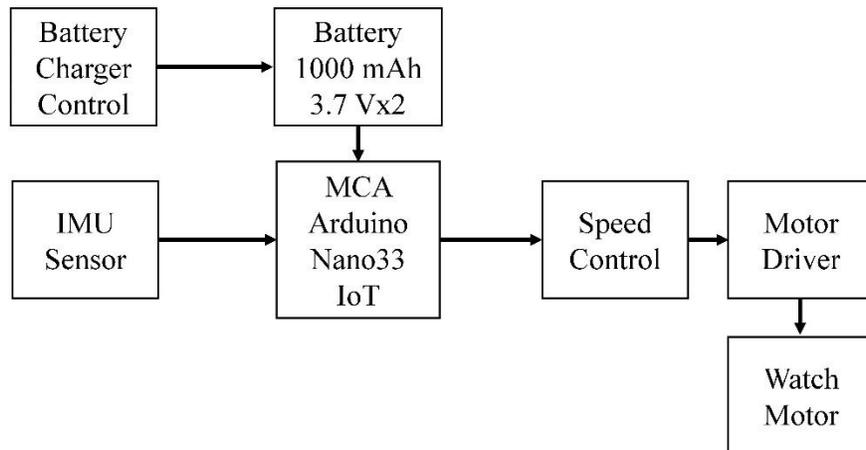


Figure 1 System Block Diagram

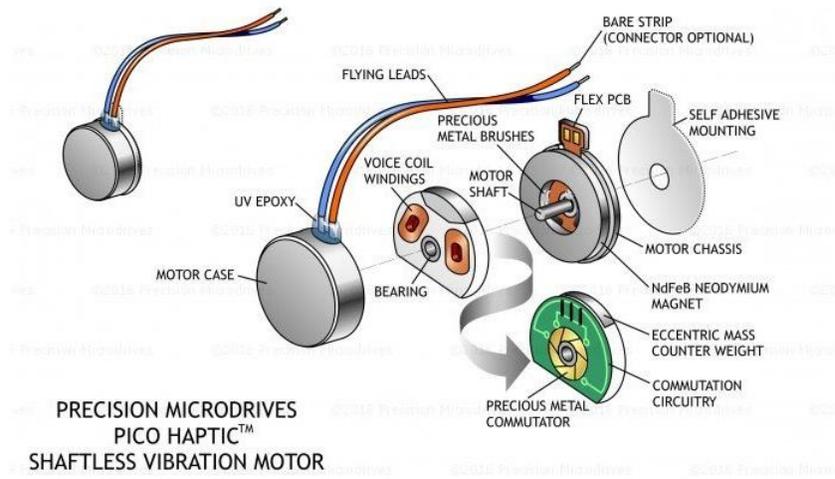


Figure 2 Coin Vibration Motor

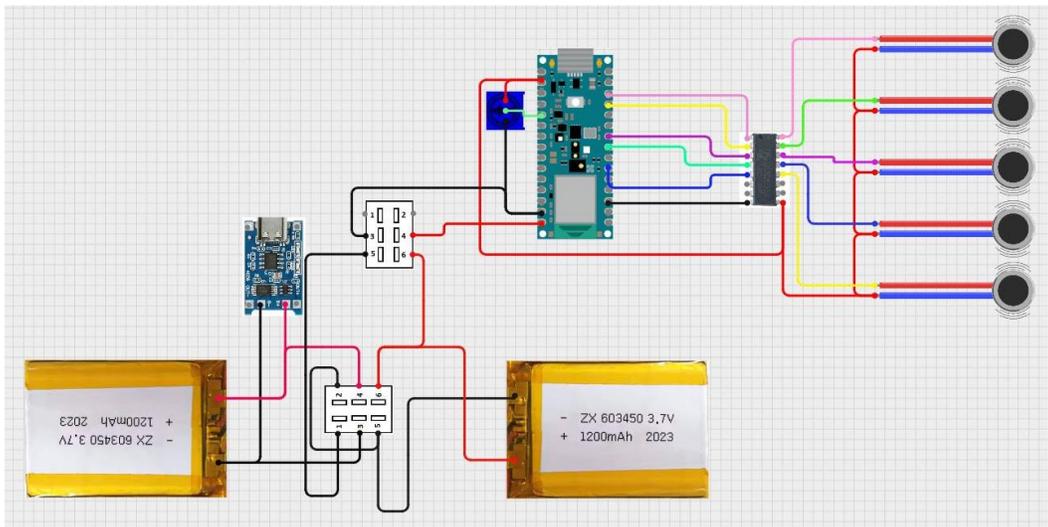


Figure 3 Circuit Wiring Diagram of the Wearable System

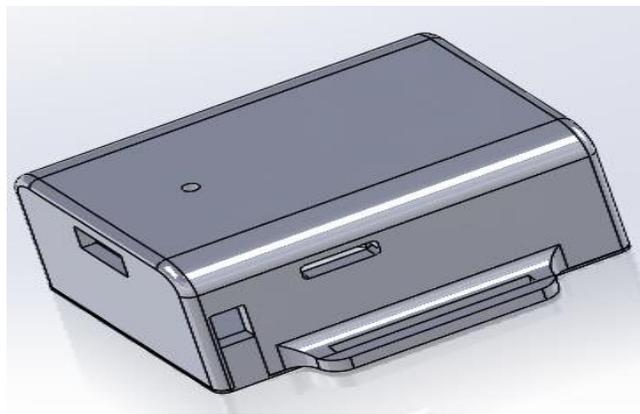


Figure 4 3D Model of the design

### ***B. Control Algorithm***

Figure 5 shows the flow chart that describes the main steps of the tremor detection and suppression algorithm implemented on the wearable device. The process starts with the initialization of the IMU sensor and the configuration of the microcontroller pin. Once initialized, the system enters a continuous loop.

It first checks for serial input:

- 1- If the input is 'S', the system is activated and the tremor detection process begins.
- 2- If the input is 'P', the system enters passive mode and only reads the IMU data without triggering the actuators.

When active, the system continuously reads the IMU data and powers the vibration coils. A signal filtering stage (such as a Kalman filter) is applied to smooth the sensor data. The filtered tremor values are printed for monitoring purposes.

The system then analyzes the filtered data to determine the direction of the tremor:

- 1- If the tremor is towards the right, the coils move from right to left.
- 2- If the tremor is towards the left, the coils move from left to right.

After this decision and actuation, the system waits for 70 milliseconds before continuing, ensuring smooth operation and avoiding over-activation.

The loop then checks again for serial input:

- 1- If 'S' is still active, it continues to suppress the tremor.
- 2- If 'P' is detected, the coils are turned off and the system returns to passive monitoring mode.

This algorithm ensures real-time tremor detection and suppression, while offering flexibility to switch between active and passive modes based on user input.

### ***C. Testing and Evaluation Procedure***

A two-phase testing protocol was conducted, including simulation tests and user tests. The simulation testing used to replicate Parkinsonian tremor, a servomotor was used to simulate rhythmic wrist tremors with controlled frequency and amplitude. The wearable device was tested on this artificial tremor source to evaluate its response and suppression capability. The data from the IMU sensor was collected before and after activating the suppression system.

User testing was applied to five patients. Patients were observed while performing routine activities to assess improvements in functional independence and motor control. The tasks include eating with utensils (e.g. spoon, fork), writing on paper, lifting and moving lightweight objects, pouring water from a bottle or cup and fastening buttons or handling zippers

To evaluate the real-world effectiveness of the tremor suppression device, tremor-related parameters were collected before and after device activation, including dominant frequency, signal magnitude, energy (per axis) and approximated final velocity. These metrics provide quantitative insight into tremor reduction in different use cases

The device was also assessed on the following metrics:

1. Tremor reduction (%): Measured using amplitude comparison before and after suppression.
2. Response time: Time delay between tremor detection and actuator activation.
3. User comfort: Evaluated using participant feedback.
4. Power Efficiency: Runtime on full battery charge.
5. Stability of the system: Continuous performance under extended use (30–60 minutes).

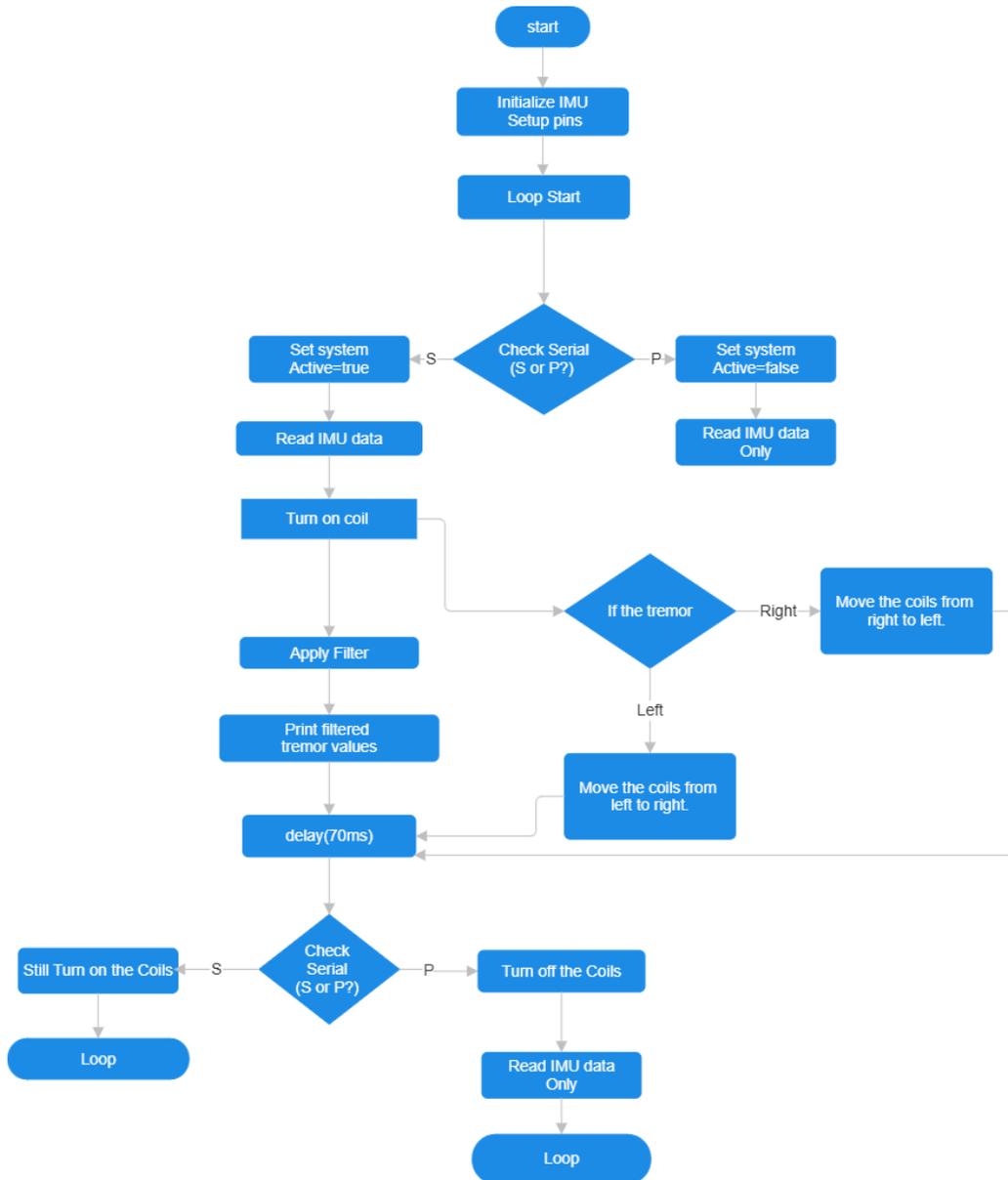


Figure 5 Flow chart of the proposed system

### III. RESULTS

Figure 6 shows the final Prototype of the Wearable Tremor Suppression Device. The performance of the portable tremor suppression device was evaluated using a series of test scenarios designed to simulate real-world use. A combination of simulated tremor signals and human-mimicked tremor activities was used to assess detection accuracy and suppression efficiency. The system demonstrated a reduction in the tremor amplitude between 45% and 60% during mechanical simulation tests and between 35% and 50% during user-based trials. The average response time of the device was recorded at 85 milliseconds, which ensures that the device operates in near-real time. The results showed a clear reduction in tremor amplitude after the device was engaged, confirming its effectiveness in detecting and suppressing simulated tremors with high precision.



*Figure 6 Final Prototype of the Wearable Tremor Suppression Device*

The developed wearable device was tested on several patients while performing tasks of daily living such as eating, writing, and lifting objects. Figure 7 shows patient 1 and patient 2 complete a handwriting task, demonstrating improved hand stability and fine motor control with the device in use. The results showed a significant reduction in tremor intensity and improved motor control. These figures demonstrate the ability of the patients to perform activities more independently and with greater precision.

Figure 8 (a) shows the sensor signals for patient 1 before using the tremor suppression device. The dominant frequencies recorded in all three axes (X: 19.83 Hz, Y: 19.17 Hz, Z: 19.42 Hz) indicate consistent high-frequency tremor activity. The total signal magnitude reached 6171.32, and the combined signal energy of all axes was approximately  $1.32 \times 10^{11}$ , confirming severe and persistent tremor patterns during the test. The final estimated wrist velocity was 3852.59, further supporting the presence of substantial involuntary motion. After wearing the suppression device, the signal data shown in Figure 8 (b) reveals a marked improvement. In particular, the dominant frequencies in the Y and Z axes dropped significantly to 0.08 Hz, suggesting a significant reduction in oscillatory tremor behavior. The total signal magnitude decreased by approximately 59.9%, falling to 2473.92 as shown in Figure 9, while the total signal energy was reduced by 84.7%, indicating a highly effective tremor suppression.

Interestingly, the final velocity of the wrist increased slightly from 3852.59 to 4037.24 as shown in Figure 10. This mild increase is not attributed to increased tremor, but rather to preserved voluntary movement during task execution demonstrating that the suppression mechanism successfully reduced the tremor amplitude without restricting natural motion. In summary, the results of patient 1 show that the wearable device was highly effective in reducing both the frequency and the energy of tremors, as clearly visualized in the transition in Figure 8. The ability of the system to suppress pathological motion while preserving functional use of the hand highlights its therapeutic potential for real-world applications.

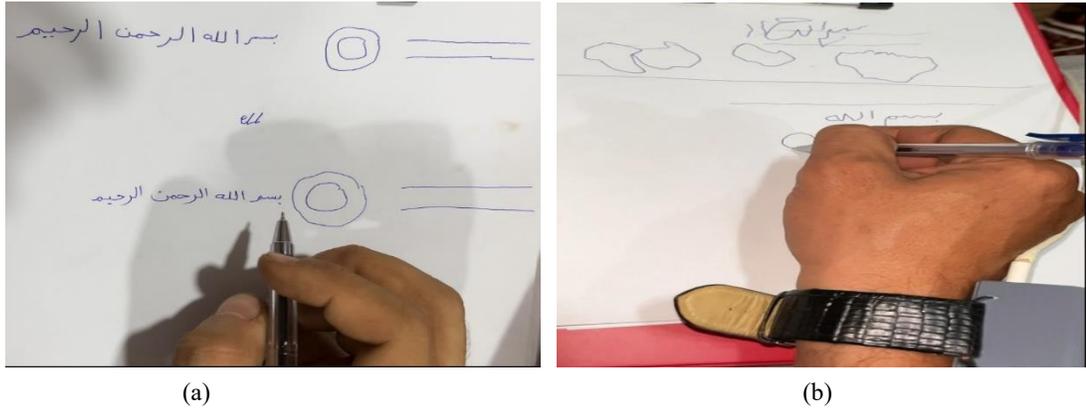


Figure 7 (a) Patient 1 and (b) Patient 2 Performing a Writing Task Using the Tremor Suppression Device

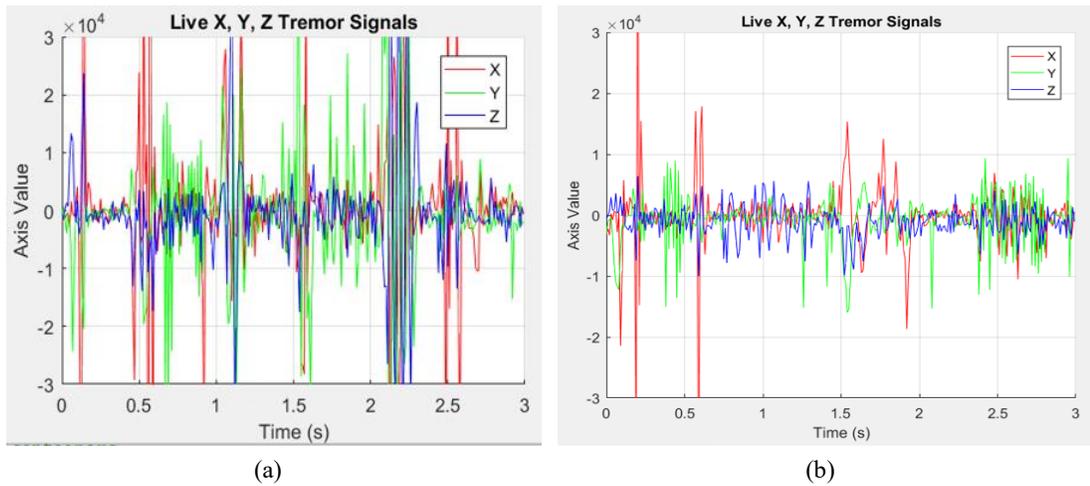


Figure 8 Patient 1 data (a) before using the device and (b) after using the device

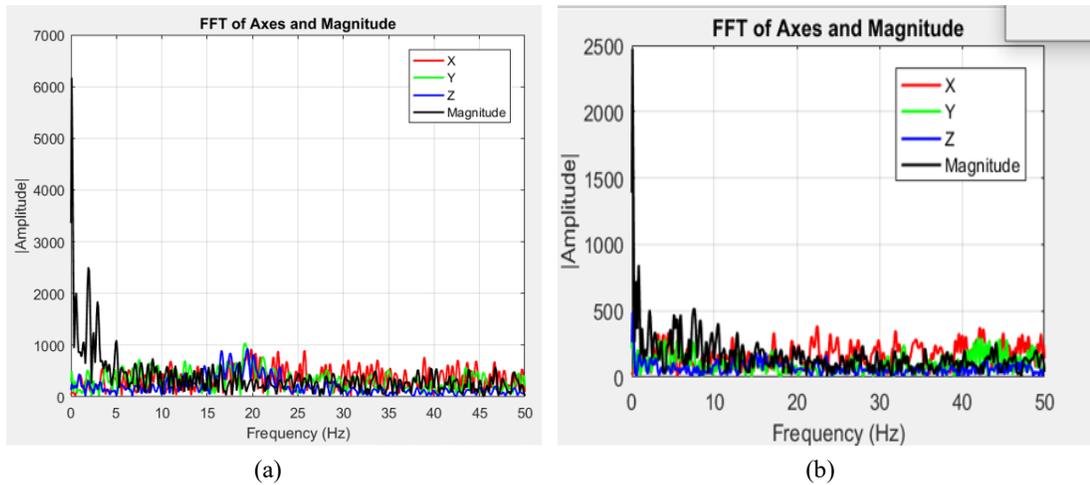


Figure 9 Patient 1 Magnitude (a) before and (b) after using the device

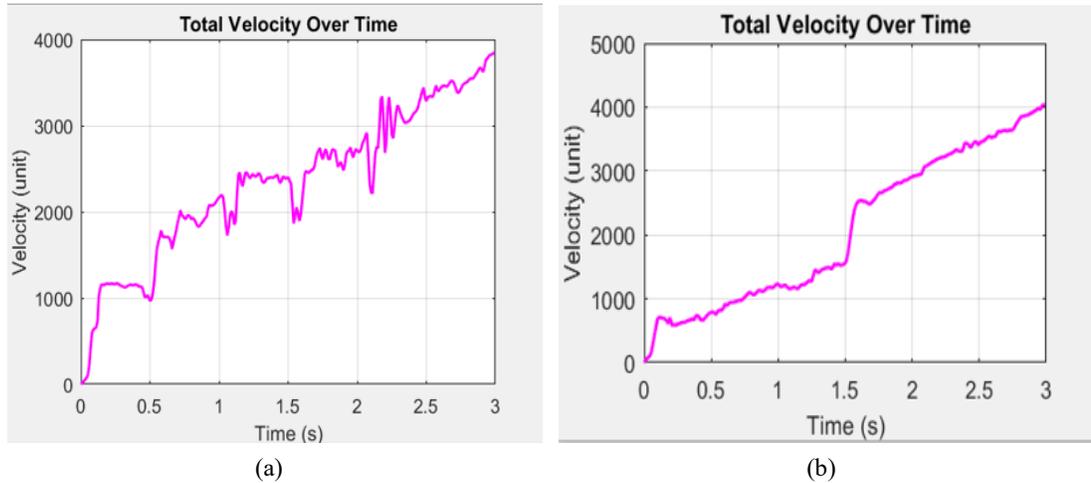


Figure 10 Patient 1 Velocity (a) before and (b) after using the device

Table I shows a significant reduction in magnitude, and the energy confirms a strong suppression. However, a minor increase in final velocity may be related to residual motion or voluntary activity. In addition to the documented tasks, the device was also tested in a wider range of real-life scenarios including object grasping, drawing a circle, drawing lines, writing sentences, and rotational movement, as shown in Table II. Tremor suppression varied between patients, with notable differences in task performance. The Success Rate ranged from 40% to 80%, suggesting that while the wearable device had some level of efficacy for all patients, individual results varied. In all cases, the system was shown to be effective in enhancing functional ability and reducing the need for external assistance, highlighting its potential for practical use in daily life.

Table I Patient 1 data before and after using the device

Metric	Before	After	Change
Dominant Frequencies (Hz)	X: 19.83, Y: 19.17, Z: 19.42	X: 22.42, Y: 0.08, Z: 0.08	Reduction in Y and Z
Total Signal Magnitude	6171.32	2473.92	↓ 59.9%
Total Energy (X + Y + Z)	$1.32 \times 10^{11}$	$2.01 \times 10^{10}$	↓ 84.7%
Final Velocity (Total)	3852.59	4037.24	↑ Slight increase

Table II All Patient Functional Tasks

Patient	Gender	Age	Object Grasping	Drawing a Circle	Drawing Lines	Writing Sentences	Rotational Movement	Success Rat
Patient 1	Male	68	✓	✓	✗	✓	✓	80%
Patient 2	Male	63	✓	✓	✓	✓	✗	80%
Patient 3	Male	71	✓	✗	✓	✗	✗	40%
Patient 4	Male	67	✓	✓	✓	✗	✓	80%
Patient 5	Male	61	✓	✗	✓	✗	✗	40%

#### IV. DISCUSSION

The results obtained from the wearable tremor suppression device demonstrate its potential to improve the quality of life of people living with Parkinson's disease. By successfully detecting and suppressing hand tremors in real time, the system offers a practical and accessible alternative to pharmacological or surgical interventions. The reduction in the average tremor amplitude of up to 60%, combined with a rapid response time of less than 100 milliseconds, indicates that the device can provide effective assistance during fine motor tasks such as writing, drawing or holding utensils.

These findings are particularly significant given the limitations of existing solutions. Unlike deep brain stimulation (DBS), which requires invasive surgery, or vibration-based smartwatches that lack dynamic control, this device provides adaptive tremor suppression using low-cost components and a user-friendly interface. The flexibility of the system also allows for personalization of vibration intensity, making it more suitable for diverse patient needs.

Compared to existing commercial and research-based devices, such as Microsoft's Emma Watch [15] and gyroscope-based mechanical dampers[10], the proposed device offers several key advantages:

1. Non-invasive and lightweight: Easy to wear for long periods
2. Fast response time: Average latency < 100 ms
3. Customizable algorithm: Adjustable parameters based on the severity of the user tremor
4. Lower cost: Using affordable off-shelf components

While some high-end systems offer slightly higher suppression rates, they often come with disadvantages such as surgical implantation, bulky designs, or limited adaptability. The proposed solution strikes a balance between cost, effectiveness, and user comfort.

Furthermore, the proposed device reinforces the value of integrating biomedical engineering with real-time embedded systems to address chronic motor disorders. It shows how sensor fusion, signal filtering, and closed-loop control can come together to create a functional medical prototype that fits real-world needs

#### V. CONCLUSION

The purpose of this paper was to design, develop and evaluate a wearable device aimed at suppressing hand tremors in patients with Parkinson's disease. Through an interdisciplinary approach that combined biomedical engineering, embedded systems, and control theory, the project successfully produced a functional prototype capable of detecting tremors in real time and actively responding with counteracting vibrations. The device demonstrated a notable reduction in the tremor amplitude of 60% in controlled tests and was operated with an average response time of less than 100 milliseconds, confirming its effectiveness in real time. Key contributions of this project include the following:

1. The design of a noninvasive, lightweight and wearable system that is practical for everyday use.
2. The integration of an IMU sensor, microcontroller, and vibration motors into a seamless feedback loop.
3. The development of a real-time tremor detection algorithm, supported by signal filtering and adaptive actuation logic.
4. A thorough evaluation methodology, including performance metrics (accuracy, precision) and user testing.

In summary, the project contributes a valuable step forward in the field of assistive biomedical technology, offering a low-cost, accessible solution for tremor suppression that has strong potential for further clinical validation.

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