% Motor Unit Based Muscle Fatigue Model by Jim Potvin & Andrew Fuglevand

% front end (rested size-principle) based on Fuglevand, Winter & Patla (1993)

% last updated 2017-05-21 by Jim Potvin

%clear all

clc

clf('reset')   %clears all graphics

%% Model input parameters

    nu = 120;           % number of neurons (ie. motor units) in the modeled pool ("n")

    samprate = 10;      % sample rate (10 Hz is suggested)

    res = 100;          % resolution of activations (set = 10 for 0.1 activation resolution, 100 for 0.01)

    hop = 20;           % allows for hopping through activations to more rapidly find that

% which meets the threshold (10 means every 1/10th of maxact)

    r = 50;             % range of recruitment thresholds (30 or 50)

    fat = 180;          % range of fatigue rates across the motor units (300 best)

    FatFac = 0.0225;    % fatigue factor (FF/S) percent of peak force of MU per second

    tau = 22;           % 22 based on Revill & Fuglevand (2011)

    adaptSF = 0.67;     % 0.67 from Revill & Fuglevand (2011)

    ctSF = 0.379;       % 0.379 based on Shields et al (1997)

    mthr = 1;           % minimum recruitment threshold

    a = 1;              % recruitment gain paramter (1)

    minfr = 8;          % minimum firing rate (8)

    pfr1 = 35;          % peak firing rate of first recruited motor unit (35)

    pfrL = 25;          % peak firing rate of last recruited motor unit (25)

    mir = 1;            % slope of the firing rate increase vs excitation (1)

    rp = 100;           % range of twitch tensions (100)

    rt = 3;             % range of contraction times (3 fold)

    tL = 90;            % longest contraction time (90)

%% Various methods to create, or read in, force (%MVC)time-histories

%     % Create isotonic data -----------------------------------

        fthscale = 0.50             % sets %MVC level for the trial duration (100% MVC is 1.00)

        con = '0.50';               % for output file names

        fthtime = 100;              % duration to run trial (seconds)

        fthsamp = fthtime \* samprate;

        fth = zeros(1, fthsamp);

        for z = 1:fthsamp

            fth(z) = fthscale;

        end

    %% Create Ramp Plateau data -----------------------------------

%         con = 'Plateaus'

%         yMAXforce = 35

%         ondur = 32;

%         mag = 0.20

%         frame = 0;

%         cyc = ondur \* samprate          % duration of each plateau

%         transition = 5 \* samprate       % duration of transition between plateaus

%         for n = 1:cyc

%             frame = frame + 1;

%             fth(frame) = mag \* 1;

%         end

%         for n = 1:transition

%             frame = frame + 1;

%             fth(frame) = (mag \* 1) + (mag \* n / transition);

%         end

%         for n = 1:cyc

%             frame = frame + 1;

%             fth(frame) = mag \* 2;

%         end

%         for n = 1:transition

%             frame = frame + 1;

%             fth(frame) = (mag \* 2) + (mag \* n / transition);

%         end

%         for n = 1:cyc

%             frame = frame + 1;

%             fth(frame) = mag \* 3;

%         end

%         fthsamp = frame

%% Calculations from the Fuglevand, Winter & Patla (1993) Model

    ns = 1:1:fthsamp;   % array of samples for fth

    fth = fth(ns);

    % Recruitment Threshold Excitation (thr)

        thr = zeros(1, nu);

        n = 1:1:nu;

        b = log(r + (1-mthr)) / (nu-1);             % this was modified from Fuglevand et al (1993) RTE(i) equation (1)

        for i = 1:nu                                % as that did not create the exact range of RTEs (ie. 'r') entered

            thr(i) = a \* exp((i-1) \* b) - (1 - mthr);

        end

    % Peak Firing Rate (frp)

        % modified from Fuglevand et al (1993) PFR equation (5) to remove thr(1) before ratio

        frdiff = pfr1-pfrL;

        frp = pfr1 - frdiff\*((thr(n) - thr(1))/(r - thr(1)));

        maxex = thr(nu) + (pfrL - minfr)/mir;       % maximum excitation

        maxact = round(maxex \* res);                % max excitation x resolution

        ulr = 100 \* thr(nu)/maxex;                  % recruitment threshold (%) of last motor unit

    % Calculation of the rested motor unit twitch properties (these will change with fatigue)

        % Firing Rates for each MU with increased excitation (act)

            mufr = zeros(nu, maxact);

            for mu = 1:nu

                for act = 1:maxact

                    acti = act/res;

                    if acti >= thr(mu)

                        mufr(mu, act) = mir \* (acti - thr(mu)) + minfr;

                        if mufr(mu, act) > frp(mu)

                            mufr(mu, act) = frp(mu);

                        end

                    elseif acti < thr(mu)

                        mufr(mu, act) = 0;

                    end

                end

            end

            k = 1:1:maxact;  %range of excitation levels

        % Twitch peak force (P)

            b = log(rp)/(nu-1);                 % this was modified from Fuglevand et al (1993) P(i) equation (13)

            P = exp(b \* (n-1));                 % as that didn't create the exact range of twitch tensions (ie. 'rp') entered

        % Twitch contraction time (ct)

            c = log(rp)/log(rt);                % scale factor

            ct = zeros(1,nu);

            for mu = 1:nu                       % assigns contraction times to each motor unit (moved into loop)

               ct(mu) = tL \* (1/P(mu))^(1/c);

            end

        % Normalized motor unit firing rates (nmufr) with increased excitation (act)

            nmufr = zeros(nu, maxact);

            for mu = 1:nu

                for act = 1:maxact

                    nmufr(mu, act) = ct(mu) \* (mufr(mu, act) / 1000);  % same as CT / ISI

                end

            end

        % Motor unit force, relative to full fusion (Pr) with increasing excitation

            % based on Figure 2 of Fuglevand et al (1993)

            sPr = 1 - exp(-2 \* (0.4^3));

            Pr = zeros(nu, maxact);

            for mu = 1:nu

                for act = 1:maxact

                    if nmufr(mu,act) <=0.4                      %linear portion of curve

                        Pr(mu,act) = nmufr(mu,act)/0.4 \* sPr;   %Pr = MU force relative to rest 100% max excitation of 67

                    end

                    if nmufr(mu,act) > 0.4

                        Pr(mu,act) = 1 - exp(-2 \* (nmufr(mu,act)^3));

                    end

                end

            end

        % Motor unit force (muP) with increased excitation

            muP = zeros(nu, maxact);

            for mu = 1:nu

                for act = 1:maxact

                   muP(mu,act) = Pr(mu,act) \* P(mu);

                end

            end

            totalP = sum(muP,1);                                % sum of forces across MUs for each excitation (dim 1)

            maxP = totalP(maxact);

        % Total Force across all motor units when rested

            Pnow = zeros(nu, fthsamp);

            Pnow(:,1) = P(:);

%% Calculation of Fatigue Parameters (recovery currently set to zero in this version)

    % note, if rp = 100 & fat = 180, there will be a 100 x 180 = 1800-fold difference in

    % the absolute fatigue of the highest threshold vs the lowest threshold.

    % The highest threshold MU will only achieve ~57% of its maximum (at 25 Hz), so the actual range of fatigue

    % rates is 1800 x 0.57 = 1026

% fatigue rate for each motor unit  (note: "log" means "ln" in Matlab)

    b2 = log(fat)/(nu-1);

    mufatrate = exp(b2 \* (n-1));

    b3 = log(rec)/(nu-1);

    murecrate = exp(b3 \* (n-1));

    fatigue = zeros(1,nu);

    recovery = zeros(1,nu);

    for mu = 1:nu

         fatigue(mu) = mufatrate(mu) \* (FatFac / fat) \* P(mu);

            % the full fatigue rate is mufatrate(mu) \* [FatFac / fat] \* Pr(mu,act) \* P(mu)

            % the only variable is the relative force: Pr(mu,act), so this part is calculated once here

         recovery(mu) = 0;   %set to zero for now

    end

% Establishing the rested excitation required for each target load level (if 0.1% resolution, then 0.1% to 100%)

    startact = zeros(1, 100);

    for force = 1:100

        startact(force) = 0;    % excitation will never be lower than that needed at rest for a given force

        for act = 1:maxact      % so it speeds the search up by starting at this excitation

            if (totalP(act)/maxP \* 100) < force

                startact(force) = act - 1;

            end

        end

    end

    Pchangecurves = zeros(nu, maxact);

    for act = 1:maxact

        for mu = 1:nu

            Pchangecurves(mu,act) = fatigue(mu) \* Pr(mu, act) \* P(mu);  % just used for graphical display

        end

    end

    mes = 'start of fatigue analysis'

%% Moving through force time-history and determing the excitation required to meet the target force at each time

    TmuPinstant = zeros(nu, fthsamp);

    m = zeros(1, fthsamp);

    mufrFAT = zeros(nu, fthsamp);

    ctFAT = zeros(nu, fthsamp);

    ctREL = zeros(nu, fthsamp);

    nmufrFAT = zeros(nu, fthsamp);

    PrFAT = zeros(nu, fthsamp);

    muPt = zeros(nu, fthsamp);

    TPt = zeros(nu, fthsamp);

    Ptarget = zeros(1, fthsamp);

    Tact = zeros(1, fthsamp);

    Pchange = zeros(nu, fthsamp);

    TPtMAX = zeros(1, fthsamp);

    muPtMAX = zeros(nu, fthsamp);

    muON = zeros(nu);

    adaptFR = zeros(nu,fthsamp);

    Rdur = zeros(1,nu);

    acttemp = zeros(fthsamp, maxact);

    muPna = zeros(nu, fthsamp);

    muForceCapacityRel = zeros(nu,fthsamp);

    timer = 0;

    for i = 1:fthsamp

        if i == (timer + 1) \* samprate \* 60         % shows a timer value every 15 seconds

            timer = timer + 1;

            current = i / samprate

        end

        force = round(fth(i) \* 100) + 1;            % used to start at the minimum possible excitation (lowest it can be is 1)

        if force > 100                                % so start with excitation needed for fth(i) when rested (won't be lower than this)

            force = 100;

        end

        s = startact(force) - (5 \* res);            % starts a little below the minimum

        if s < 1

            s = 1;

        end

        acthop = round(maxact / hop);               % resets 'acthop' to larger value for new sample

        act = s;                                    % start at lowest value then start jumping by 'acthop'

        for a = 1:maxact                            % this starts at the mimimum (s) then searches for excitation required to meet the target

            acttemp(i,a) = act;

            for mu = 1:nu

                % MU firing rate adaptation modified from Revill & Fuglevand (2011)

                % this was modified to directly calculate the firing rate adaption, as 1 unit change in excitation

% causes 1 unit change in firing rate

                % scaled to the mu threshold (highest adaptation for hightest threshold mu)

                if muON(mu) > 0

                    Rdur(mu) = (i - muON(mu) + 1)/samprate;                             % duration since mu was recruited at muON

                end

                if Rdur(mu) < 0

                    Rdur(mu) = 0;

                end

                adaptFR(mu,i) = (thr(mu)-1)/(thr(nu)-1) \* adaptSF \* (mufr(mu,act) - minfr + 2) \* (1 - exp(-1 \* Rdur(mu) / tau ));

                    if adaptFR(mu,i) < 0                                     % firing rate adaptation

                        adaptFR(mu,i) = 0;

                    end

                mufrFAT(mu,i) = mufr(mu,act) - adaptFR(mu,i);                % adapted motor unit firing rate: based on time since recruitment

                      mufrMAX = mufr(mu,maxact) - adaptFR(mu,i);             % adapted FR at max excitation

                ctFAT(mu,i) = ct(mu) \* (1 + ctSF \* (1 - Pnow(mu,i)/P(mu)));  % corrected contraction time: based on MU fatigue

                      ctREL(mu,i) = ctFAT(mu,i)/ct(mu);

                nmufrFAT(mu,i) = ctFAT(mu,i) \* (mufrFAT(mu, i) / 1000);                 % adapted normalized Stimulus Rate (CT \* FR)

                      nmufrMAX = ctFAT(mu,i) \* (mufrMAX / 1000);                        % normalized FR at max excitation

                if nmufrFAT(mu,i) <=0.4                                                 % fusion level at adapted firing rate

                      PrFAT(mu,i) = nmufrFAT(mu,i) / 0.4 \* sPr;                         %   linear portion of curve

                end

                if nmufrFAT(mu,i) > 0.4                                                 %   non-linear portion of curve

                      PrFAT(mu,i) = 1 - exp(-2 \* (nmufrFAT(mu,i)^3));

                end

                muPt(mu, i) = PrFAT(mu, i) \* Pnow(mu, i);                               % MU force at the current time (muPt):

% based on adapted postion on fusion curve

                    if nmufrMAX <=0.4                                                   % fusion force at 100% maximum excitation

                        PrMAX = nmufrMAX / 0.4 \* sPr;

                    end

                    if nmufrMAX > 0.4

                        PrMAX = 1 - exp(-2 \* (nmufrMAX^3));

                    end

                    muPtMAX(mu, i) = PrMAX \* Pnow(mu, i);                               % Max MU force capacity at the current time

            end % next motor unit (mu)

            TPt(i) = sum(muPt(:,i))/maxP;                                               % total sum of MU forces at the current time (TPt)

            TPtMAX(i) = sum(muPtMAX(:,i))/maxP;

            % used to speed up the search for the right excitation to meet the current target

            if TPt(i) < fth(i) && act == maxact

                break;

            end

            if TPt(i) < fth(i)

                act = act + acthop;

                if act > maxact

                    act = maxact;

                end

            end

            if TPt(i) >= fth(i) && acthop == 1

                break;  % stop searching as the correct excitation is found

            end

            if TPt(i) >= fth(i) && acthop > 1

                act = act - (acthop - 1);  % if the last large jump was too much, it goes back and starts increasing by 1

                if act < 1

                    act = 1;

                end

                acthop = 1;

            end

        end % next excitation (act)

        for mu = 1:nu

            if muON(mu) == 0 && (act/res) >= thr(mu)         % can be modified to reset if the MU turns off

                muON(mu) = i;                                       % time of onset of mu recruitment (s)

            end

        end

        Ptarget(i) = TPt(i);        % modeled force level ?? do I need to do this, or can I just use TPt(i)

        Tact(i) = act;              % descending (not adapted) excitation required to meet the target force at the current time

        % Calculating the fatigue (force loss) for each motor unit

        for mu = 1:nu

            if  mufrFAT(mu, i) >= recminfr                                          % Force loss of each MU for each interval

                Pchange(mu,i) = -1 \* (fatigue(mu) / samprate) \* PrFAT(mu, i);       % based on % of MU fusion force

            elseif mufrFAT(mu, i) < recminfr

                Pchange(mu,i) = recovery(mu) / samprate;

            end

            if i < 2

                Pnow(mu, i+1) = P(mu);

                   % Pnow(mu, i+1) = 0;  % Use this to start the muscle fully exhausted

            elseif i >=2

                Pnow(mu, i+1) = Pnow(mu, i) + Pchange(mu,i);                            % instantaneous strength of MU

            end                                                                         % right now without adaptation

            if Pnow(mu, i+1) >= P(mu)

               Pnow(mu, i+1) = P(mu);                                                   % does not let it increase past rested strength

            end

            if Pnow(mu, i+1) < 0

               Pnow(mu, i+1) = 0;                                                       % does not let it fatigue below zero

            end

        end % next motor unit

    end % next fthsamp

    Tstrength = zeros(1, fthsamp);

    for i = 1:fthsamp

        for mu = 1:nu

            muPna(mu,i) = Pnow(mu,i) \* muP(mu,maxact) / P(mu);                          % non-adapted MU max force at 100% excitation (muPna)

        end

        Tstrength(i) = sum(muPna(:,i)) / maxP;                                          % Current total strength without adaptation relative to max rested capacity

    end

    for i = 1:fthsamp

        endurtime = i / samprate;

        if TPtMAX(i) < fth(i)

            break;

        end

    end

clf('reset')   %clears all graphics

%% Output

EndStrength = (TPtMAX(fthsamp) \* 100);

endurtime

for mu = 0:mujump:nu

    if mu == 0

        mu = 1;

    end

    muForceCapacityRel(mu,ns) = Pnow(mu,ns)\*100/P(mu);  % for outputs below

end

hold off;

   combo = [ns(:)/samprate, fth(:), Tact(:)/res/maxex \* 100,Tstrength(:) \* 100 ,Ptarget(:) \* 100,TPtMAX(:)\* 100];

   dlmwrite(strcat(con,' A - Target - Act - Strength (no adapt) - Force - Strength (w adapt).csv'), combo)

   dlmwrite(strcat(con,' B - Firing Rate.csv'),transpose(mufrFAT(:,:)))

   dlmwrite(strcat(con,' C - Individual MU Force Time-History.csv'), transpose(muPt(:,:)))

   dlmwrite(strcat(con,' D - MU Capacity - relative.csv'),transpose(muForceCapacityRel(:,:)))

beep;