

¹ Hit and Run and Stuff

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⁴ **Abstract**

The brain must select its control strategies among an infinite set of possibilities, thereby solving an optimization problem. While this set is infinite and lies in high dimensions, it is bounded by kinematic, neuromuscular, and anatomical constraints, within which the brain must select optimal solutions. We use data from a human index finger with 7 muscles, 4DOF, and 4 output dimensions. For a given force vector at the endpoint, the feasible activation space is a 3D convex polytope, embedded in the 7D unit cube. It is known that explicitly computing the volume of this polytope can become too computationally complex in many instances. We generated random points in the feasible activation space using the Hit-and-Run method, which converged to the uniform distribution. After generating enough points, we computed the distribution of activation across each muscle, shedding light onto the structure of these solution spaces- rather than simply exploring their maximal and minimal values. We also visualize the change in these activation distributions as we march toward maximal feasible force production in a given direction. Using the parallel coordinates method, we visualize the connection between the muscle activations. Once can then explore the feasible activation space, while constraining certain muscles. Although this paper presents a 7 dimensional case of the index finger, our methods extend to systems with up to at least 40 muscles. We challenge the community to map the shapes distributions of each variable in the solution space, thereby providing important contextual information into optimization of motor cortical function in future research.

²⁶ **1 Author Summary**

²⁷ **2 Introduction**

²⁸ Optimal control of a musculoskeletal system is intrinsically related to mechanical con-
²⁹ straints. An endpoint's end effector forces are highly dependent upon tendon force
³⁰ ranges, the leverage of each tendon insertion point across each joint, and the planes of
³¹ motion each degree of freedom (DOF). In spite of the complexity of alpha-gamma neu-
³² romuscular drive models, every system exists under limitations intrinsic to any moving
³³ system. As such, limbs have been modeled to behave under these constraints with stun-
³⁴ ning realism[cite], and have been accurate in predicting kinetics when different muscles
³⁵ are activated [todorov's mujoco]. Some attention has been given to the constraints that
³⁶ physical systems impart on control itself ['nice try' citations]. As limbs exist under phys-
³⁷ ical constraints, neuromuscular control must strategize within the same laws of physics.
³⁸ A breadth of modeling techniques have been applied to physical systems to model and
³⁹ understand CNS control under the constraints of a given task, and many have been able
⁴⁰ to visualize some of the limitations animals must abide by in optimization.

⁴¹ Optimal control theory must be implemented in a way such that it is computationally
⁴² tractable. Control systems of designed (robotic) and evolved (neurophysiologic) origins
⁴³ can afford only a small measure of latency. Identifying how optimal control works within
⁴⁴ the framework of constraints could bring rise to more efficient algorithms, and this
⁴⁵ contextual understanding could introduce new ways to visualize how neuromuscular
⁴⁶ systems learn to improve over training.

⁴⁷ In dynamic systems we have seen jdo research on this,[cite].

⁴⁸ In a static system, every possible combination of independent muscle activations
⁴⁹ exists within the unit-n-cube, where N is set to however many independently-controlled
⁵⁰ muscles a system has. Prior work has highlighted the relationship between the feasible
⁵¹ force space and the set of all activation solutions.[cite papers in the last 10 years] In
⁵² effect, adding constraints on the FFS (e.g. requiring only force in a given plane) adds
⁵³ constraints to the FAS

⁵⁴ The effect of each muscle on each joint has been represented by the moment arm
⁵⁵ matrix [citations], the relationship of each DOF on end-effector output directions The
⁵⁶ feasible force set (described in detail in [cite]) is an M-dimensional polytope containing
⁵⁷ all possible force vectors an endpoint can output.

⁵⁸ neurons do a lot of stuff, and much work has been put into understanding how neural
⁵⁹ drive results in force, motion, and kinetics. physical description of a musculoskeletal
⁶⁰ system

⁶¹ Functional performance is defined by the ability for a system to identify optimal
⁶² solutions in a set of suboptimal solutions. jtalk about local and global maxima and
⁶³ minima in neuro optimization control theory,

⁶⁴ The feasible force set represents every possible output force an end effector can impart
⁶⁵ on an endpoint.

⁶⁶ Described in a mathematical way the feasible activation set is expressed as follows.

67 For a given force vector $f \in \mathbb{R}^m$, which are the activations that satisfy

$$\mathbf{f} = A\mathbf{a}, \mathbf{a} \in [0, 1]^n?$$

68 In our 7-dimensional example $m = 4$ and $n = 7$, typically n is much larger than m .
69 The constraint $\mathbf{a} \in [0, 1]^n$ describes that the feasible activation space lies in the n -
70 dimensional unit cube (also called the n -cube). Each row of the constraint $\mathbf{f} = A\mathbf{a}$ is a
71 $n - 1$ dimensional hyperplane. Assuming that the rows in A are linearly independent
72 (which is a safe assumption in the muscle system case), the intersection of all m equality
73 constraints constraints is a $(n - m)$ -dimensional hyperplane. Hence the feasible activation
74 set is the polytope given by the intersection of the n -cube and an $(n - m)$ -dimensional
75 hyperplane. Note that this intersection is empty in the case where the force f can not
76 be generated.

77 We first describe the stochastic method of hit-and-run, and illustrate its use on a
78 fabricated 3-muscle, 1-DOF system with a desired force output of 1N. We designed
79 this schematic (but mathematically viable) linear system of constraints to help readers
80 understand the mechanics of hit-and-run mathematics. Our index-finger model has too
81 many dimensions to show how the process works, so we hope this will help readers
82 understand what is going on in n dimensions (7 in the case of the index-finger model).
83 We also used this model to perform unit tests on our code in thoroughly validating our
84 hit-and-run implementation.

85 We investigated the distributions of the feasible activation set across each muscle.
86 State the purpose of the work in the form of the hypothesis, question, or problem you
87 investigated; and, Briefly explain your rationale and approach and, whenever possible,
88 the possible outcomes your study can reveal.

89 **3 Materials and Methods**

90 **3.1 Polytope representation of the feasible activation space**

91 Exact volume calculations for polygons can only be done in reasonable time in up to
92 10 dimensions [2, 6, 7]. We therefore use the so called Hit-and-Run approach, which
93 samples a series of points in a given polygon. Given the points for a feasible activation
94 space, this method gives us a deeper understanding of its underlying structure.

95 **3.2 Hit-and-Run**

96 In this section we introduce the Hit-and-Run algorithm used for uniform sampling in a
97 convex body K , was introduced by Smith in 1984 [10]. The mixing time is known to be
98 $\mathcal{O}^*(n^2 R^2 / r^2)$, where R and r are the radii of the inscribed and circumscribed ball of K
99 respectively [1, 8]. I.e., after $\mathcal{O}^*(n^2 R^2 / r^2)$ steps of the Hit-and-Run algorithm we are at
100 a uniformly at random point in the convex body. In the case of the muscles of a limb,
101 we are interested in the polygon P that is given by the set of all possible activations
102 $\mathbf{a} \in \mathbb{R}^n$ that satisfy

$$\mathbf{f} = A\mathbf{a}, \mathbf{a} \in [0, 1]^n,$$

where $\mathbf{f} \in \mathbb{R}^m$ is a fixed force vector and $A = J^{-T}RF_m \in \mathbb{R}^{m \times n}$. P is bounded by the unit n -cube since all variables $a_i, i \in [n]$ are bounded by 0 and 1 from below, above respectively. Consider the following 1×3 example.

$$1 = \frac{10}{3}a_1 - \frac{53}{15}a_2 + 2a_3$$

$$a_1, a_2, a_3 \in [0, 1],$$

103 the set of feasible activations is given by the shaded set in Figure 1.

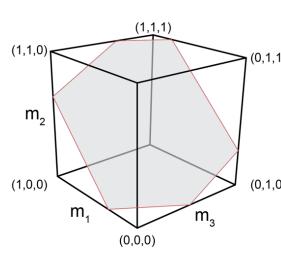


Figure 1: Feasible Activation

104 The Hit-and-Run walk on P is defined as follows (it works analogously for any convex
105 body).

- 106 1. Find a given starting point \mathbf{p} of P (Figure 2a) .
- 107 2. Generate a random direction through \mathbf{p} (uniformly at random over all directions)
108 (Figure 2b).
- 109 3. Find the intersection points of the random direction with the n -unit cube (Figure
110 2c).
- 111 4. Choose the next point of the sampling algorithm uniformly at random from the
112 segment of the line in P (Figure 2d).
- 113 5. Repeat from (b) the above steps with the new point as the starting point .

114 The implementation of this algorithm is straight forward except for the choice of the
115 random direction. How do we sample uniformly at random (u.a.r.) from all directions
116 in P ? Suppose that \mathbf{q} is a direction in P and $p \in P$. Then by definition of P , \mathbf{q} must
117 satisfy $\mathbf{f} = A(\mathbf{p} + \mathbf{q})$. Since $\mathbf{p} \in P$, we know that $\mathbf{f} = A\mathbf{p}$ and therefore

$$\mathbf{f} = A(\mathbf{p} + \mathbf{q}) = \mathbf{f} + A\mathbf{q}$$

118 and hence

$$A\mathbf{q} = 0.$$

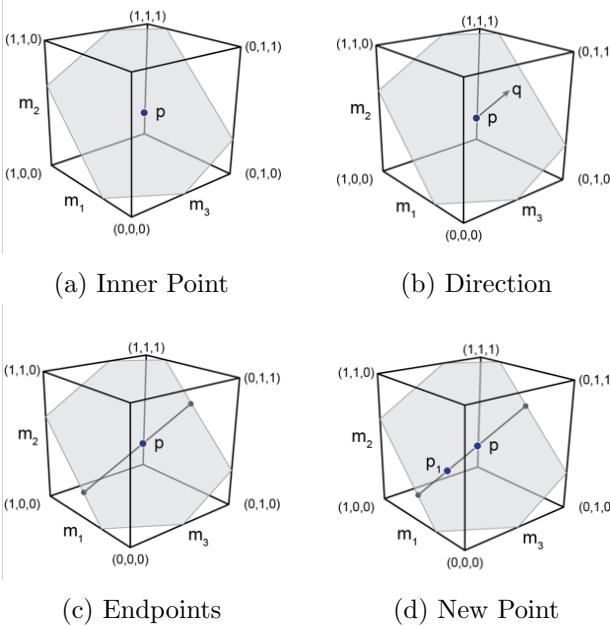


Figure 2: Hit-and-Run Step

119 We therefore need to choose directions uniformly at random from all directions in
120 the vectorspace

$$V = \{\mathbf{q} \in \mathbb{R}^n \mid A\mathbf{q} = 0\}.$$

121 As shown by Marsaglia this can be done as follows [9].

- 122 1. Find an orthonormal basis $b_1, \dots, b_r \in \mathbb{R}^n$ of $A\mathbf{q} = 0$.
123 2. Choose $(\lambda_1, \dots, \lambda_r) \in \mathcal{N}(0, 1)^n$ (from the Gaussian distribution).
124 3. $\sum_{i=1}^r \lambda_i b_i$ is a u.a.r. direction.

125 A basis of a vectorspace V is a minimal set of vectors that generate V , and it is
126 orthonormal if the vectors are pairwise orthogonal (perpendicular) and have unit length.
127 Using basic linear algebra one can find a basis for $V = \{A\mathbf{q} = 0\}$ and orthogonalize it
128 with the well known Gram-Schmidt method (for details see e.g. [3]). Note that in order
129 to get the desired u.a.r. sample the basis needs to be orthonormal. For the limb case we
130 can safely assume that the rows of A are linearly independent and hence the number of
131 basis vectors is $n - m$.

132 3.3 Mixing Time

133 How many steps are necessary to reach a uniformly at random point in the polytope?
134 The theoretical bound $\mathcal{O}^*(n^2 R^2 / r^2)$ given in [8] has a very large hidden coefficient (10^{30})
135 which makes the algorithm almost infeasible in lower dimensions.

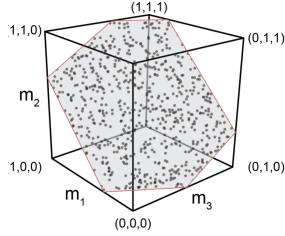


Figure 3: Uniform Distribution

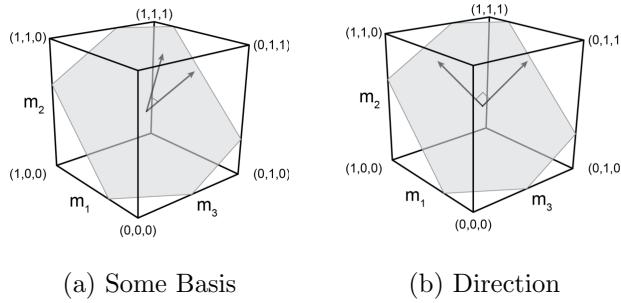


Figure 4: Find Orthonormal Basis

136 These bounds hold for general convex sets. For convex polygons in higher dimensions,
 137 experimental results suggest that $\mathcal{O}(n)$ steps of the Hit-and-Run algorithm are sufficient.
 138 In particular Emiris and Fisikopoulos paper suggest that $(10 + 10\frac{n}{\gamma}n)$ steps are enough
 139 to have a close to uniform distribution [4]. In all cases tested, sampling more point did
 140 not make accuracy significantly higher.

141 Ge et al. showed experimentally that up to about 40 dimensions, ??? random points
 142 seem to suffice to get a close to uniform distribution [5].

143 Therfore for given output force we execute the Hit-and-Run algorithm 1000 times
 144 on 100 points. The experimental results propose that those 1000 points are uniformly
 145 distributed on the polygon.

146 As a additional control, for each muscle we observe that the theoretical upper and
 147 lower bound of the feasible activation match the observed corresponding bounds (dif-
 148 ference max ??). To find the theoretical upperbound (lowerbound) of a given muscle
 149 activation we solve two linear programs maximizing (minimizing) a_i over the polytope.

150 3.4 Starting Point

151 To find a starting point in

$$\mathbf{f} = A\mathbf{a}, \mathbf{a} \in [0, 1]^n,$$

152 we only need to find a feasible activation vector. For the hit and run algorithm to mix
 153 faster, we do not want the starting point to be in a vertex of the activation space. We
 154 use the following standard trick using slack variables ϵ_i .

$$\begin{aligned} & \text{maximize} && \sum_{i=1}^n \epsilon_i \\ & \text{subject to} && \mathbf{f} = A\mathbf{a} \\ & && a_i \in [\epsilon_i, 1 - \epsilon_i], \quad \forall i \in \{1, \dots, n\} \\ & && \epsilon_i \geq 0, \quad \forall i \in \{1, \dots, n\}. \end{aligned} \tag{1}$$

155 This approach can still fail in theory, but this method has the choose $\epsilon_i > 0$ and therefore
 156 $a_i \neq 0$ or 1. Since for all vertices of the feasible activation space lie on the boundary
 157 of the n -cube, at least $n - m$ muscles must have activation 0 or 1. Documentation is
 158 included in our supplementary information.

159 3.5 Parallel Coordinates: Visualization of the Feasible Activation Space

160 Citation A common way to visualize higher dimensional data is using parallel coordinates.
 161 To show our sample set of points in the feasible activation space we draw n
 162 parallel lines, which representing the activations of the n muscles. Each point is then
 163 represented by connecting their coordinates by $n - 1$ lines.

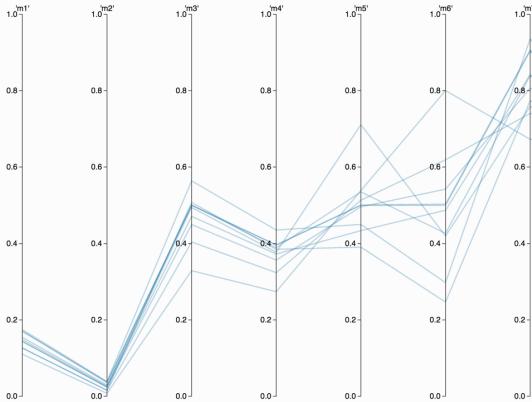


Figure 5: Feasible Activation

164 Using an interactive surface one can now restrict each muscle function to any desired
 165 interval, e.g., figure ??.

166 NICE FIGURE OF RESTRICTED PARALLEL COORDINATES

167 For the l_1 , l_2 and l_3 norm respectively, we added an additional line to represent
 168 the corresponding weight. E.g. for a given point $\mathbf{a} \in \mathbb{R}^n$ we are interested in $\sum_{i=1}^n a_i$,
 169 $\sqrt{\sum_{i=1}^n a_i^2}$ and $\sqrt[3]{\sum_{i=1}^n a_i^3}$. As for the muscles one can restrict the intervals of the weight
 170 functions, to explore the corresponding feasible activation space.

171 NICE PICTURE WITH WEIGHTS INCLUDED

172 4 Results

173 Many nice figures

174 1. Histograms

175 2. Histograms 3 directions

176 3. PC

177 4.1 Activation Distribution on a Fixed Force Vector

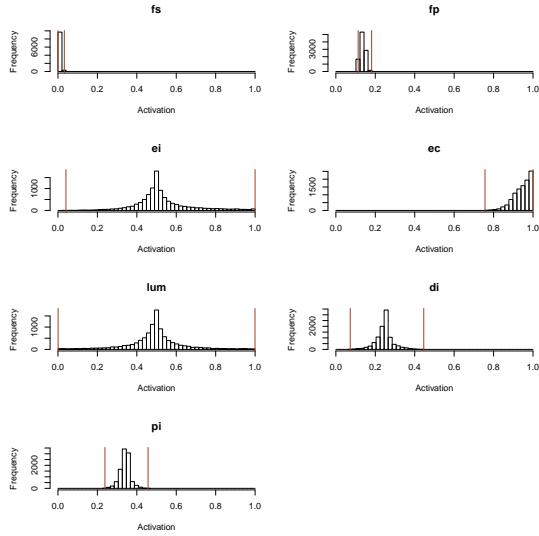


Figure 6: Histogram for Fixed Force

178 4.2 Changing Output Force in 3 Directions

179 We discuss different forces into three different directions, which are given by the palmar
180 direction (x -direction), the distal direction (y -direction) and the sum of them. The
181 maximal forces into each direction are given by ??, ?? and ?? respectively. For $\alpha =$
182 $0.1, 0.2, \dots, 0.9$, we give the histograms where the force is $\alpha \cdot F_{\max}$, where F_{\max} is the
183 maximum output force in the corresponding direction.

184 4.3 Parallel Coordinates

185 Muscle 5 and 6 same direction and same strength \Rightarrow Does not matter which one we
186 activate for low cost

187 **5 Discussion**

188 Mostly to be written by Brian

189 **5.1 Distributions**

- 190 • Bounding box away from 0 and 1 means muscle is really needed → Already known
191 from the bounding boxes
- 192 • High density → most solutions in that area

193 **5.2 Parallel Coordinates**

- 194 • Parallel lines in PC indicate opposite direction of muscles
- 195 • Crossing lines indicate similar direction

196 **5.3 Running Time**

197 The step of the algorithm which are time consuming are finding a starting point, which
198 solves a linear program and can take exponential running time in worst case. For each
199 fixed force vector we only have to find a starting point and an orthonormal basis once,
200 and are hence not of concern for the running time.

201 Running one loop of the hit and run algorithm only needs linear time, therefore the
202 method will extend to higher dimensions with only linear factor of additional running time
203 needed.

204 TODO: add part on how we didn't deal with a dynamical system, but the feasible
205 force space still exists, just with constraints on muscle activations instantaneously, and
206 the momentums present in each of the limbs about their joints.

207 TODO: discuss how the FAS is an overestimate of the total number of possible
208 activation solutions, because of synergies. Our mathematical approach considers 100
209 percent independent control of every muscle, with no correlations or inverse correlations
210 between muscle activations. Then slightly discuss how synergies can limit activation
211 capabilities.

212 **6 Acknowledgments**

213 **References**

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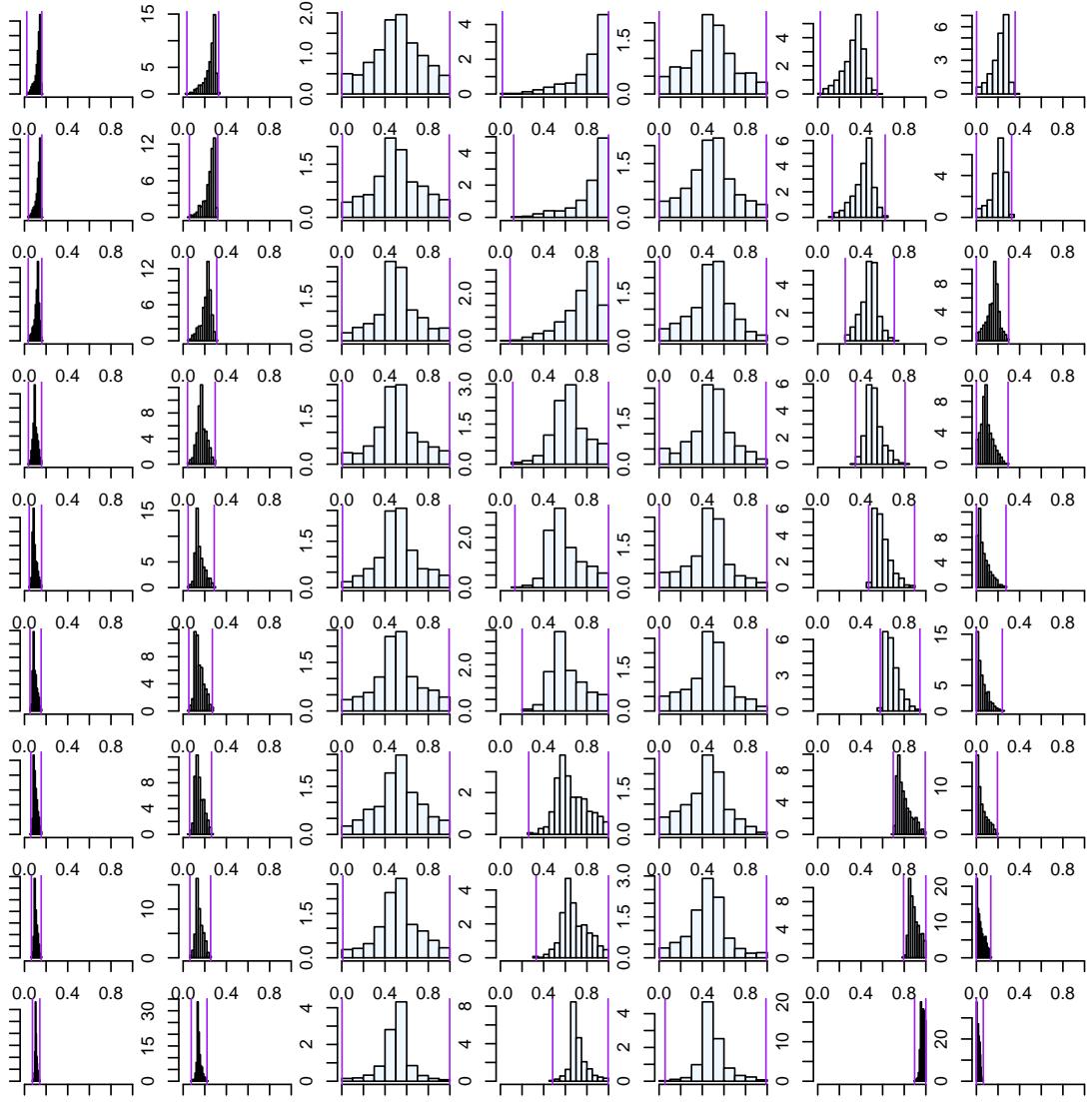


Figure 7: Histogram for x -Direction

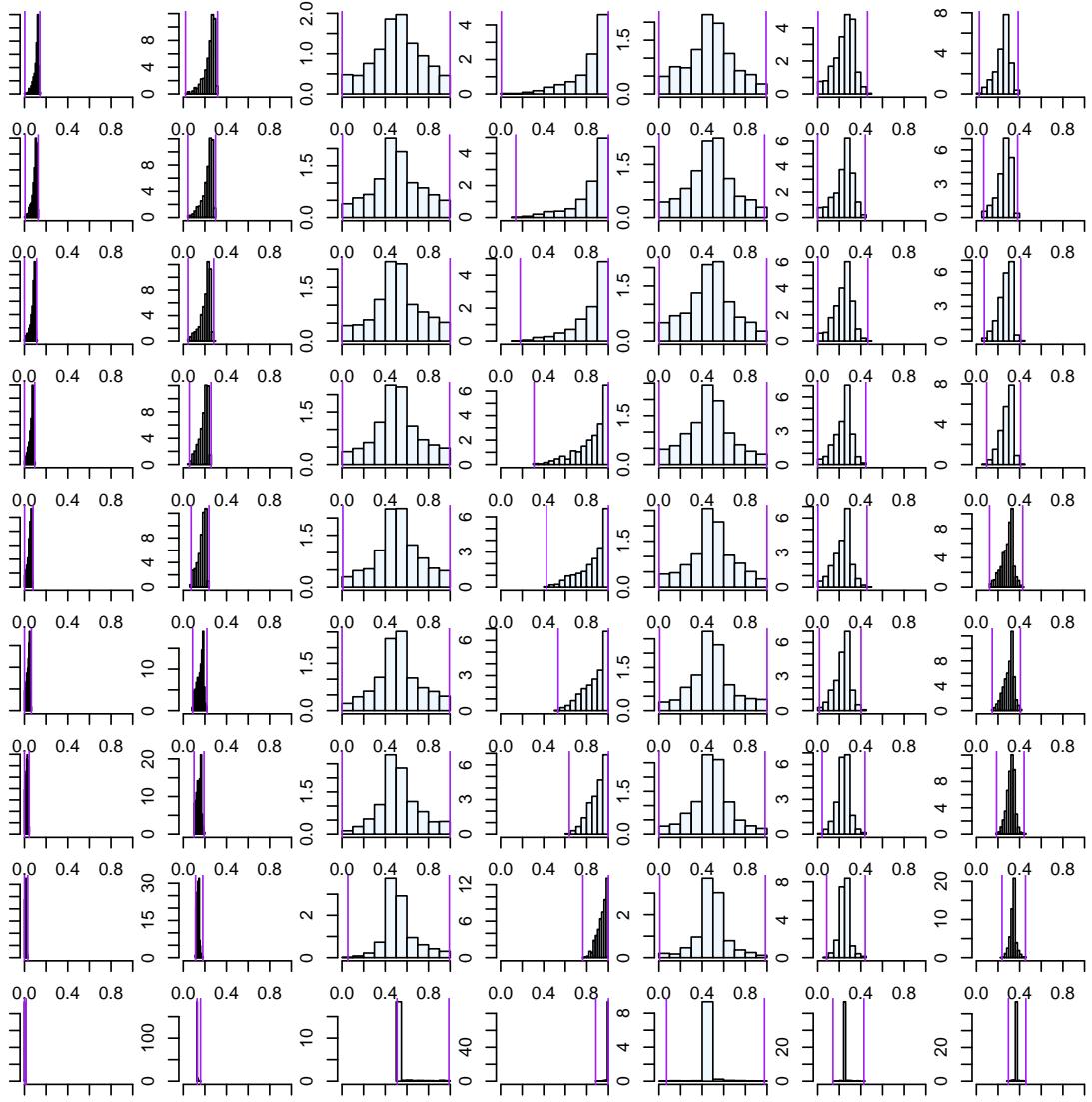


Figure 8: Histogram for xy -Direction

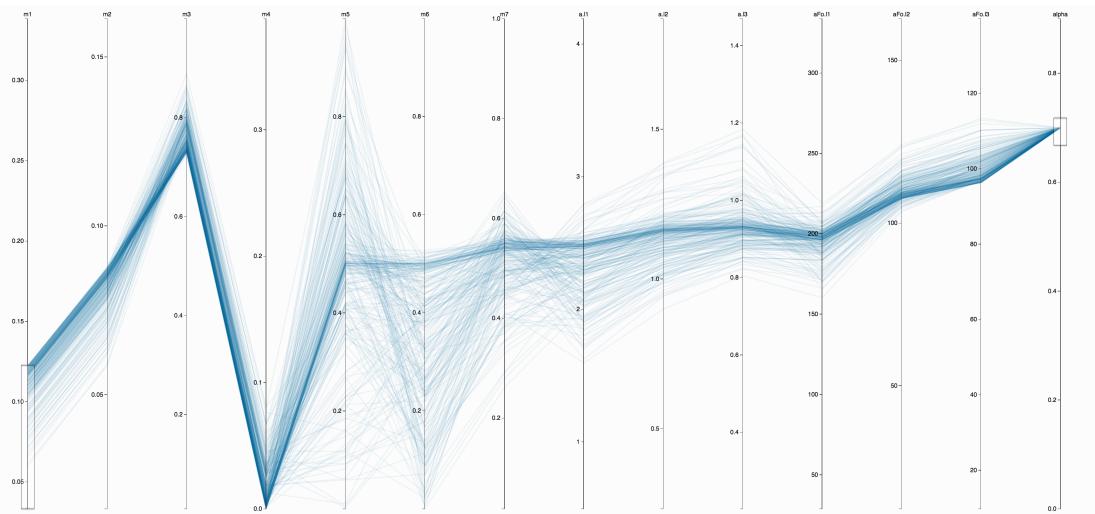


Figure 9: Low for Muscle 1

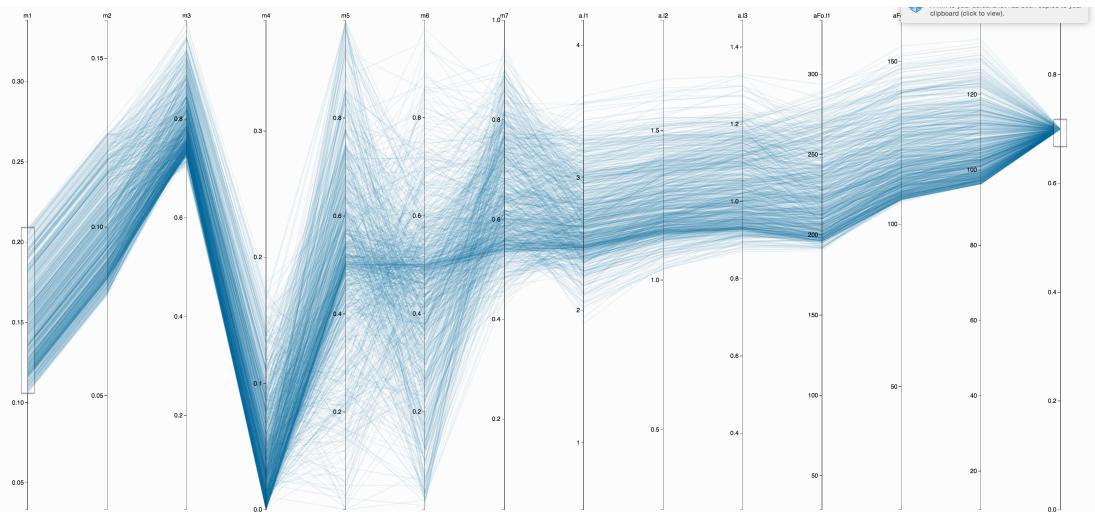


Figure 10: Middle for Muscle 1

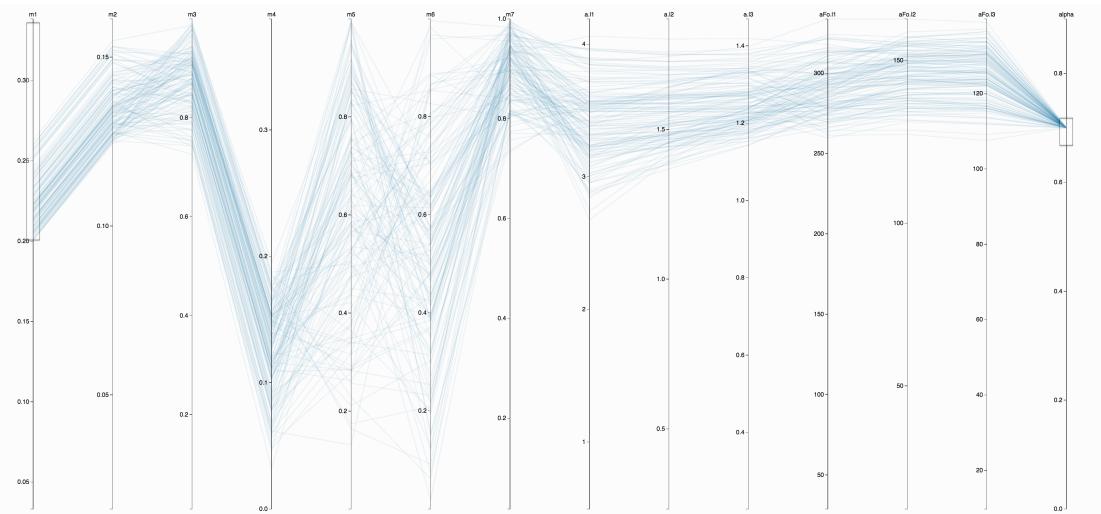


Figure 11: Upper for Muscle 1

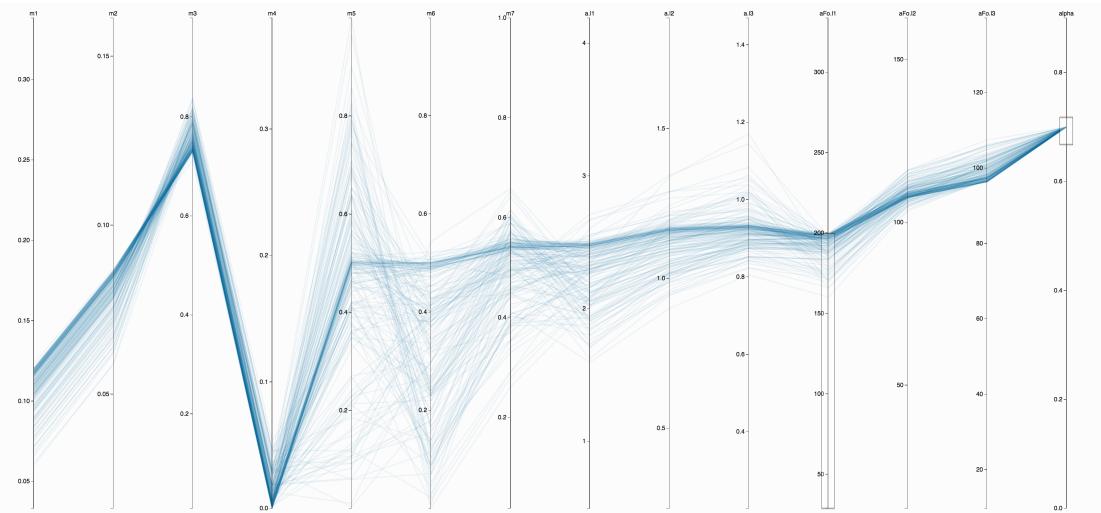


Figure 12: Weighted Cost