

脑卒中意念控制的主被动运动康复技术

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摘 要: 介绍了近年来脑卒中运动康复技术的创新发展, 重点介绍了由人类运动意图控制的康复. 从运动康复的神经发育原理开始 (为运动意图控制的康复提供神经科学基础), 评述了人类运动意图检测和反馈的方法. 展望了基于运动意图控制脑卒中运动康复的未来发展.

关键词: 脑卒中康复; 运动意图识别; 运动康复; 脑机接口

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Motor Rehabilitation with Control based on Human Intent for Stroke Survivors

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Abstract: The development of motor rehabilitation methods for stroke survivors is reviewed with a focus on human motor intent controlled rehabilitation. Starting with neurodevelopmental principles of motor rehabilitation that provides neuroscientific basis for the rehabilitation with the control based on human intent, methods of human motor intent detection are reviewed, and feedback approaches are followed. Some challenges for the future development of motor rehabilitation with the control based on human intent for stroke survivors are addressed.

Keywords: stroke rehabilitation; motor intent detection; motor rehabilitation; brain-computer interface

1 引言 (Introduction)

我国作为现代社会快速发展的人口大国, 意外事故和环境污染造成脑外伤、脑瘫等脑损伤致残人数可观, 特别是随着老龄化社会的来临, 脑中风成为运动障碍致残的主要因素. 我国的“脑科学计划”主要研究“脑健康”主题, 核心研究聚焦在脑工作原理和与脑重大疾病相关的前沿领域. 脑损伤康复理论与技术成为社会关注和研究的重点. 因此, 将脑科学的先进研究成果和工程技术的最新手段相结合应用于脑损伤康复技术和设备的研究, 不仅具有重大的学术意义, 更具有巨大的经济和社会价值.

脑卒中发生在大脑血管破裂或大脑的血液供应阻塞时, 可导致永久性神经损伤及显著的身体和认知功能障碍^[1-2]. 脑卒中发生后, 患者高级中枢神经系统受到损坏, 导致运动控制和感觉神经通路部分或完全阻断, 影响患者的日常生活. 脑损伤康复

针对大脑神经损伤造成的功能缺失采用特定训练设备和手段促进大脑损伤区域或冗余神经重新学习, 从而实现人体功能的恢复或代偿. 促进脑卒中中的运动功能恢复需要包括神经科学、神经康复工程、生物医学工程、信息解码、智能控制工程、机器人、计算机科学、临床康复等领域跨学科的合作和创新的康复训练方法^[3]. 近年来, 为解决脑卒中运动康复的问题, 将大脑运动意念的神经诱发和肢体运动的神经感知构成系统回路, 形成有效的运动中枢神经和肢体外周神经的主被动协同的刺激方法越来越受到关注. 探索基于神经功能环路重建的主被动协同康复成为脑损伤康复理论与技术研究的主要方向.

本文介绍了利用患者意念控制的运动康复相关技术的创新进展, 阐述了运动康复的神经学原理, 为运动意图控制的康复提供神经科学基础, 评述了患者的运动意图检测方法和反馈刺激途径.

2 运动康复的本质是神经可塑性 (The essence of motor rehabilitation is neuroplasticity)

神经的可塑性和大脑功能重组是神经损伤后功能恢复的基础, 是近 20 年来神经生物学研究发展的重要领域. 神经可塑性描述了人类中枢神经系统的内在性质, 从结构和功能上解释了人类如何适应变化获得新的技能^[4-5]. 神经可塑性是指大脑中枢神经系统在损伤后具有神经形态结构和活动功能的可修饰性. 脑损伤康复的本质来源于大脑的神经可塑性, 神经可塑性和控制可塑性的机制是中风运动功能恢复的理论关键^[6]. 并非所有的可塑性变化都是有益的, 对神经可塑性变化的及时干预引导十分必要^[7-8]. 因此, 运动康复应该以诱发和增强有益的神经可塑性为目的, 促进运动康复.

脑损伤康复就是针对大脑神经损伤造成的功能缺失采用特定训练设备和手段促进大脑损伤或冗余神经重新学习, 从而实现人体功能的恢复或代偿. 脑损伤的中枢神经功能恢复一方面依靠大脑中枢神经系统存在冗余性的神经细胞与连接^[9-11], 另一方面主要依靠神经可塑性来实现神经回路连接重构和神经功能训练重建, 从而实现中枢神经功能代偿. 神经可塑性从生理学基础来讲主要表现为突触可塑性^[12-14], 分别具有结构可塑性和功能可塑性. 在大脑发育期具有很强的神经可塑性, 而发育成熟后神经网络结构的可塑性降低, 但依然保持着一定的功能可塑性, 包括长时程增强与抑制, 成为学习、训练与记忆的基础, 也成为脑损伤康复训练的神经生理学基础; 特别是近期的神经生理学研究发现大脑发育期的可塑性可以在成年期大脑中被激活, 任务特异性的生理刺激和环路特异性的物理刺激以及神经刺激时效性成为掌控大脑神经可塑性的调控关键^[15-17].

确保患者积极参与运动训练过程对于诱导神经可塑性十分必要^[1], 大脑奖励系统涉及运动再学习和神经可塑性, 将患者的主动运动尝试量化为外围刺激程度可使中风患者获得更好的康复训练效果^[18-19]. 此外, 运动意图和运动反馈的结合可以诱发可塑性变化并改善功能恢复^[20], 刺激的时机是诱导神经可塑性的关键^[21], 反馈延迟应在 300 ms 内, 以保证神经可塑性能够通过运动被激活^[22]. 因此, 发展任务导向的特异性刺激和保证主被动神经刺激的时效性控制成为未来脑损伤康复必须攻克的技术核心.

3 脑机接口/肌电接口是主动运动意图检测的关键 (BCI/EMG-based human computer interface is the key to human motor intent detection)

准确检测病人运动意图是确保患者积极参与运动训练过程从而诱发神经可塑性的基础. 目前病人运动意图检测方法主要有脑机接口 (BCI) 和肌电 (EMG) 信号检测.

脑机接口实质上是实现人和外部设备通信的人机接口系统, 它不依赖于正常的外围神经肌肉通道, 而是将脑电信号作为大脑意图的载体与外界进行交互^[23]. 近年来, 脑机接口技术的应用日益广泛, 已经在游戏娱乐、航天、军事等领域取得了丰硕成果. 这种通信路径可以作为活动能力丧失的患者与外部世界通信的替代手段^[24]. 基于脑电信号可以辨识患者移动自身肢体的意念, 再通过脑机协同控制以机械运动驱动肢体强化运动, 从真正意义上可以实现意念—中枢反应—运动神经通道的重建训练, 开创了中风康复机器人的全新发展方向. 同时, 脑电接口为大脑神经主动康复刺激和评估提供有效的双向直接通道. 基于脑机接口的康复系统的反馈延迟应在 300 ms 内, 以保证神经可塑性能够通过运动被激活^[22]. 因此, 需要尽量缩短脑机接口系统检测运动意图所需的时间.

多种神经成像模式可用于检测大脑信号, 包括皮层脑电图 (ECoG)、脑电图 (EEG)、功能成像技术 (功能磁共振成像 fMRI、单光子发射计算机断层扫描 SPECT、功能代谢显像 PET)、脑磁图 (MEG)、功能近红外光谱 (fNIRS) 等. 可用性、状态分辨率、成本是在选择测量模式期间要考虑的主要因素^[23]. MEG 和 fMRI 需要大容量器件, fNIRS 具有更好的可用性, 对头部运动较不敏感^[25], 不需要 MRI 兼容的康复设备, 成本低、灵敏度高^[26]. fNIRS 脑机接口用于康复的研究较少, 因此非侵入性且易于使用的 EEG 成为脑机接口研究中最常用的方法, 经常用于康复治疗中病人运动意图的检测^[27].

多种类型的神经生理信号和 EEG 特征已经用作脑机接口中的控制信号. 运动想象广泛用于脑机接口和运动学习^[28]. 运动想象过程能够直接激发大脑运动皮层, 其逐渐成为运动功能障碍脑机接口康复训练的研究热点. 上海交通大学张丽清等人^[29]研究表明基于运动想象的 BCI 训练通过诱导最佳的脑运动功能重组, 可以提高脑卒中患者的上肢运动

功能. 运动想象可以通过镜像神经元系统激活运动皮层, 诱导神经可塑性, 促进运动功能的恢复^[30]. 天津大学明东等人也进行了相关研究^[31]. 然而, 运动想象的缺点是被试需要训练^[27], 使用运动想象解码运动意图的准确性很大程度上取决于患者的注意力以及他们的想象能力^[28]. 为了解决上述问题, 西安交通大学徐光华团队研究验证了有目标引导的运动想象可以增强镜像神经元系统中的激活性能并且改善运动想象能力^[28]. 深圳大学针对上肢运动想象也进行了类似的研究^[32].

Bereitschaftspotential (BP) 是运动相关皮层电位 (MRCP) 的重要组成部分之一, 通常开始于运动前 1 s~2 s^[33]. 通过监测该信号, 可以预测即将到来的运动, 帮助设计具有更短响应时间的、更有效的康复工具, 对用户更直观, 并确保恢复期间神经可塑性所需反馈的时效性^[33]. 为此, 探索基于运动准备电位的脑机协同神经可塑性增强的方法成为进一步发展脑损伤主被动协同康复技术的关键. 为了在临床中使用脑机接口技术, 必须简化系统设置、进行校准并缩短训练时间. 针对这个问题, Niazi 等^[34]提出使用从先前受试者群体收集的信号的集合数据集来校准基于 MRCP 的脑机接口, 而不是对每个受试者个别训练. Bhagat 等人^[35]提出了另一种解决方案: 利用自适应窗口技术来补偿试验间的变异性^[34-35].

人类运动意图也可以通过外部刺激诱发. 通过运动观察等行为可以基于镜像神经元机制显著激活大脑运动中枢. 运动视觉诱发电位 (mVEP) 对于理解人类如何处理运动信息具有重要的研究价值. mVEP 的瞬态和稳态都已应用于脑机接口. 这种技术的优点是对刺激对比度的要求较低, 并且引起的视觉疲劳较少^[36]. 对于 mVEP 的瞬态, 2009 年清华大学高上凯团队开发了基于运动起始视觉响应的脑机接口系统^[36-37]. 后来, 华东理工大学金晶等^[38]组合运动起始视觉诱发电位和 P300 电位, 其中 P300 发生在目标闪烁后约 300 ms 内, 以提高分类精度. 稳态运动视觉诱发电位 (SSMVEP) 首先由 Heinrich 等人提出^[39]. 2012 年, 西安交通大学徐光华团队利用周期性收缩-扩张形式的往复运动反转刺激设计脑机接口应用的刺激范例, 可以减少视觉不适^[40-41], 提出添加视觉噪声以改进基于 SSMVEP 的脑机接口^[42], 检测精度高于 85%^[40]. 这种类型的范例可以唤起更强的响应, 实现更高的精度, 并导致更少的疲劳^[41]. 最近, 徐光华团队

提出等亮度彩色环形棋盘范例, 进一步提高低功率密度谱的信噪比 (SNR), 提高脑机接口的交互性能^[43].

当前的脑机接口设备比较昂贵, 例如 g.tec 仪器 (g.tec 医学工程有限公司, 奥地利) 售价超过 2 万美元. 此外, 使用脑机接口器件所需的准备时间相对较长. 受试者必须佩戴填充有导电凝胶的电极帽以确保导电性. 当前大多数脑机接口设备更适合于研究目的, 而不是临床实践. 虽然市场上也有一些更便宜的设备, 但是这些设备的准确性较差. 因此, 在临床实践中需要有可接受的精度、便于使用、低成本、非侵入性、易于安装的脑机接口. EEG 信号因患者而异, 因此为每个患者选择个性化 EEG 方法和最佳策略是一个重要挑战. 而且 EEG 信号可能受到受试者的状态如注意力、积极性和疲劳的影响, 因此, 这些状态应该在未来的研究中量化. 最后, 脑机接口必须考虑健康受试者和中风患者之间的 EEG 信号的差异^[44].

EMG 能够充分体现肌肉的运动状态并且易于获取, 基于 EMG 的神经假体控制的公认接受的反馈延迟是 200 ms^[45], 可以保证神经可塑的时效性, 同时基于肌电信号能够实现较精细动作的识别^[46]. 哈尔滨工业大学基于 EMG 模式分类的方法识别偏瘫患者健侧肢体的动作类型^[47-48]. 深圳先进技术研究院李光林团队设计了一系列最优通道选择、特征选择以及模式识别优化算法识别脑卒中和脑外伤病人前臂和手部的多种动作意图^[49]. 中国科学院沈阳自动化研究所赵新刚等人^[50-51]提出采用状态空间模型连续识别人体上肢多个关节角度, 取得了比传统神经网络方法显著提高的精度. 然而, EMG 信号的可用性和质量随患者而变化, 需要对特定用户进行适配和调整. 此外, 在中风患者中, 高级神经中枢损坏, 导致部分或完全阻塞运动控制和感知神经通路, 可能弱化患者的 EMG. 早期基于肌电信号的运动意图识别主要采用触发式, 触发之后采用被动康复运动, 也适用于运动能力有限的病人. 但是病人的运动意图在康复运动触发之后可能会减弱. 这样连续 EMG 控制的康复方法就被提出来了. 但是, 有一个担忧是连续 EMG 控制可能会加强病理运动模式, 而不是鼓励病人恢复到正常运动模式^[52]. 因此, 仅仅依靠 EMG 来检测患者运动意图不可靠. 近年来, 有学者提出将肌电和脑电信号进行决策级融合, 为运动意图精细感知开辟了新的研究方向^[53-54]. 脑/肌多源信息融合感知与交互控

制成为实现主被动协同康复刺激的技术发展方向。

4 反馈刺激是运动神经通道重建的保障 (Feedback and stimulation are the guarantee of reconstruction of motor neural pathway)

4.1 反馈刺激

正如第2节指出的那样,在运动意图和外部刺激之间建立起对应关系,是增强神经可塑性、促进运动康复的一个重要因素^[55]。

功能性电刺激(FES)直接刺激神经或其运动点,以特定序列和量级引发电刺激,可用于产生执行功能性任务所需的特定肌肉活动^[56]。为了将运动意图和外部刺激对应起来,Hara等人^[26]提出EMG控制的FES,Takahashi^[57]、Ono^[58]、Cincotti^[59]等人采用BCI控制的FES脑卒中康复训练,取得了很好的康复效果。Hong等人^[60]以及天津大学明东等人^[61]将运动想象脑机接口和功能电刺激结合起来应用于中风后的运动康复,获得了比单纯功能电刺激更好的康复效果。2016年,中国科学院沈阳自动化研究所赵新刚^[62]等人将基于稳态运动视觉诱发电位的脑机接口和功能电刺激结合起来应用于上肢运动康复。

运动的镜像反馈允许患者观察他们自己的运动并且几乎可以实时地得到训练结果反馈^[63]。通过可视化输出力和EMG,患者可以更自信地参与康复训练。观察通过镜像神经元和运动想象相关联,对抽象和自然的运动的观察都可以激活镜像神经元系统^[64]。使用抽象简化的运动(如光点生物运动^[65])作为刺激可以激活人类前运动和运动皮层^[65]。与视觉反馈相比,听觉反馈可以减少感知和认知工作负荷^[66]。实验证明节律性听觉刺激和音乐运动反馈可以改善中风患者的步态^[67]和手臂训练^[68]。

触觉反馈也已用于中风康复,触觉信号可以诱导神经可塑性和增强运动学习^[69]。运动康复利用简单的位置控制、触觉引导策略、触觉增强环境产生体感刺激诱导神经可塑性,通过重复练习加强运动模式,增强肌肉,增加患者的积极性^[70]。触觉反馈装置诸如Geomagic Touch^[71]、CyberGrasp系统^[72]、Haptic MASTER^[73]、触觉旋钮^[74]等已经用于运动康复训练。其他机器人,例如文[75]中的WAM机器人臂和文[76]中的触觉设备也已用于运动康复训练。东南大学开发了远程上肢康复机器人系统,采用力反馈实现了系统控制^[77]。振动触觉反馈是可以

应用于运动康复的另一种触觉反馈模态^[78-79]。在康复任务中,力也可以通过视觉反馈的形式呈现^[63]。

中风患者具有不同程度的脑损伤,他们的感知能力可能被削弱。人类大脑自动地同时处理和整合多种感觉信息^[4],多感觉反馈在学习控制人类大脑信号和重建被中风中断的感觉运动环路中起重要作用^[4,12],多模式刺激和多模式反馈可以增强运动学习,更有利于中风康复^[79]。

4.2 借助于虚拟现实技术的反馈刺激

虚拟现实(VR)技术能够为用户提供身临其境的现实感受,可有效支持康复环境构建,增强外界环境对受损神经中枢的刺激水平,激励患者积极参与康复训练,提供比常规治疗更有趣的方式,诱发及维持患者主动康复训练的意念,因此该技术在中枢神经损伤的康复领域有着广阔的应用前景。VR技术成为强化任务导向的特异性刺激训练的有效支撑工具。当前大多数VR系统主要是视觉体验,有一些系统提供附加声音信息,一些高级VR系统提供触觉信息来增强体验。利用VR的反馈可以创建个性化康复训练^[80],允许患者在没有治疗师的帮助下检查自己的动作,观察训练效果^[81],VR易于与其他治疗手段结合^[3,82]。2016年被誉为是VR行业真正的元年,最新的虚拟现实设备是借助计算机及最新传感器技术创造的一种崭新的人机交互手段,借力新型虚拟现实技术来发展丰富环境(enriched environment)康复技术正得其时。

沉浸式和非沉浸式VR系统都已用于中风患者的VR介导的运动康复^[83-85]。将面向家庭环境应用开发的各商用非沉浸式视频游戏系统用作康复训练的一个组成部分,可以使康复训练的成本更低、更容易实施、更易于临床医生和患者使用^[86-87]。例如,西安交通大学徐光华团队^[88]提出VR介导的运动康复训练和评估系统,其中虚拟化身复制患者的运动,使用Kinect运动捕获装置提供实时运动反馈。VR介导的运动康复依赖大脑奖励机制与镜像神经元系统^[19,89],充分调动神经可塑性作用,在中风患者的上肢康复训练^[90]、步态训练^[91]、平衡控制^[92]、本体感觉康复^[93]中效果良好。目前,基于运动意图控制的VR康复系统研究成果有基于EMG的VR步态反馈系统^[94]、闭环脑机接口—VR步态反馈系统^[95]、运动想象驱动的脑机接口—VR系统^[96]等。运动意图控制的VR康复系统多依赖于病人主动参与的康复训练,更适用于病情较轻或

康复后期的患者。对于自主运动能力较差的患者, 需要借助于康复机器人这样的辅助手段。

4.3 借助于机器人技术的反馈刺激康复机器人

借助于机器人技术的反馈刺激康复机器人是近年来国际康复领域高度关注的下一代运动神经康复治疗技术与装备。机器人辅助康复允许用户与模拟的真实世界场景交互, 促进运动康复^[3]。近年来, 机器人技术已经应用于手、上肢和下肢的康复训练^[97-101]。大多数康复机器人使用被动训练, 拖曳患者的肢体进行连续被动活动 (continuous passive motion, CPM)。在病人康复训练早期进行连续被动活动是保持关节长期活动灵活性的关键。然而, 现阶段机器人装置在训练期间可能辅助得太多^[102], 患者过多依靠机器人辅助, 限制了康复效果^[103]。如图 1 所示, 康复机器人需要根据患者的康复需求, 制定渐进式的康复策略, 实现人进机退的思想, 逐渐降低患者对康复机器的依赖程度, 最大限度地提高康复效果, 而不是让康复机器人代替人的功能。机器人辅助康复如果提供参与运动的奖励可能会取得更好的康复效果^[104-105]。

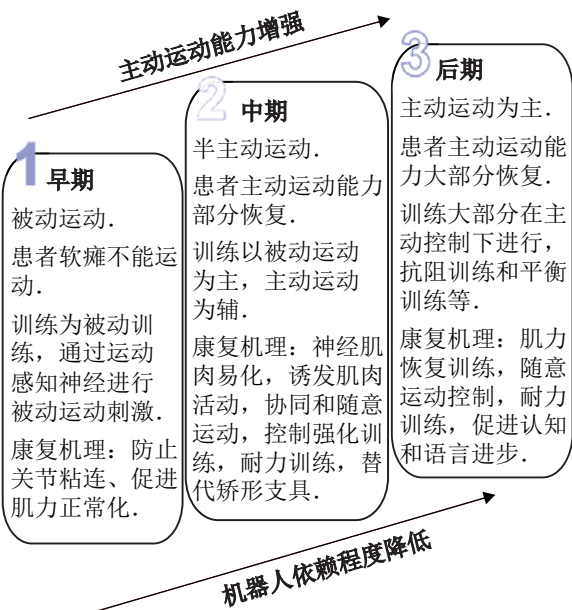


图 1 不同阶段的主动和被动运动康复

Fig.1 Active and passive motor rehabilitation in different phases

基于 EMG 的机器人辅助康复在使用触发型控制^[106-107]和比例控制^[106,108]的临床试验中取得了很好的结果, 基于 EMG 的运动模式分类控制机器人辅助康复也已取得初步进展^[48,109-110]。然而, 基于 EMG 的机器人辅助康复仅适用于能够产生足够高肌肉活动水平的患者。

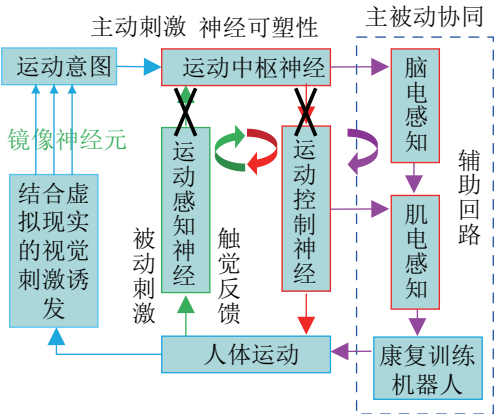


图 2 主被动运动康复训练与运动神经通道重建

Fig.2 Active and passive motor rehabilitation and reconstruction of the motor neural pathway

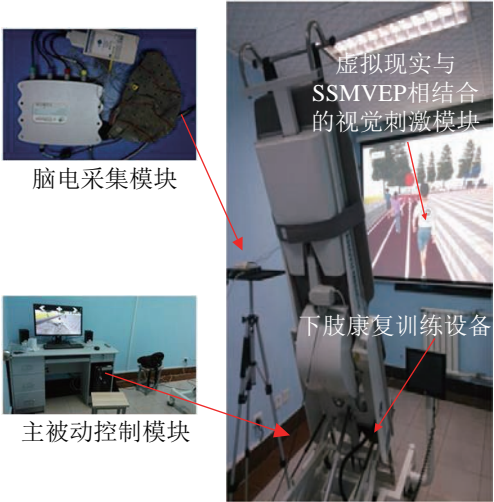


图 3 基于 SSMVEP 的主被动结合的下肢康复训练系统^[113]

Fig.3 Active/passive lower limb rehabilitation system based on SSMVEP^[113]

如图 2 所示, 脑控康复机器人可以集视听觉刺激、脑肌电运动感知、机械辅助驱动、功能电刺激等为一体, 利用辅助回路刺激实现运动神经通道的神经兴奋易化重建, 成为实现主被动协同康复、神经环路重建训练不可或缺的智能支撑系统。基于运动想象 EEG 脑机接口的机器人康复和纯机器人辅助康复的比较研究发现, 运动想象-脑机接口组显示出更高的 Fugl-Meyer (FM) 增加^[111]。正如第 3 节指出的那样, 由于运动想象需要训练, 近年来, 已经有人尝试将其他 EEG 特征用于机器人辅助康复。2015 年, Kwak 等^[112]提出了一种基于 SSVEP (稳态视觉诱发电位) 的下肢外骨骼的控制系统。同年, 西安交通大学徐光华团队提出了一种基于 SSMVEP 的下肢康复机器人^[113] (如图 3 所示)。除此之外, MRCP 也被用于踝足康复机器人^[53]和上肢外骨骼^[35]。相对于基于运动想象的脑控康复机

器人, 基于 SSVEP、SSMVEP、MRCP 的主被动协同康复虽然均开始使用中风患者做试验研究并取得了初步成果, 但仍处于起步阶段。2016 年, Donati 等^[114] 报告了基于脑机接口、虚拟现实反馈、视觉方式触觉力信息反馈、外骨骼机器人的步态训练系统进行 12 个月长期训练对脊髓损伤病人的神经康复效果, 首次证明了利用辅助回路刺激实现运动神经通道的神经兴奋易化重建的有效性。关于辅助回路刺激对脑卒中病人运动神经环路重建的促进作用还有待长期训练跟踪研究进一步验证。

5 结论 (Conclusion)

本文介绍了脑卒中患者运动康复方法, 着重阐述了基于神经可塑性的患者运动意图控制的康复。运动康复的本质是神经可塑性, 脑/肌机接口是主动运动意图检测的关键, 而反馈刺激是运动神经通道构建的保障。自主运动意愿驱动是促进神经可塑性的关键, 如果刺激与患者的运动意图相关联, 则可以提供患者努力程度的在线测量和反馈来鼓励患者参与治疗, 促进运动功能恢复。集视觉觉刺激、脑机电运动感知、机械辅助驱动、功能电刺激等为一体的脑控康复技术通过辅助回路刺激实现运动神经通道的神经兴奋易化重建是未来的发展方向。同时, 根据患者的康复需求, 制定渐进式的康复策略, 在不同阶段依据需要施行被动或主被动结合或主动的康复训练, 实现人进机退的思想, 逐渐降低患者对康复机器的依赖程度, 最大限度地提高康复效果。使用中风患者做试验的研究成果和基于神经康复策略的临床运动康复的研究成果逐渐增多, 康复技术研究和临床紧密结合成为一种潮流。未来的工作也将包括进一步验证辅助回路刺激对脑卒中病人运动神经环路重建的促进作用, 临床试验和评估不同方法对不同能力患者的疗效, 以及采用更大的样本量和更长的训练持续时间。借助虚拟现实、机器人等技术发展任务导向的特异性刺激, 以及如何保障神经协同刺激的时效性也是未来要解决的主要问题。

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