



# **Development of Analysis Techniques for dynamic magnetic resonance imaging**

**– Master Thesis –**

to be awarded

Master of Science in Medical Photonics

submitted by

Aayush Nepal

May 20, 2024

Aayush Nepal  
[aayush.nepal@uni-jena.de](mailto:aayush.nepal@uni-jena.de)  
Student ID: 198683

Address:  
 Jützengasse 2  
99423 Weimar

Supervisor  
1st: Prof. Dr. rer. nat. med. habil. Jürgen Reichenbach  
2nd: Dr. rer. nat. Martin Krämer

Friedrich-Schiller-Universität Jena  
Medizinischen Fakultät  
Institut für Diagnostische und Interventionelle Radiologie  
Philosophenweg 3  
07743 Jena

## **Abstract**

## **Acknowledgements**

# Contents

<b>List of Figures</b>	<b>v</b>
<b>List of Tables</b>	<b>vii</b>
<b>List of Acronyms</b>	<b>viii</b>
<b>1 Introduction</b>	<b>1</b>
<b>2 Fundamentals</b>	<b>2</b>
2.1 The Knee Joint . . . . .	2
2.2 Dynamic MRI . . . . .	6
2.2.1 CINE imaging . . . . .	6
2.2.2 Gating . . . . .	7
2.2.3 Knee loading device . . . . .	7
2.2.4 Radial golden-angle acquisition . . . . .	9
2.2.5 Gradient Echo FLASH sequence . . . . .	12
<b>3 Methodology</b>	<b>14</b>
3.1 Data Collection Methods . . . . .	14
3.1.1 Procedure Details . . . . .	14
3.1.2 Sequence Parameters and Reconstruction . . . . .	15
3.2 Data Analysis . . . . .	17
3.2.1 Segmentation . . . . .	18
3.2.2 Extraction of Biomechanical Parameters . . . . .	25
<b>4 Results</b>	<b>28</b>
4.1 Edge tracking and segmentation . . . . .	28
4.2 Biomechanical parameter extraction . . . . .	30
<b>5 Discussion</b>	<b>32</b>
5.1 Edge tracking and segmentation . . . . .	33
5.2 Angle calculation . . . . .	34
5.3 Distance calculation . . . . .	35
<b>6 Conclusion</b>	<b>36</b>

**References** **39**

**A Appendix** **44**

# List of Figures

1	Anterior (flexed,top) and posterior (extended, bottom) view of the right knee with their articular surfaces labeled. [Edited] (Netter 2023, p.519)	3
2	patellar surface	4
3	The knee joint motion in three dimensions, described using six independent variables (degrees of freedom) (Standing and Gray 2021, p. 1412).	5
4	The MR330 controller (left) and MR338 optical fiber position sensor system (right), showcasing the connection from the controller to the sensor via duplex LC multimode fiber optic cabling.	8
5	Noras Variety 16 channel flex coils	8
6	A 3D rendering of the knee motion/loading device (left) and two photographs of the device in a Siemens Magnetom Prisma Fit MRI scanner (right). The top right image (rear view) demonstrates how the distal part of the device sits atop the rails within the scanner bore, which are normally used to guide and support the patient table. The bottom right image (front, oblique view) demonstrates an individual positioned in the device with a flexible coil around the index knee, the thigh secured between the proximal pillow blocks and the ankle fastened to the leg support, as well as the coil plug setup (Brisson et al. 2022).	9
7	Generic radial k-space sampling (Brown et al. 2014, p.306)	10
8	Radial k-space sampling strategies. (a) Fixed angular increment, showing potential for uneven k-space coverage. (b) Golden-angle sampling, ensuring uniform distribution across k-space (Winkelmann et al. 2007).	11
9	<b>Example of k-space and reconstructed image.</b> Left: K-space data from a specific angle during the knee flexion cycle. Right: Corresponding reconstructed MRI image, illustrating the detailed visualization achievable through golden-angle sampling.	12
10	Simplified diagram of the GRE sequence that depicts the refocusing gradient applied in the frequency encoding direction (Berry and Bulpitt 2009, p.233).	13
11	Output of the Canny edge detection algorithm applied to one of the frames, showing the detected edges of the tibia and femur bones overlaid on top of the original image for visual comparison.	19
12	Output from the labeling algorithm with the representative edges for femur (top) and tibia(bottom) pointed out.	20

13	A zoomed in look at the equidistant sampled points (orange) along the boundary of the tibia edge (white). . . . .	22
14	Left: The reference points in the first frame (orange) overlaid with the binary edge image of the target frame (white). Right: The reference points have been transformed by using the results from the optimization showing almost perfect overlap, illustrating the effective alignment achieved through the minimization of the cost function. . . . .	24
15	Manual segmentation is performed to complete the boundary of the tibia's interior edge shown in green, along with the reference points (orange). . . . .	25
16	The long axis of the bones are identified by using the PCA (blue) along with the centroid (white cross) for each segment. $\theta$ represents the angle that is being measured . . . . .	27
17	Points based on anatomical landmarks are shown in yellow. . . . .	28
18	Mean alignment error per point across all frames for each tibia dataset.	29
19	A mosaic showing the segmented tibia and femur shapes(green) where each tile is a particular time point. The leg is fully flexed at Frame 0	30
20	Plot of angle between long axes of bone segments between tibia and femur versus the flexion percentage. The x-axis ticks represent the centers of bins, each with a width of 10 percentage units. The shaded regions represent one standard deviation uncertainty. Angles greater than 180° imply hyperextension. . . . .	31
21	Plot showing the variation of euclidean distance between two points with across time in the motion cycle. All distances are relative to the baseline measurement at -100% flexion, set at 0 mm. The shaded region represents one standard deviation uncertainty. . . . .	32
22	Femur and Tibia shaft axes defined in CT and T1-weighted MRI scans in the sagittal view. (Dai et al. 2021)	35

## List of Tables

1	Range of Motion for Different Datasets . . . . .	15
2	MRI Sequence Parameters . . . . .	15

## List of Acronyms

OA	Osteoarthritis
MRI	Magnetic Resonance Imaging
GRE	Gradient Echo
TE	Time to Echo
FLASH	Fast Low Angle Shot
ADMM	Alternating Direction Method of Multipliers
TGV	Total Generalized Variation
FoV	Field of View
PCA	Principal Component Analysis
Cov	Covariance matrix
SHM	Screw Home Mechanism

# 1 Introduction

The knee joint, a crucial structure in human movement, consists of various tissues with distinct structural and mechanical properties, including articular cartilage and meniscus. These components are regularly subjected to compressive mechanical loads, making them susceptible to degenerative conditions such as osteoarthritis (OA). OA affects a significant portion of the global population and primarily targets the knee joint, leading to functional impairments and increased healthcare costs. As society ages, the prevalence and impact of OA are expected to rise, posing significant public health challenges (Yelin, Weinstein, and King 2016). Early diagnosis of OA is crucial for timely intervention, and magnetic resonance imaging (MRI) has emerged as a promising non-invasive technique due to its excellent soft tissue contrast and high spatial resolution (Kijowski et al. 2020).

Traditionally, MRI studies of the knee joint have been performed with the joint at rest or in non-weight-bearing conditions, which do not accurately reflect the physiological state of the knee during daily activity (Blankevoort, Huiskes, and De Lange 1988). This limitation can result in missed detections of early-stage OA or minor lesions that manifest only under mechanical loading. Moreover, the mechanical properties of musculoskeletal tissues may vary significantly before any notable morphological changes are detectable by MRI.

Recent advancements in MRI technology have enabled the study of knee joints under mechanical loading conditions, which better mimic the actual physiological environment. MRI-compatible loading devices allow for the controlled application of mechanical loads during imaging, facilitating the investigation of tissue deformation and morphological changes in response to stress (Shimozaki et al. 2023) (Conconi et al. 2023) (Jogi et al. 2022). Various MRI measures, including tissue deformation from magnitude images, phase information, and quantitative MRI, have been employed to assess these changes.

Making use of these advanced imaging techniques, this thesis investigates the biomechanical analysis of the knee joint using high-resolution CINE MRI imaging, focusing on the dynamic interactions between the femur and tibia during flexion-extension cycles under various loading conditions. With these detailed images of knee movements, this research presents unique opportunities for extracting meaningful insights into in vivo knee dynamics that can contribute to orthopedic research and clinical practice.

 However, the primary challenge in utilizing these detailed images lies in the accurate segmentation of key anatomical structures. This segmentation is crucial, as it significantly influences the reliability of biomechanical measurements derived from the MRI data. Traditional manual segmentation methods, while straightforward, are time-consuming and prone to inconsistencies, especially when dealing with multiple frames across time. To address these issues, this thesis proposes the development of a semi-automated segmentation pipeline. This new methodology aims to streamline the segmentation process, reducing the time and effort involved while enhancing accuracy and consistency across sequential images.

Following the successful segmentation of the femur and tibia, the subsequent analysis involves quantifying two distinct biomechanical parameters: the angle between the long axes of the segments and the distance between specific anatomical landmarks on these bones. These measurements are calculated from single-slice 2D images in sagittal view captured throughout the knee's motion cycle under both loaded and unloaded conditions. The purpose of this quantification is to explore potential differences in the kinematics of the knee joint under varying load and to provide an indirect assessment of knee stability and functionality.

## 2 Fundamentals

### 2.1 The Knee Joint

The knee joint, a pivotal structure in the human body, plays an essential role in locomotion. Additionally, it functions to control the center of body mass and posture in the activities of daily living by facilitating a wide range of movements. As such, the knee's health and integrity are vital for overall quality of life, influencing everything from basic mobility to participation in complex sports.  A comprehensive survey across 15 European countries and Israel found that knee pain was the third most commonly reported type of chronic pain. This underscores the significant public health concern it represents (Breivik et al. 2006). Furthermore, OA was identified as the most common cause of this pain.

This situation has not improved over time. In Germany for instance, a recent retrospective study has found that the number of patients with OA is steadily rising (Obermüller et al. 2024). Knee-related issues are prevalent and impactful due to the inherent complexity of the knee joint itself. As a hub of various anatomical structures

working in unison, the knee supports a range of movements and bears significant loads, making it susceptible to a variety of injuries and conditions. Understanding the anatomy of the knee is the first step in tackling this problem.

### Anatomy and Function

The knee joint is the largest and the most superficial synovial joint in the body. (Dalle-ley, Agur, and Moore 2023). It comprises three primary articulations: two femorotib-ial articulations (see Figure 1) and one femoropatellar articulation. These articula-

tions, illustrated in Figure 1 and 2, are defined by their complexity and incongruence, features that are crucial for the joint's biomechanical performance.

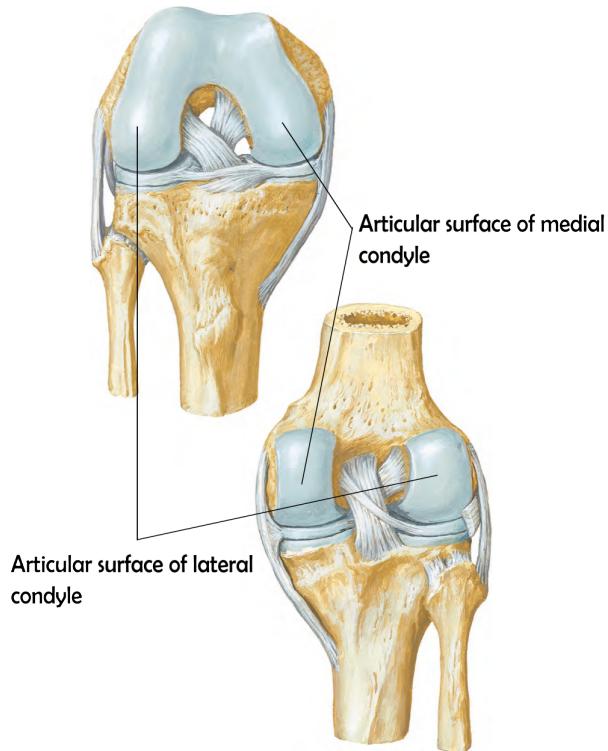


Figure 1: Anterior (flexed,top) and posterior (extended, bottom) view of the right knee with their articular surfaces labeled. [Edited] (Netter 2023, p.519)



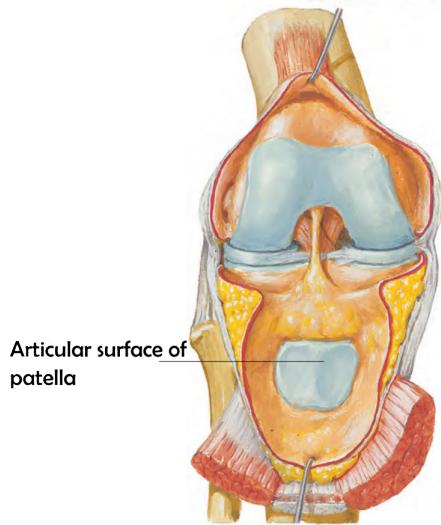


Figure 2: Right joint opened, knee slightly in flexion, with the patellar articulation labelled. [Edited] (Netter 2023, p.517)

This design allows the knee to manage a wide array of movements and bear significant loads. Figure 3 illustrates the knee's capacity for multidimensional movement, highlighting the joint's sophisticated structural design that enables this versatility. However, this inherent design also renders the knee vulnerable to a range of forces (Standring and Gray 2021).

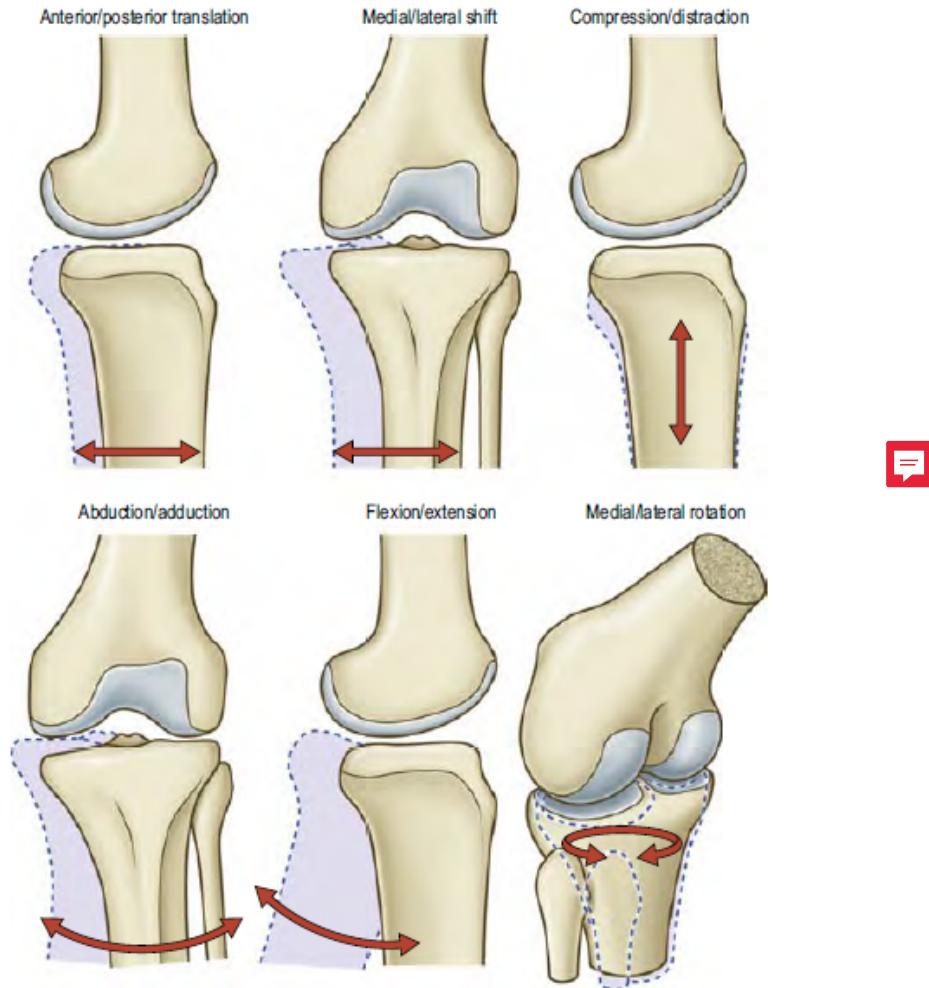


Figure 3: The knee joint motion in three dimensions, described using six independent variables (degrees of freedom) (Standring and Gray 2021, p. 1412).

Such mechanical forces, influenced by activities and body mass index (BMI), are significant causes of OA and represent one of the most modifiable risk factors (Heidari 2011). Furthermore, abnormal joint loading is considered a key mechanical driver of osteochondral changes thought to contribute to the initiation and progression of knee OA (Coburn et al. 2023).

The relationship between biomechanical stresses and knee health highlights the need for diagnostic tools that fulfill two key criteria: they must capture the knee's dynamic behavior during motion and assess the joint under varying loads. Dynamic magnetic resonance imaging (MRI) excels in meeting these requirements as one of the most advanced imaging modalities.

## 2.2 Dynamic MRI

In a broad sense, dynamic MRI is an umbrella term encompassing various MRI techniques designed to capture and visualize physiological processes and motion over time. The dynamic aspect of MRI is crucial for studying systems or structures involving inherent motion, such as blood flow, tissue perfusion, or cardiac activity. For the purposes of this project, the focus of "dynamic MRI" narrows down to capturing the bulk movement of the knee joint undergoing active flexion extension cycles inside the scanner. Compared to traditional static MRI scans, which are highly susceptible to motion artifacts compared to other imaging modalities (Zaitsev, Maclaren, and Herbst 2015), dynamic MRI techniques not only accommodates motion, but can even leverage it to offer comprehensive insights into the functional and biomechanical properties of the concerned structures. Among these techniques, CINE imaging, particularly renowned in cardiac MRI, is considered the gold standard for evaluating cardiac function (Menchón-Lara et al. 2019). Its high regard in cardiac MRI demonstrates the method's precision and adaptability—traits that are leveraged in knee imaging.

### 2.2.1 CINE imaging

CINE, derived from 'cinematography,' refers to creating a movie-like sequence of images. In the context of dynamic knee MRI, this technique can be used to reconstruct a "movie" of a single flexion-extension cycle. This visualization is achieved by aggregating multiple partial datasets acquired over various cycles. The knee's movement cycle is segmented into distinct stages, each corresponding to a specific angle of flexion or extension. For each stage, k-space — the Fourier transform space from which MR images are reconstructed — is incrementally sampled. This data is gathered across multiple repetitions of the movement cycle, ensuring comprehensive coverage of k-space and thus, high-resolution imaging of each movement phase. This technique works robustly only if the movement cycles of the knee during imaging are sufficiently similar to each other (Curtis and Cheng 2022). Achieving this consistency in dynamic MRI of the knee, which naturally involves significant movement variations, requires precise synchronization of the imaging process with the knee's motion cycle.

### 2.2.2 Gating

This synchronization, known as gating, aligns image acquisition with specific, repeatable points in the knee's movement cycle. By ensuring each captured image corresponds accurately to a consistent phase of motion, it minimizes the discrepancies that can arise from cycle-to-cycle variations, enhancing the reliability of bio-mechanical analyses. Retrospective gating, one of the two main types alongside prospective gating, provides consistent image quality. This makes it a suitable choice for applications like CINE imaging (Edelman 2005, p. 102). In retrospective gating, the data is acquired continuously throughout the motion cycle. The data is then reordered post-acquisition into a coherent sequence that shows the knee at different positions along the motion cycle. This necessitates external information that captures the precise moment and position of the knee throughout its range of movement beyond just the raw data acquired during the MRI scan. A previously reported novel knee loading device is employed to address this, which comes with an optical sensor attachment that provides this vital information that includes the exact timing and degree of knee flexion and extension, which is essential for accurately synchronizing the imaging frames with specific phases of the knee's motion cycle (Brisson et al. 2022).

### 2.2.3 Knee loading device

The MR-compatible knee loading device employed in this study is illustrated in Figure 6. This device allowed for a range of motion of approximately 25 to 45 degrees (subject-dependent), enabling subjects to perform knee flexion and extension cycles under both loaded and unloaded conditions. For loading, the device was equipped with compartments for weight plates and sandbags, providing a physiological load of 10 to 12 kilograms. These weights are positioned at the distal end of the device, directly influencing the mechanics of knee extension. As the subject extends the knee, they must overcome not only the natural resistance of their body weight but also the additional external load imposed by these weights. Central to this device's functionality is an optical fiber position sensor (MR338-Y10C10, Micronor, 155 Camarillo, CA, USA), which precisely measures the absolute angle from 0° to 360° with a resolution of 0.025°(Rickenbach 2013). This measurement capability is critical for synchronizing the knee's movement with MRI data reconstruction.

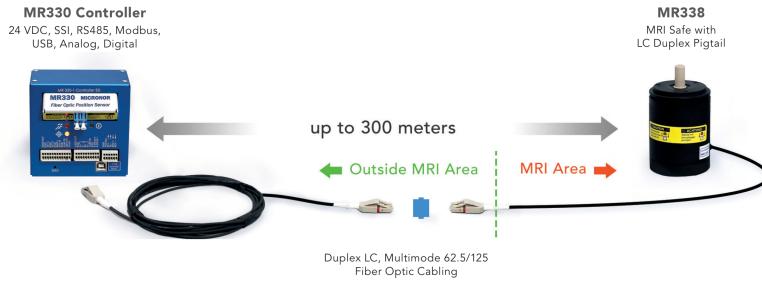


Figure 4: The MR330 controller (left) and MR338 optical fiber position sensor system (right), showcasing the connection from the controller to the sensor via duplex LC multimode fiber optic cabling.

As shown in Figure 4 , the MR330 controller interfaces with the MRI-safe MR338 position sensor to facilitate precise measurement within the MRI environment, accommodating up to 300 meters of fiber optic cabling. The controller is connected to a acquisition computer placed outside the scanner while the sensor is attached to the device within. To enhance signal acquisition and the clarity of imaging, two flexible coils (Noras, Variety) as shown in figure 5 were positioned at key anatomical locations: one at the distal femur and another  the proximal tibia, as specified in the MRI protocol.

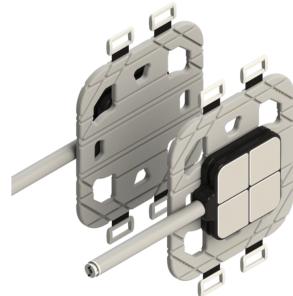


Figure 5: Noras Variety 16 channel flex coils 

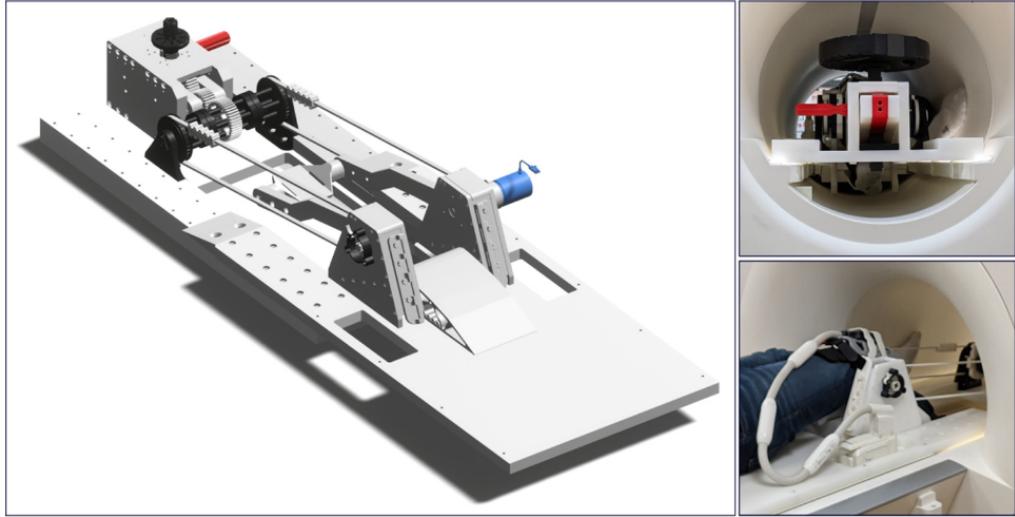


Figure 6: A 3D rendering of the knee motion/loading device (left) and two photographs of the device in a Siemens Magnetom Prisma Fit MRI scanner (right). The top right image (rear view) demonstrates how the distal part of the device sits atop the rails within the scanner bore, which are normally used to guide and support the patient table. The bottom right image (front, oblique view) demonstrates an individual positioned in the device with a flexible coil around the index knee, the thigh secured between the proximal pillow blocks and the ankle fastened to the leg support, as well as the coil plug setup (Brisson et al. 2022).



To further enhance the quality and precision of our imaging, and to maximize the potential for precise image reconstruction, a previously reported radial golden-angle gradient-echo FLASH sequence was used, which is more robust against motion artifacts than Cartesian sequences (Aleksiev et al. 2022). The following sections will detail the key components of this technique — radial golden-angle acquisition and the gradient-echo FLASH sequence.

#### 2.2.4 Radial golden-angle acquisition

As the name suggests, radial golden-angle acquisition specifically modifies how k-space is sampled. Unlike traditional static MRI, which typically employs Cartesian sampling, this method utilizes radial sampling. Here, the data points are collected along radial lines spreading out from the center of k-space, resembling spokes on a wheel. Figure 7 depicts a generic radial sampling scheme. The separation between any two adjacent circles defines the separation  $\Delta k_r$  in the radial sampling direction, whereas, the angular separation between any two successive angular lines in k-space



(such as between the two example lines shown in the figure) defines  $\Delta\theta$ . The two quantities  $\Delta k_r$  and  $\Delta\theta$  are constrained by the Nyquist sampling criterion. (Brown et al. 2014)

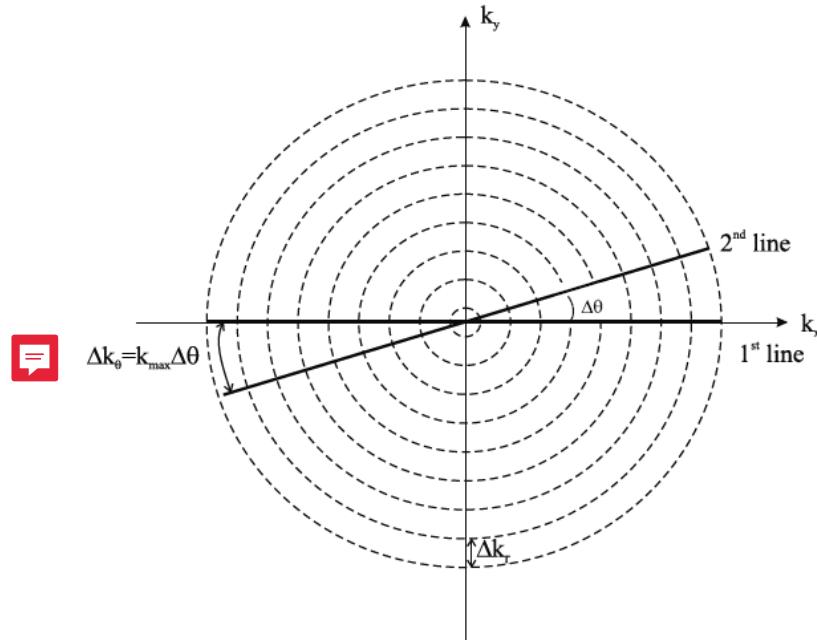


Figure 7: Generic radial k-space sampling (Brown et al. 2014, p.306)



The 'golden-angle' strategy, which we employ, optimizes this approach by spacing the radial lines at an angle of approximately 111.25 degrees. This specific angle helps in evenly covering the k-space without overlapping, ensuring that each new image frame provides unique information, thus enhancing image quality and temporal resolution.

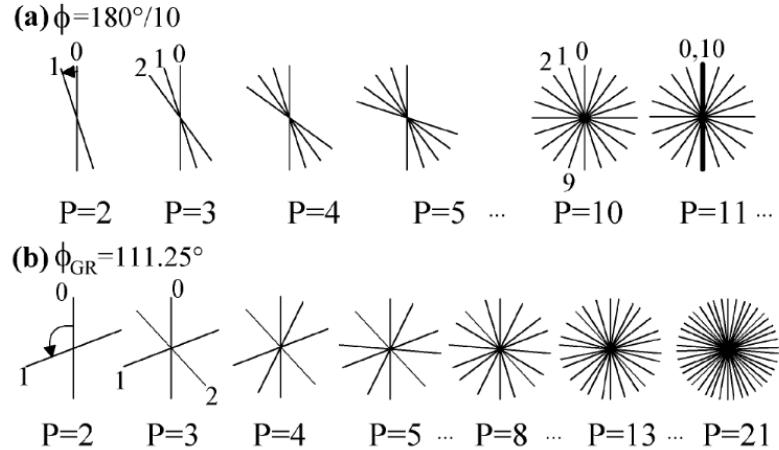


Figure 8: Radial k-space sampling strategies. (a) Fixed angular increment, showing potential for uneven k-space coverage. (b) Golden-angle sampling, ensuring uniform distribution across k-space (Winkelmann et al. 2007).

Figure 8 provides a visual comparison between traditional fixed increment and the golden-angle methods in k-space sampling. It highlights how each approach affects the distribution of sampling lines across k-space. In the figure, part (a) shows radial sampling using a fixed angular increment. This traditional method can lead to gaps or overlaps in data collection, depending on the number of radial profiles used. Part (b) demonstrates the golden-angle method, where each new radial line is placed at an increment of approximately 111.25 degrees. This approach allows for a more uniform distribution of sampling lines across the k-space, enhancing image quality by preventing gaps and reducing redundancy in data collection. Figure 9 shows the k-space of a specific frame during the knee flexion cycle and the corresponding reconstructed MRI image.

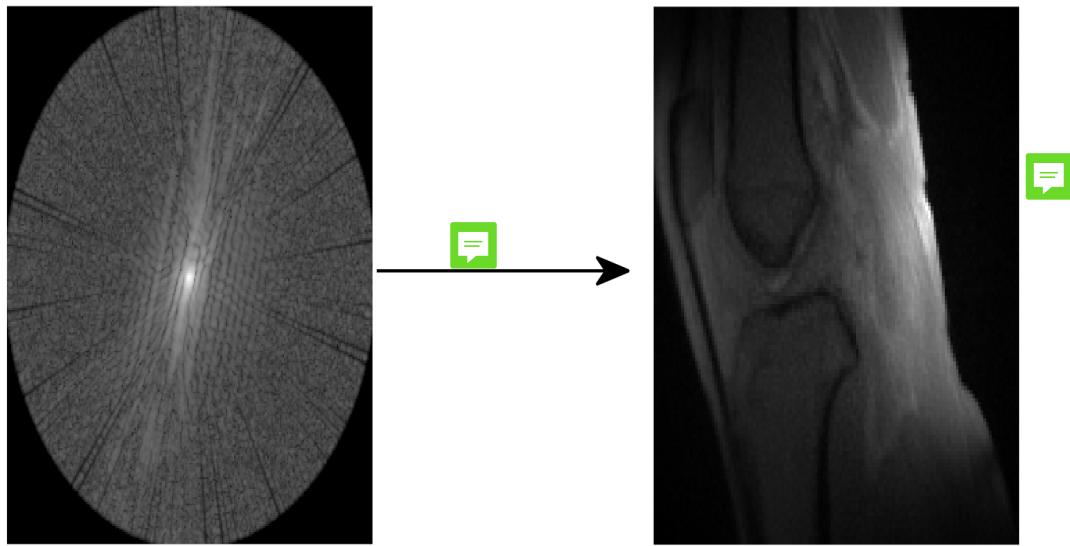


Figure 9: **Example of k-space and reconstructed image.** Left: K-space data from a specific angle during the knee flexion cycle. Right: Corresponding reconstructed MRI image, illustrating the detailed visualization achievable through golden-angle sampling.

### 2.2.5 Gradient Echo FLASH sequence

Gradient echo (GRE) imaging sequences are prime candidates for dynamic MRI because it is a fast scanning process. There are two major factors that contribute to its speed. First, unlike the spin echo, we do not need to wait for a long time for the longitudinal magnetization component  $M_z$  to sufficiently recover for another repetition. This is because in a GRE sequence, a smaller flip angle can be used. Secondly, the time to echo (TE) is shorter in GRE sequences. In gradient-echo pulse sequences, an RF pulse cannot rephase transverse magnetization to create an echo. The low flip angles used in gradient-echo pulse sequences result in a large component of magnetization remaining in the longitudinal plane after the RF excitation pulse is switched off. The  $180^\circ$  RF pulse would therefore largely invert this magnetization into the  $-z$  direction (the direction that is opposite to  $B_0$ ) rather than rephase the transverse magnetization. Therefore, in gradient-echo pulse sequences, a gradient is used to rephase transverse magnetization instead, which allows for faster imaging by significantly reducing the time to echo (TE) (Westbrook and Talbot 2019, p.94).

The scheme of GRE sequence is depicted in Figure 10. The notation is as follows:  $\alpha^\circ$ : flip angle (less than  $90^\circ$ ), RF: radio frequency pulse, SS: slice selecting gradient, PE: phase encoding, FE: frequency encoding, TE: echo time and TR: repetition

time. Note that in the frequency encoding direction, a negative dephasing lobe is followed by a positive gradient that brings the spins back into phase to generate the signal.

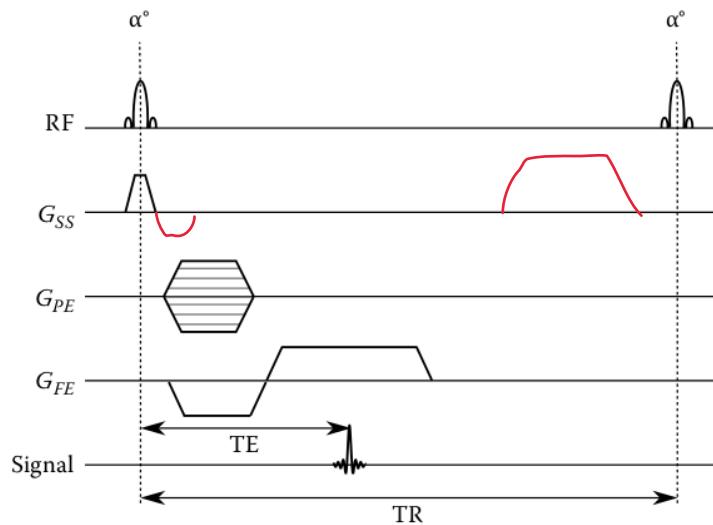


Figure 10: Simplified diagram of the GRE sequence that depicts the refocusing gradient applied in the frequency encoding direction (Berry and Bulpitt 2009, p.233).

After a series of rf pulses are applied, we reach a condition in gradient echo sequences called the **steady state**. In this state, the magnitude of the longitudinal magnetization component  $M_z$  is the same at the end of every TR. Similarly, we can also have a residual transverse magnetization  $M_{xy}$  at the start of every repetition cycle. If we deliberately dephase this residual transverse magnetization, the sequence is described as incoherent or spoiled gradient echo sequences.

FLASH is a type of spoiled GRE. It is a naming scheme that spells Fast Low-Angle Shot. (Haase et al. 1986) The introduction of the FLASH technique in the 1980s, known for its rapid acquisition capabilities, marked a significant advancement in MRI technology. It allowed for clearer imaging of dynamic processes and reduced artifacts associated with movement. The original paper on FLASH highlights the technique's potential for "recording NMR movies" to visualize physiological changes, a capability now fully integrated into contemporary MRI practices.

## 3 Methodology

### 3.1 Data Collection Methods

#### 3.1.1 Procedure Details

Dynamic MRI scans were conducted on five healthy individuals, two females and three males, ranging in age from 28 to 39 years and weighing between 55 to 90 kilograms, utilizing a 3 T Siemens Prisma fit scanner. These volunteers were free from any known musculoskeletal disorders and provided their written consent, adhering to the ethical standards approved by the institutional review board. For all of these subjects, the left leg was scanned. In total, 7 unique datasets were acquired for analysis with two subjects measured twice on separate days to check for protocol stability.

Once the subject was positioned supine in the scanner, the thigh was secured on a wedge positioner, and the lower leg was attached to an ankle rest, just above the malleoli, using Velcro straps to minimize lateral movement. The knee to be examined is aligned with the device's axis of rotation, while the other leg rests alongside the MRI scanner's bore. Knee motion is guided by a belt and sprocket assembly running alongside the lower leg, connected to a gearbox activated by the leg support as the participant flexes and extends the knee. Once the subject was positioned at the scanner's isocenter, their leg naturally assumed a flexed posture due to the design of the device. In this configuration, the leg is cradled by the device arm which is positioned below the level of the knee, ensuring that the leg remains flexed without the volunteer exerting any force.

The volunteer engaged in a controlled exercise, following a metronome set at 60 beats per minute. This pace dictates a four-beat flexion to extension cycle, with the leg being flexed at the first beat and fully extended by the fourth. This equals to 8 beats per cycle, or 7.5 cycles every minute. Initially conducted under a loaded condition with weights added to the distal end of the device, the process is repeated without the added resistance to compare both states. The scan duration is around two and a half minutes, amounting to 20 full flexion-extension-flexion cycles. The range of motion for each dataset is noted in table Blank.

Table 1: Range of Motion for Different Datasets

Dataset	Range of Motion (°)
1	30
2	38
3	36
4	30
5	36
6	36
7	46

### 3.1.2 Sequence Parameters and Reconstruction

Table 3.1.2, lists the MRI sequence parameters along with their respective units.

Table 2: MRI Sequence Parameters

Sequence Parameters	Values
Dimensions of raw data	(352, 276, 16, 100)
Acquisition Duration	100 [s]
Dwell Time	0.0024 [ms]
Echo Time	2.51 [ms]
Field Strength	2.89362 [T]
Flip Angle	8.0 [degrees]
Field of View (FOV)	192.0 x 192.0 x 3.0 [mm]
Frequency	123.25 [MHz]
Inversion Time	150000 [ms]
Matrix Size	176 x 176 x 1
Repetition Time	5.8 [ms]

In this study, the k-space data was acquired using 16 receive channels, each recording data simultaneously but with a unique spatial sensitivity profile. With 276 spokes used to sample a k-space dataset and a repetition time (TR) of 5.8 milliseconds per spoke, it takes approximately 1.6 seconds to acquire one k-space data. Over the course of the experiment, 100 such k-space datasets are acquired, equaling 100 repetitions as noted. The total scan duration extends just over two and a half

minutes, a time frame reported by the subjects as being manageable, regardless of whether the scan was conducted under loaded or unloaded conditions.

Each k-space dataset contained data across a range of knee angles because of the continuous leg movement set to the metronome beat. This means, assuming the subjects perform perfectly in time of 60 beats per minute where we have 4 beats for flexion to extension, each k-space covers 0.4 times the range of motion. For example, a subject with a range of motion of  $40^\circ$ , each k-space dataset contains data across  $16^\circ$ . Therefore, with multiple repetitions, data across the full range of motion could be adequately acquired.

### Reconstruction

The MRI raw data, with dimensions of (352, 276, 16, 100), was processed using a reconstruction script to generate the final image dataset. These dimensions correspond to:

- 352: The number of data points per spoke.
- 276: The number of spokes used to sample a k-space dataset.
- 16: The number of receive channels
- 100: The number of repetitions or k-space datasets acquired over the course of the experiment.

First, the binary data from the optical sensor was loaded, and the physical angle information was grouped according to each repetition cycle. This was done by detecting significant changes in the trigger signal, which was obtained from the sensor data too. This grouping resulted in 100 groups, each containing the physical angle information for a specific repetition. For each repetition, spokes in k-space were assigned to their corresponding physical angles. An angle increment of 2 degrees was chosen, which led to a collection of spokes corresponding to each 2-degree range. This approach was applied to all repetitions, allowing spokes to be mapped to physical angles across the full range of motion.

Subsequently, reconstruction was performed on each group of spokes. Depending on the specific angle range, the number of spokes assigned varied between 300 and 1000. Additionally, the direction of leg movement—either from flexion to extension or vice versa—was determined by calculating the slope of the angle information. Images were then reconstructed separately for each direction, depending on whether

the leg was moving upward or downward. This distinction is crucial because leg biomechanics vary significantly depending on whether the movement is working with or against gravity.

### The use of riesling toolbox

The actual image reconstruction was done by using the Riesling reconstruction toolbox (Wood and contributors 2020). This toolbox offers a range of advanced algorithms tailored for non-Cartesian MRI reconstruction. In this study, an Alternating Direction Method of Multipliers (ADMM) approach was employed, incorporating Total Generalized Variation (TGV) regularization.

ADMM is an iterative optimization algorithm that breaks down complex problems into smaller subproblems to solve them efficiently. It ensures accurate reconstruction by maintaining a balance between the primal (actual solution) and dual (approximate solution) residuals. This balance is particularly important for non-Cartesian MRI reconstruction, given the unique geometry of the data. ADMM allows different regularization techniques, like TGV, to be applied simultaneously during reconstruction (Boyd et al. 2011).

TGV is an advanced regularization method that reduces noise while promoting smoothness in the reconstructed images. Unlike basic Total Variation (TV) regularization, TGV allows for piecewise smooth transitions between different regions, making it better suited for images with varied structures. In this study, a regularization strength of 0.05 was chosen empirically, striking a balance between noise suppression and edge detection.

~~The final reconstructed images were affected by the chosen reconstruction parameters, including the zero filling factor and the field of view (FoV) trimming factor. The use of TGV regularization and the ADMM algorithm influenced the resulting image resolution, providing images with a consistent size suitable for downstream analysis.~~ Each image frame was reconstructed with dimensions of (528, 528) and the number of frames were subject dependent (range of motion).

## 3.2 Data Analysis

All ~~the~~ analysis and data visualization were done using the python programming language (**v3.11.5**). Several distinct steps were performed to semi-automate the segmentation of tibia and femur. This involves first finding one boundary edge each

for the bones, and then tracking them across the full flexion-extension cycle by computing their respective transformation matrices.

### 3.2.1 Segmentation

The semi-auto segmentation process is achieved in five distinct steps as described below:

#### Step 1: Edge Detection

The Canny filter (Canny 1986), as implemented in the scikit-image's feature library (v0.21.0), was employed to apply an edge filter to the images. The Canny edge detection algorithm operates in several key steps to identify edges with high accuracy in images. Initially, the image is smoothed using a Gaussian filter to reduce noise and potential false edge detections. Following this, the algorithm calculates the gradient intensity and direction at each pixel, which helps in identifying the edges' boundaries.

Subsequently, the algorithm applies double thresholding, which involves two thresholds: a low and a high. This creates three categories of pixels: strong, weak, and non-edges. Pixels with intensities above the high threshold are marked as strong edge pixels, while those below the low threshold are considered to be non-edges. Pixels between these two thresholds are marked as weak edge pixels. Weak edge pixels are potentially converted into strong edges through a process known as hysteresis, where only those weak edges that are connected to strong edges are confirmed as true edges. In this context, hysteresis refers to the algorithm's reliance on the connectivity history of pixels to decide their edge status, ensuring that only meaningful, connected edges are preserved. This step is crucial for ensuring the continuity and completeness of detected edges.

To optimize the edge detection specifically to capture the desired edges of the tibia and femur, the different parameters like the standard deviation of gaussian blur (sigma) and the thresholds were tested in different combinations. The optimal results were achieved with a low threshold between 0 to 5 and a high threshold between 6 to 10. The sigma value was set at 2. Figure 11 displays the output of with these parameters.

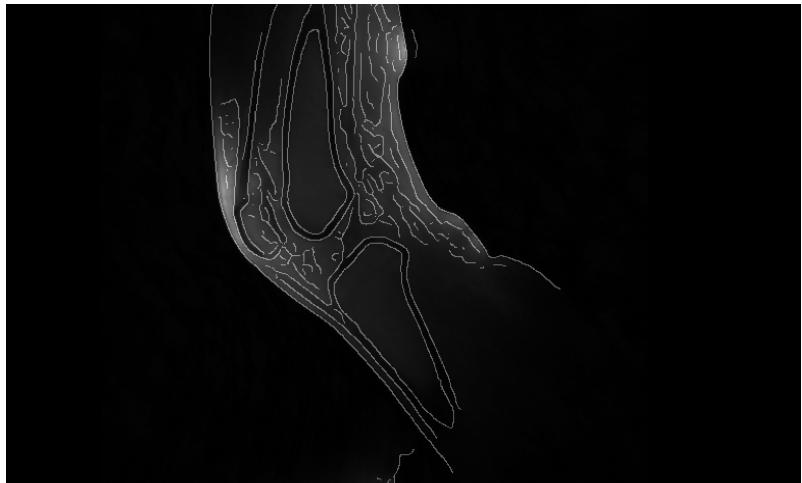


Figure 11: Output of the Canny edge detection algorithm applied to one of the frames, showing the detected edges of the tibia and femur bones overlayed on top of the original image for visual comparison.

Subsequently, the scikit-image’s morphology library was utilized to remove small elements from the binary image. The image was then skeletonized to a one-pixel width, retaining only long and consistent edges. It should be pointed out that the final edge does not necessarily need to span the full boundary of the interior edge of the cortical bone; even partial edges were successfully used for this purpose.

### Step 2: Labelling

For the final selection of the desired edges, a labeling algorithm (`‘ndimage.label’`) from SciPy, an open-source Python library designed for scientific computing (version 1.11.3), was utilized. The purpose of employing this labeling algorithm is to effectively isolate specific structural features, such as distinguishing the interior cortical bone from the exterior, by assigning unique labels to separate closely situated edges detected in the image. This algorithm applies the principle of [connected-component labeling](#), a method used in computer vision to detect connected regions in binary digital images. Connected-component labeling algorithm scans an image and groups its pixels into components based on pixel connectivity, meaning that all pixels in a connected component share similar pixel values and are adjacent to each other.

The labeling process treats any non-zero values in the input array as part of potential edges and zero values as background. The connectivity of these components is

determined by a structuring element, which in this case was a fully connected 3x3 matrix:

$$\begin{bmatrix} 1 & 1 & 1 \\ 1 & 1 & 1 \\ 1 & 1 & 1 \end{bmatrix}$$

This matrix is crucial as it defines the connectivity rules used during the labeling. Each pixel is considered connected to its eight immediate neighbors (above, below, left, right, and diagonals), known as eight-way connectivity. This element was chosen by trial and error. Alternatives, such as a four-way connectivity matrix, were tested but gave different labels to the same edge across frames. By using the eight-way connectivity, the same edge maintains consistent labeling across all frames, simplifying the analysis and reducing the need for manual adjustments.

Figure 12 shows the output from the labelling algorithm, where each color represents a separate label.

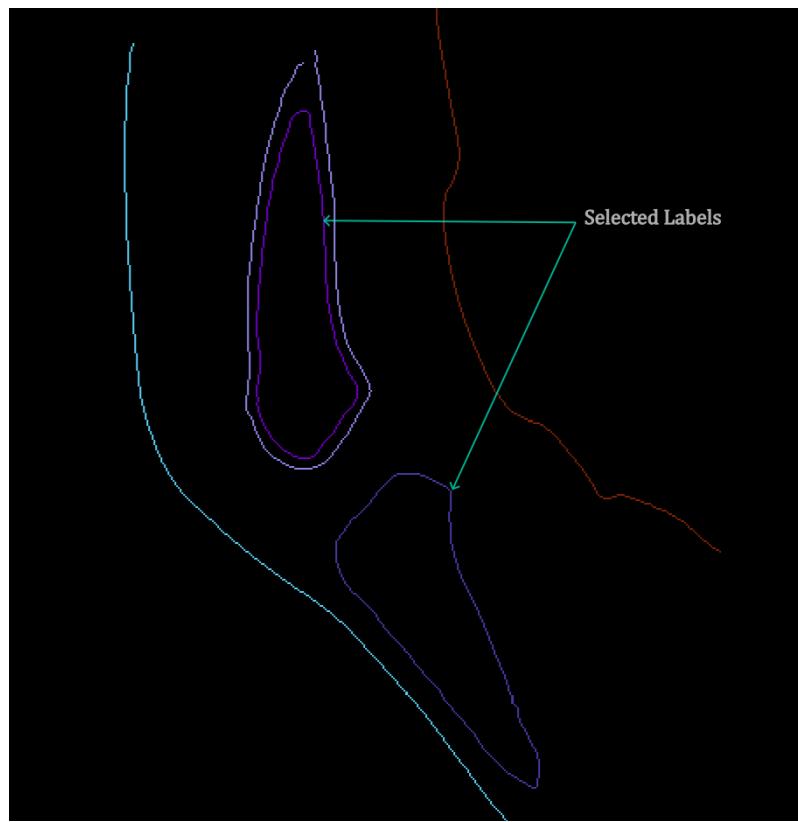


Figure 12: Output from the labeling algorithm with the representative edges for femur (top) and tibia (bottom) pointed out.

After choosing the appropriate labels, a binary image for each frame is obtained, where the foreground has the boundary for the interior edge of tibia and femur, and the background has intensity value of zero.

### Step 3: Obtaining the set of reference points

Upon successfully isolating the binary edge images of the tibia and femur in Step 2, the subsequent step deals with establishing a set of reference points along each bone's edge in the first frame. This frame, captured when the knee is in a fully flexed position, serves as the reference frame for further analysis. This frame is chosen as the baseline (where transformations are initialized to zero) to facilitate the accurate calculation of rotation and translation matrices that describe the movement of the knee through subsequent frames. The purpose of establishing these reference points is twofold: to simplify the complex data set for efficient processing and to ensure a consistent basis for accurately calculating transformations between subsequent frames. This is essential, as direct use of the densely packed binary edge data would be computationally cumbersome and less precise for such transformations.

To begin, the points along the boundary were organised and sorted. This was done by first, defining a starting point, and then iteratively using a greedy nearest neighbor algorithm for sorting. The most distal point of the bone was taken as the initial seed. Various functions from the numeric python library 'Numpy' (v. 1.26.4) were employed for this task.

Once the points are sorted, the next step involves downsampling these points to a set of uniform equidistant reference points along the boundary of the binary edge. The necessity for this step arises from the inherent irregularity and density of the binary edge data. Directly sampling every n-th point from the sorted list would not suffice, as it could result in uneven spacing due to the variable distances between consecutive points in the original data.

This process begins by calculating the cumulative distances between each consecutive pair of points in the sorted list. Using these distances, a total path length is established. The desired interval between the new points is then determined by dividing this total path length by the number of intervals (number of desired points minus one).

Determining the optimal number of points—ranging between 50 to 80—was established through trial and error. Fewer than 50 points often compromised the accuracy of the edge overlap by failing to capture the essential contours of the bone. Con-

versely, exceeding 80 points did not significantly enhance the algorithm's accuracy but increased the [code execution](#) time slightly.

To achieve precise positioning of these points, cubic spline interpolation from SciPy's interpolate library was used. This interpolation [method](#) is particularly effective for [ensuring that the new points adhere closely to the original curve while maintaining equidistance](#). Figure 13 depicts this result.

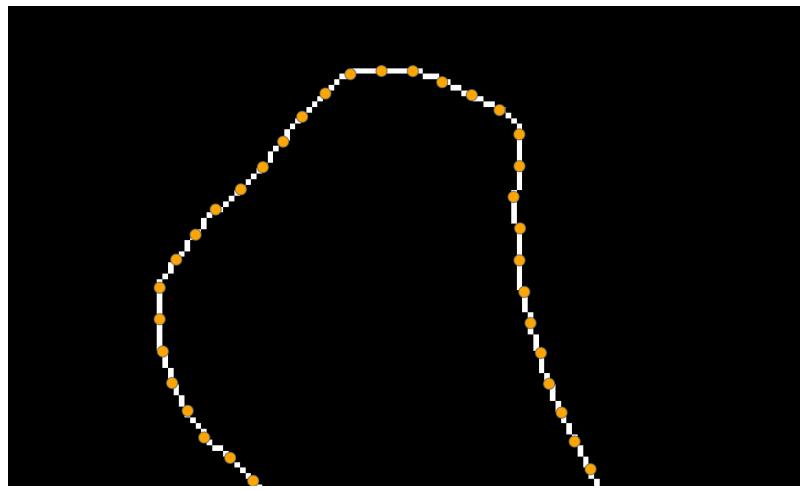


Figure 13: A [zoomed in look at](#) the equidistant sampled points (orange) along the boundary of the tibia edge (white).

#### Step 4: Transformation matrices computation

In this step, a set of transformation matrices is obtained, each containing the parameters that align a segment of the bone from one frame to the next. These transformations includes solely the translation in the sagittal plane and rotation about the transverse axis. This approach assumes that the bone does not undergo any deformation and that through-plane motion is negligible throughout the motion cycle.

Mathematically, the transformation of each point from one frame to the next can be expressed as

$$p' = R(\phi)p + t \quad (1)$$

where:

- $p$  is the coordinate of the point in its current frame
- $p'$  is the coordinate of the point after transformation

- $\phi$  is the angle of rotation
- $R(\phi)$  is the rotation matrix, given by

$$R(\phi) = \begin{bmatrix} \cos \phi & -\sin \phi \\ \sin \phi & \cos \phi \end{bmatrix}$$

- $t$  is the translation vector,

$$t = \begin{bmatrix} x \\ y \end{bmatrix}$$

- $x$  and  $y$  are the translations in the Cartesian coordinate system.

As such, only three parameters,  $x$ ,  $y$ , and  $\phi$  need to be computed. To determine these parameters, a cost function is defined. This function, denoted as  $C(x, y, \phi)$ , quantifies the alignment error by calculating the 'cost' of deviations for any given set of transformation parameters. The minimization of this cost identifies the combination of parameters that achieves the best alignment or overlap of the transformed frame with the reference frame. A lower value of the cost function output indicates a closer match to the target frame, suggesting a superior alignment, whereas a higher value signifies a less accurate alignment. The cost function is defined in Equation 2:

$$C(x, y, \phi) = \sum_{p=1}^N \min_{q \in Q} \left( \sqrt{(x_q - x'_p)^2 + (y_q - y'_p)^2} \right) \quad (2)$$

where:

- $(x_p, y_p)$  are the coordinates of points in the reference frame
- $(x'_p, y'_p)$  are the coordinates of points after transformation:

$$\begin{aligned} x'_p &= x + x_p \cos(\phi) - y_p \sin(\phi) \\ y'_p &= y + x_p \sin(\phi) + y_p \cos(\phi) \end{aligned}$$

- $(x_q, y_q)$  are the coordinates of points in the target frame.
- $N$  is the number of points in the reference frame, and  $Q$  represents all points in the target frame.

This cost function evaluates the alignment of transformed coordinates to target coordinates by calculating the sum of the shortest distances from each point in the transformed frame to the closest point in the target frame. Each  $(x'_p, y'_p)$  is the position of a point from the reference frame after being transformed by the parameters  $x$ ,  $y$ , and  $\phi$ . For each transformed point, the distance to every point  $(x_q, y_q)$  in the target frame is computed, the minimum of these distances is selected, and sum these minimum distances across all points is calculated. This sum forms the output of the cost function, which we seek to minimize.

The optimization of this cost function is performed using a nonlinear least squares approach, where the initial guess of  $[0,0,0]$  is provided. This guess represents the starting point for the transformation parameters  $x$ ,  $y$  and  $\phi$ . The `fmin` function from SciPy's optimization module is used for this purpose, which uses the Nelder-Mead simplex method (Nelder and Mead 1965). The `function` is configured with a function `tolerance` and parameter tolerance of  $1 \times 10^{-8}$ , and maximum iterations of 1000. This method iteratively explores the parameter space to find the set of parameters that result in the lowest cost function value. The optimization procedure continues until the change in the cost function is less than the specified tolerance or the maximum number of iterations is reached, indicating convergence to an optimal solution. Figure 14 provides a visual representation of the overlap of the reference points from the fully flexed initial position to the frame where the lower leg has been rotated by an angle of 12 degrees as reported by the rotary angle encoder.

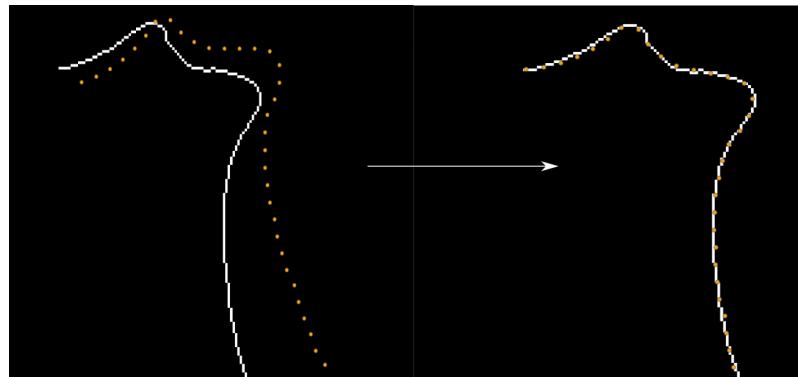


Figure 14: Left: The reference points in the first frame (orange) overlaid with the binary edge image of the target frame (white). Right: The reference points have been transformed by using the results from the optimization showing almost perfect overlap, illustrating the effective alignment achieved through the minimization of the cost function.

### Step 5: Auto-Segmentation

With the transformation matrices obtained for the femur and the tibia, manual segmentation is performed on the first frame. An example is given in figure 15.

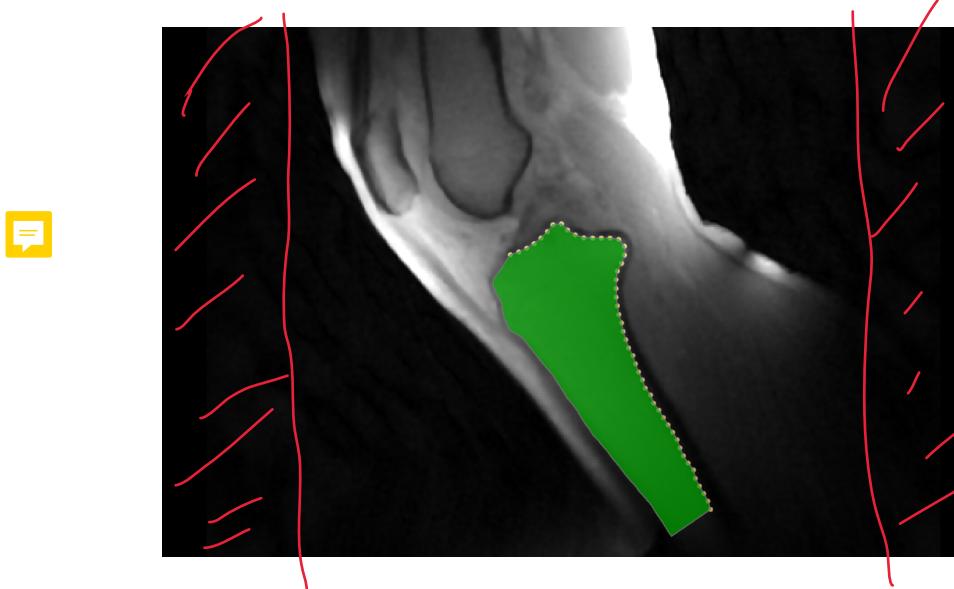


Figure 15: Manual segmentation is performed to complete the boundary of the tibia's interior edge shown in green, along with the reference points (orange).

Using the points from this segment, the transformation matrices are now applied once more using equation 1 to transform one frame to the next subsequently to complete the full segmentation across all the frames automatically.

#### 3.2.2 Extraction of Biomechanical Parameters

After achieving automated segmentation of the tibia and femur across all frames, the next step involved extracting biomechanical parameters from the segmented regions. Two key metrics were considered for analysis to assess the relationship between these bones throughout the flexion-extension cycle captured in the 2D Cine images.

The first metric involved calculating the angle between the long axis of femur and tibia segments. This measurement provided insight into how the relative orientation of the two bones changes over time.

The second metric measured the distance between specific anatomical landmarks on both the femur and tibia. Tracking this distance across the frames offered an understanding of how the spatial relationship between these two bones evolved during the motion cycle.

### Angle between the bones

To calculate the angle between the bones, the long axis of each bone segment was identified using a ~~technique called~~ Principal Component Analysis (PCA). The analysis was performed using the PCA implementation from the scikit-learn (v1.3.1) Python library, a module for machine learning built on top of SciPy.

PCA determines the direction of maximum variance in the data, which coincides with the longitudinal axis of the bone. PCA first uses the coordinates of the segmented binary mask as input. The centroid of the shape is calculated and subtracted from each data point, centering the data such that the **mean** of this transformed data is  $(0, 0)$ .

Next, the covariance matrix ( $\text{Cov}$ ) is computed, a square matrix that gives an indication of how the data varies along each dimension and how different dimensions vary together.

$$\text{Cov} = \begin{bmatrix} \text{Var}(X) & \text{Cov}(X, Y) \\ \text{Cov}(Y, X) & \text{Var}(Y) \end{bmatrix} \quad (3)$$

where:

- $\text{Var}(X)$  is the variance of  $X$ , given by:

$$\text{Var}(X) = \frac{1}{N-1} \sum_{k=1}^N (X_k - \bar{X})^2,$$

where  $N$  is the number of points,  $X_k$  represents the  $k^{th}$  observation in the  $X$  dimension, and  $\bar{X}$  is the mean value of all observations in the  $X$  dimension.

- $\text{Cov}(X, Y)$  is the covariance between dimensions  $X$  and  $Y$ , defined as:

$$\text{Cov}(X, Y) = \frac{1}{N-1} \sum_{k=1}^N (X_k - \bar{X})(Y_k - \bar{Y}),$$

where  $Y_k$  represents the  $k^{th}$  observation in the  $Y$  dimension, and  $\bar{Y}$  is the mean value of all observations in the  $Y$  dimension.

- $\text{Cov}(Y, X)$  is equivalent to  $\text{Cov}(X, Y)$  because the covariance matrix is symmetric.
- $\text{Var}(Y)$  is the variance of  $Y$ , calculated similarly to  $\text{Var}(X)$ .

When this covariance matrix is applied to a vector, the matrix transforms the vector such that it aligns **more closely** with the direction of maximum variance in the dataset. Therefore, by computing the matrix's eigenvectors and eigenvalues, the vectors representing the direction of maximum variance is identified. The first principal component refers to the eigenvector associated with the largest eigenvalue. In [figure 16](#), the longitudinal axis of femur and tibia are shown.

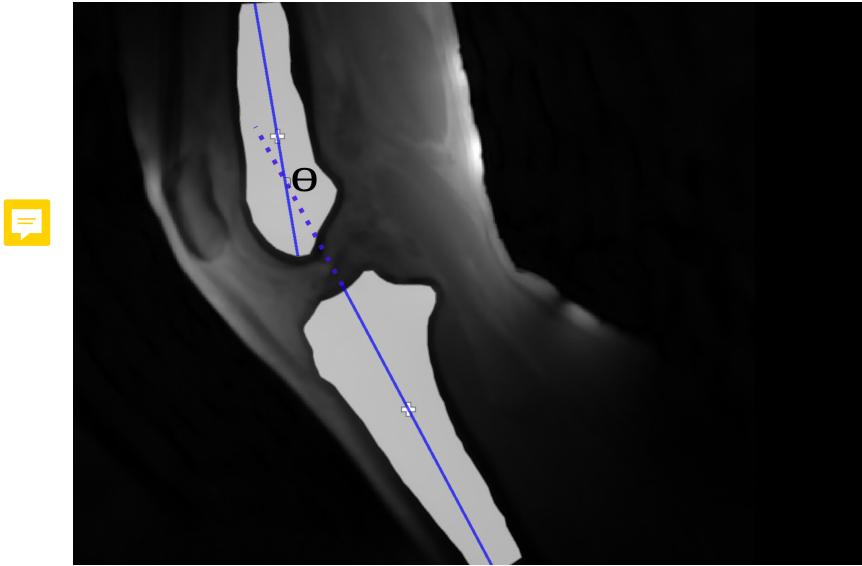


Figure 16: The long axis of the bones are identified by using the PCA (blue) along with the centroid (white cross) for each segment.  $\theta$  represents the angle that is being **measured**.

The angles between the segments was calculated by using the dot product between unit vectors, [as given in equation 4](#)

$$\theta = \arccos(\mathbf{U}_{fem} \cdot \mathbf{U}_{tib}) \quad (4)$$

where,  $\mathbf{U}_{fem}$  and  $\mathbf{U}_{tib}$  are the unit vectors of the longitudinal axes for the femur and tibia segments respectively. For visualization purposes, when the knee is hyperextended, angles greater than  $180^\circ$  are reported to clearly indicate the degree of hyperextension. Therefore, in graphs presenting the results, the peak angle can exceed  $180^\circ$  (e.g.,  $185^\circ$ ) to represent hyperextension.

#### Distance between the bones

To calculate a proxy for the distance between the bones, anatomical landmarks were identified for the bones. The most distal point on the femur segment was chosen for the femur and a point on the proximal tibia for the tibia as shown in figure 17.

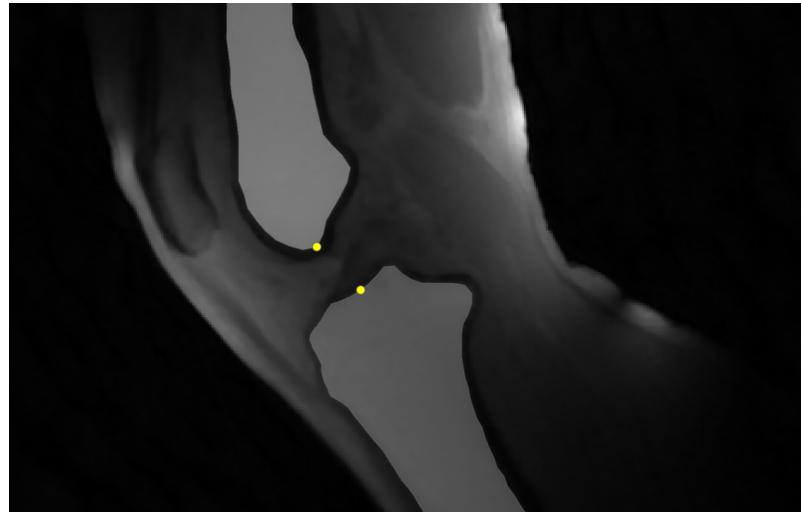


Figure 17: Points based on anatomical landmarks are shown in yellow.

The euclidean distance between these two points was measured across time by using equation 5. The first frame at -100% flexion is considered as the baseline, with the distance set to 0 mm. All subsequent distances are relative to this baseline, enabling an analysis of changes across the cycle.

$$d = \sqrt{(y_2 - y_1)^2 + (x_2 - x_1)^2} \quad (5)$$

~~Negative values imply the distance has decreased with respect to the baseline (first frame).~~

## 4 Results

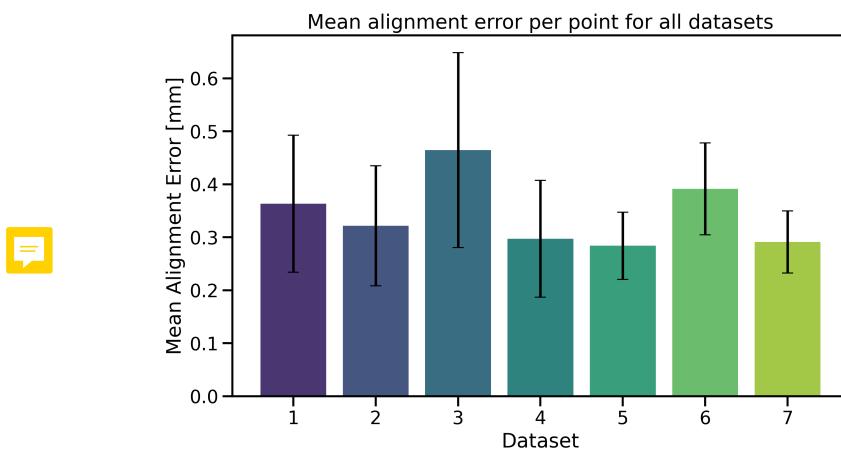
### 4.1 Edge tracking and segmentation

To evaluate the accuracy of edge tracking achieved through cost function minimization, the deviation of overlap between points on the transformed frame and the target frame was measured. The cost function output, which indicates the overlap accuracy, calculates the minimum distance from each point on the transformed

~~frame to the points on the target frame and sums these minimum distances for all points in the transformed frame.~~

The mean alignment error per point was ~~then~~ derived by dividing the cost function output by the total number of points in the transformed frame. This value quantifies the average distance that a point on the transformed frame deviates ~~from its corresponding point on the target frame~~. This value was calculated for all frames, and the **average of these values** was taken for each dataset.

~~The bar chart in Figure 18 presents this result:~~



**Figure 18:** Mean alignment error per point across all frames for each tibia dataset.

The result of the **segmentation** for one of the datasets is ~~given~~ in [figure 19](#).

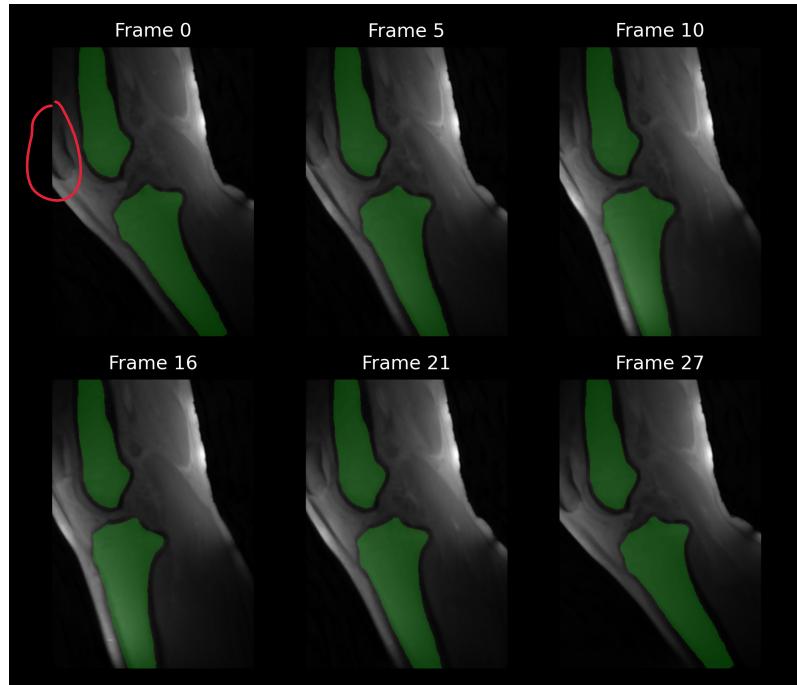


Figure 19: A mosaic showing the segmented tibia and femur shapes(green) where each tile is a particular time point. The leg is fully flexed at Frame 0



## 4.2 Biomechanical parameter extraction

The changes in the angle between the long axes of the tibia and femur segments, as well as the distance between these segments, were measured throughout the flexion-extension cycle for both the loaded and unloaded conditions.

To enable consistent comparisons across different datasets, the number of frames from each motion cycle was normalized by grouping the data into 'bins'. This binning process ensured that all datasets spanned the same range, allowing for the averaging and plotting of values within these bins.

The x-axis of the graphs represents the percentage of the flexion-extension cycle, defined by the bin centers. The cycle starts at -100 % (maximal flexion), progresses to 0 % (full extension), and returns to 100 % (maximal flexion). This labeling captures the complete motion cycle, from full flexion to full extension and back to full flexion, allowing a clear visualization of the entire range of motion. The x-axis ticks correspond to the centers of these bins, with each bin having a width of 10 percentage units.



The y-axis of the graphs represents the average value of the biomechanical parameter (either angle or distance) within each bin, aggregated across all datasets.

For statistical analysis, a two-sample independent t-test was performed using the `stats` module from the SciPy library to compare the loaded and unloaded conditions. The test was applied to the data within each bin to determine if there were significant differences between the two conditions.

### Angle calculation

Figure 20 displays the result of calculating the angle between the long axes of bone segments across the flexion-extension cycle. 

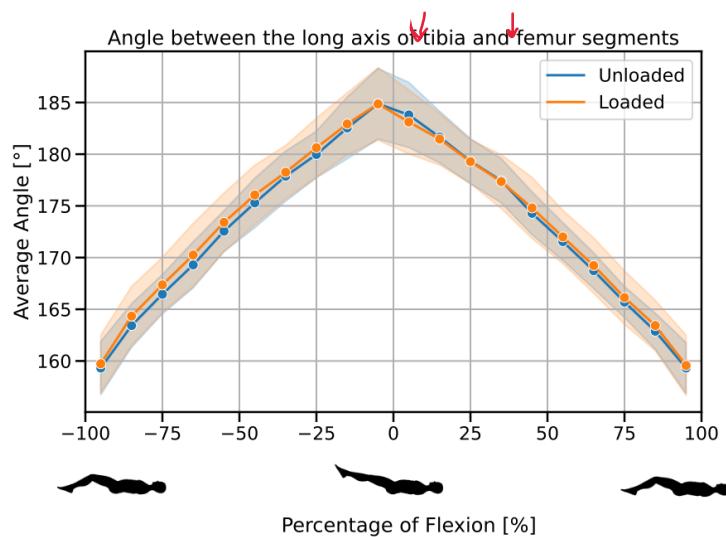


Figure 20: Plot of angle between long axes of bone segments between tibia and femur versus the flexion percentage. The x-axis ticks represent the centers of bins, each with a width of 10 percentage units. The shaded regions represent one standard deviation uncertainty. Angles greater than 180° imply hyperextension.

No significant differences were observed between the loaded and unloaded conditions for any of the bins.

### Distance calculation

The Euclidean distance between two points on the tibia and femur segments was measured throughout the flexion-extension cycle for both loaded and unloaded conditions. The aggregated results are shown in Figure 21

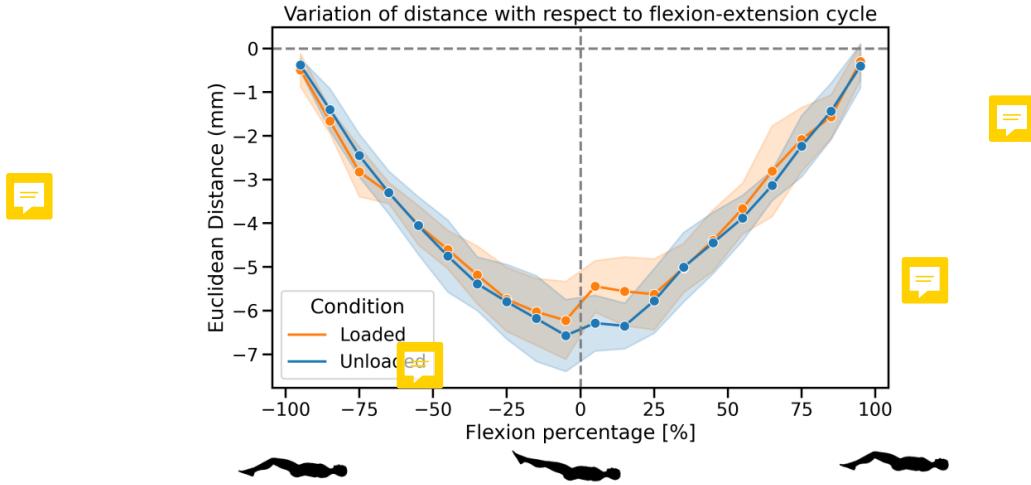


Figure 21: Plot showing the variation of euclidean distance between two points with across time in the motion cycle. All distances are relative to the baseline measurement at -100% flexion, set at 0 mm. The shaded region represents one standard deviation uncertainty.

Statistical analysis revealed significant differences between loaded and unloaded conditions in the following bins: [0.0, 10.0] with a P-value of 0.022, and (10.0, 20.0] with a P-value of 0.015. No significant differences were observed for the remaining bins.

## 5 Discussion

The accuracy and reliability of the measurements obtained from the dynamic MRI scans are influenced by several factors that need to be considered to ensure meaningful results. One significant factor is the overall bulk movement of the leg during the scan. If the femur is not properly fixated, the entire leg might shift, leading to inaccurate measurements. Ensuring that the thigh is securely positioned on the device with the thigh strap is critical for minimizing this movement. Additionally, improper fixation can allow the upper leg to lift or shift laterally, further compromising the accuracy of the measurements. This overall instability can be exacerbated by the entire leg shifting longitudinally within the scanner, causing misalignment and poor-quality output.

Another important factor is muscle exhaustion. At the start of the exercise, volunteers might overexert themselves, leading to fatigue as the exercise progresses.

This can cause variations in the range of motion and affect the position of the leg, resulting in inconsistent data. While the controlled exercise pace, guided by a metronome, aims to standardize the movement, individual differences in endurance can still introduce variability.

By addressing these factors, we can enhance the reliability of the measurements obtained from the dynamic MRI scans. With these considerations in mind, the following sections discuss the specific results of edge tracking and segmentation, angle measurement, and distance calculation in detail.

## 5.1 Edge tracking and segmentation

The accuracy of segmentation in this study is fundamentally tied to the precision of edge tracking, as the segment boundary is defined by the detected edges. A significant factor that compromises edge tracking accuracy is the through-plane motion of the bones, leading to inaccurate transformations. The algorithm is specifically designed to manage only rigid transformations within a single plane; therefore, any deviations introduced by through-plane motion significantly impair edge detection and, consequently, segmentation accuracy.

Through-plane motion is particularly problematic for the tibia compared to the femur, primarily due to medial/lateral rotation as illustrated in Figure 3, which details the six degrees of freedom of the tibia's movement relative to the femur. This specific type of rotation is a significant cause of through-plane motion errors during edge tracking, as the device setup—although restrictive—allows some degree of rotational freedom. Despite the lower leg being secured at the ankle with Velcro straps and the knee cradled in a wedge positioner to limit movement predominantly to one plane, complete immobilization is not achievable. This limitation is especially pronounced in subjects with smaller bones, where even additional padding at the wedge positioner was insufficient to prevent all undesired motion. While localizers are employed prior to the scans in both extended and flexed positions to ensure that the slice moves only within a predetermined single plane, certain rotations cannot be fully corrected by simply angling the localizer and may still be evident in the final images.

The performance of the edge tracking algorithm is illustrated by the bar chart in Figure 18, which shows the mean alignment error per point across seven different datasets in millimeters. Datasets 2,4,5 and 7 show the lowest mean alignment error

around 0.3 mm, with Dataset 5 having the lowest error of 0.283 mm and standard deviation of 0.063 mm. In contrast, Dataset 3 exhibits the highest mean alignment error at about 0.465 mm and also shows the largest variability with a standard deviation of 0.184 mm. This variability and higher error could suggest specific challenges in edge detection for this dataset, potentially due to factors such as through-plane motion or variations in image quality. The low standard deviation for 7, at 0.059 mm with a mean alignment error of 0.291 mm, further suggest that the edge tracking performance in this dataset was not only accurate but also consistently reliable across different frames.

To illustrate the reliability of the edge tracking algorithm, the results obtained here are compared with those of Rathnayaka et al.(2012), who quantified the accuracy of MRI-generated 3D models of long bones, reporting an average error of 0.23 mm (Rathnayaka et al. 2012). Although the specifics of the two studies differ, the reported values offer a perspective on the range of errors encountered in MRI-based segmentation measurements.

## 5.2 Angle calculation

The analysis of the angle between the long axes of the tibia and femur segments across the flexion-extension cycle reveals distinct trends under both loaded and unloaded conditions. As illustrated in Figure 20, there is a clear pattern where the angle increases from approximately 160° at maximal flexion (-100%) to around 184° at full extension (0%), and then decreases back to 160° as the knee returns to maximal flexion (100%). This behavior aligns with the expected biomechanics of the knee joint, where the alignment of the femur and tibia is closest at full extension and diverges during flexion.

To provide specific data points, at a bin center of -5 (representing the range from -10 to 0, inclusive), the mean angle for the unloaded condition was 184.18° with a standard deviation of 4.04°, while for the loaded condition, the mean angle was 184.07° with a standard deviation of 3.99°. These measurements indicate that both conditions exhibit angles close to 185°, suggesting a slight hyperextension or at least a deviation from a perfectly straight alignment.

This observed deviation can be explained by the nature of the angle measurements and the biomechanics of the knee joint. The angles calculated in this study are best represented by the shaft axes of the femur and tibia. As demonstrated by a

study (Dai et al. 2021) which measured the knee flexion angle using CT and MRI, a range of values was reported between  $-12.5^\circ$  and  $29.9^\circ$ , where negative values indicate hyperextension. Since these values are obtained from static scans, where the leg is in an extended position inside the scanner, it can be assumed that at full extension, angles  $\geq 180^\circ$  as measured in this study are to be expected. Their scheme for defining the angles closely match those done in this study, as given in Figure 22.



Figure 22: Femur and Tibia shaft axes defined in CT and T1-weighted MRI scans in the sagittal view. (Dai et al. 2021)

Interestingly, despite the observed angles suggesting a slight hyperextension, there was no significant difference in the angles between the loaded and unloaded conditions. This indicates that the loading condition did not significantly affect the alignment of the femur and tibia as measured by the angle between their long axes in the sagittal plane.

### 5.3 Distance calculation

Figure 21 shows the variation in the Euclidean distance between anatomical landmarks on the femur and tibia throughout the flexion-extension cycle. Initially, this distance decreases as the knee moves from a flexed to an extended position. In the second half of the cycle, the distance increases as the knee returns to the flexed position.

Significant differences were observed in the bins (0.0, 10.0] and (10.0, 20.0] with P-values of 0.022 and 0.015 under loaded conditions. This suggests that external loading affects the spatial relationship between the femur and tibia, but only during the beginning of the flexion phase.

This suggests that there is an underlying mechanism influencing the measured distance near terminal extension but not during other phases of motion. A likely candidate for this is the **screw home mechanism** (SHM). The SHM involves the rotation of the tibia around the femur near terminal extension. It occurs due to the unequal lengths of the condyles. The medial femoral condyle is longer than the length of the lateral condyle, which causes the tibia to rotate externally in the last stages of extension. (Kim et al. 2015) This rotation occurs to lock the knee in a stable, fully extended position. Then, when flexion starts during the second half of the cycle, the tibia rotates internally, which 'unlocks' the knee for further flexion.

It has been previously reported that the impact of external loading increases the magnitude of internal rotation of the tibia relative to the femur (Myers et al. 2012). Therefore, it seems that this internal rotation is more susceptible to changes in the distance between the defined anatomical landmarks due to external loading compared to external rotation. This susceptibility likely results in the significant differences observed during the initial phase of flexion, as the knee transitions from a fully extended, locked position to a flexed, unlocked state.

Given these observations, it can be hypothesized that the response to external loading might serve as an indicator of SHM functionality. Notably, it has been demonstrated that SHM loss, characterized by reduced internal tibial rotation, occurs in patients with OA when compared to healthy controls, even without any applied external load (Jeon et al. 2020). Additionally, quadriceps weakness has been identified as a significant risk factor for the development of OA (Segal and Glass 2011). This suggests that the external loading in our experimental setup, which induces quadriceps activation, could provide valuable diagnostic insights. Understanding the interaction between quadriceps strength and mechanical loading is crucial for detecting early signs of OA and developing targeted therapeutic strategies



## 6 Conclusion

This study set out to explore the precision and practicality of a semi-automated segmentation process for analyzing dynamic MRI scans of the knee during flexion-

extension cycles. The findings demonstrate the potential of this method to accurately track and quantify biomechanical parameters such as bone alignment and distances between anatomical landmarks under different loading conditions.

### Key Findings and Implications

The accuracy of the edge tracking and segmentation process was evaluated using the mean alignment error per point, which quantifies the average distance that a point on the transformed frame deviates from its corresponding point on the target frame. This metric was compared with similar values reported in the literature, revealing that our method provides a comparable level of precision in MRI-based segmentation measurements. Additionally, simple visual inspection also gives credence to the accuracy of the segmentation, further validating the reliability of the process. This semi-automated approach facilitates rapid and efficient analysis of large number of frames, making it highly advantageous for clinical and research applications. Moreover, once the bones are segmented, a wide range of biomechanical analyses can be conducted, providing comprehensive insights into joint mechanics, beyond those that were attempted in this study. 

The analysis of the angle between the long axes of the tibia and femur showed no significant differences between loaded and unloaded conditions. Any deviation from this trend while measuring new subjects could indicate potential pathological issues.

The distance measurement between anatomical landmarks on the tibia and femur revealed significant differences between loaded and unloaded condition during the early phase of the flexion. This variation can be attributed to the screw-home mechanism, emphasizing the sensitivity of the knee joint's biomechanics to external loading. These findings underscore the importance of considering external loading in biomechanical analyses and suggest that the method could be a valuable tool for potential diagnosis and research.

### Limitations and Future Work

Despite its promising results, this study's methodology is limited by its reliance on a single 2D slice. This approach overlooks the tibia's six degrees of freedom relative to the femur, potentially omitting critical aspects of knee kinematics. Future work should aim to extend this methodology to 3D, which would not only address current method's issues in edge tracking, but also allow for a complete assessment of knee joint kinematics, providing a more holistic understanding of its movements and interactions.

Additionally, the semi-automated segmentation method demonstrated here can be adapted to analyze patellofemoral kinematics. The patella shows well-defined edges in the images, making it a suitable candidate for this processing pipeline. Given the patella's significant role in knee mechanics, this extension would provide valuable insights and complement the current analysis of tibiofemoral interactions.

In conclusion, the semi-automated segmentation process evaluated in this study offers a robust and efficient method for analyzing dynamic MRI scans of the knee. By enabling accurate tracking of biomechanical parameters and accommodating various analyses, it presents a valuable tool for both clinical diagnostics and biomechanical research. While current limitations highlight the need for 3D analysis to fully capture knee kinematics, the potential applications of this method are vast, paving the way for more comprehensive and insightful studies of knee joint mechanics.

## References

- Aleksiev, Martin et al. (Oct 22). "High-resolution CINE imaging of active guided knee motion using continuously acquired golden-angle radial MRI and rotary sensor information". In: *Magnetic Resonance Imaging* 92, pp. 161–168. ISSN: 0730725X. DOI: [10.1016/j.mri.2022.06.015](https://doi.org/10.1016/j.mri.2022.06.015). URL: <https://linkinghub.elsevier.com/retrieve/pii/S0730725X22001096> (visited on 02/12/2024).
- Berry, Elizabeth and Andrew J. Bulpitt (2009). *Fundamentals of MRI: an interactive learning approach*. eng. OCLC: 872673253. Boca Raton, Florida: CRC Press. ISBN: 978-1-58488-902-1.
- Blankvoort, L., R. Huiskes, and A. De Lange (Jan. 1988). "The envelope of passive knee joint motion". In: *Journal of Biomechanics* 21.9, pp. 705–720. ISSN: 00219290. DOI: [10.1016/0021-9290\(88\)90280-1](https://doi.org/10.1016/0021-9290(88)90280-1). URL: <https://linkinghub.elsevier.com/retrieve/pii/0021929088902801> (visited on 05/20/2024).
- Boyd, Stephen et al. (2011). "Distributed Optimization and Statistical Learning via the Alternating Direction Method of Multipliers". In: *Foundations and Trends® in Machine Learning* 3.1, pp. 1–122. ISSN: 1935-8237. DOI: [10.1561/2200000016](https://doi.org/10.1561/2200000016). URL: <http://dx.doi.org/10.1561/2200000016>.
- Breivik, Harald et al. (May 2006). "Survey of chronic pain in Europe: Prevalence, impact on daily life, and treatment". In: *European Journal of Pain* 10.4, pp. 287–287. ISSN: 1090-3801, 1532-2149. DOI: [10.1016/j.ejpain.2005.06.009](https://doi.org/10.1016/j.ejpain.2005.06.009). URL: <https://onlinelibrary.wiley.com/doi/10.1016/j.ejpain.2005.06.009> (visited on 03/27/2024).
- Brisson, Nicholas M. et al. (Nov. 2022). "A novel multipurpose device for guided knee motion and loading during dynamic magnetic resonance imaging". en. In: *Zeitschrift für Medizinische Physik* 32.4, pp. 500–513. ISSN: 09393889. DOI: [10.1016/j.zemedi.2021.12.002](https://doi.org/10.1016/j.zemedi.2021.12.002). URL: <https://linkinghub.elsevier.com/retrieve/pii/S093938892100115X> (visited on 02/12/2024).
- Brown, Robert W. et al. (2014). *Magnetic resonance imaging: physical principles and sequence design*. Second edition. Hoboken, New Jersey: John Wiley & Sons, Inc. 944 pp. ISBN: 978-0-471-72085-0.
- Canny, John (Nov. 1986). "A Computational Approach to Edge Detection". In: *IEEE Transactions on Pattern Analysis and Machine Intelligence* PAMI-8.6, pp. 679–698. ISSN: 0162-8828. DOI: [10.1109/TPAMI.1986.4767851](https://doi.org/10.1109/TPAMI.1986.4767851). URL: <https://ieeexplore.ieee.org/document/4767851> (visited on 02/18/2024).

- Coburn, Sally L. et al. (July 14, 2023). "Immediate and Delayed Effects of Joint Loading Activities on Knee and Hip Cartilage: A Systematic Review and Meta-analysis". In: *Sports Medicine - Open* 9.1, p. 56. ISSN: 2198-9761. DOI: [10.1186/s40798-023-00602-7](https://doi.org/10.1186/s40798-023-00602-7). URL: <https://doi.org/10.1186/s40798-023-00602-7> (visited on 04/07/2024).
- Conconi, Michele et al. (Jan. 3, 2023). "In-Vivo Quantification of Knee Deep-Flexion in Physiological Loading Condition trough Dynamic MRI". In: *Applied Sciences* 13.1, p. 629. ISSN: 2076-3417. DOI: [10.3390/app13010629](https://doi.org/10.3390/app13010629). URL: <https://doi.org/10.3390/app13010629> (visited on 05/20/2024).
- Curtis, Aaron D. and Hai-Ling M. Cheng (Feb. 2022). "Primer and Historical Review on Rapid Cardiac *jspan style="font-variant:small-caps;">CINE MRI*". en. In: *Journal of Magnetic Resonance Imaging* 55.2, pp. 373–388. ISSN: 1053-1807, 1522-2586. DOI: [10.1002/jmri.27436](https://doi.org/10.1002/jmri.27436). URL: <https://doi.org/10.1002/jmri.27436> (visited on 04/09/2024).
- Dai, Zhen-Zhen et al. (Jan. 2021). "Comparing the Tibial Tuberosity–Trochlear Groove Distance Between CT and MRI in Skeletally Immature Patients With and Without Patellar Instability". en. In: *Orthopaedic Journal of Sports Medicine* 9.1, p. 232596712097366. ISSN: 2325-9671, 2325-9671. DOI: [10.1177/2325967120973665](https://doi.org/10.1177/2325967120973665). URL: [http://journals.sagepub.com/doi/10.1177/2325967120973665](https://doi.org/10.1177/2325967120973665) (visited on 05/17/2024).
- Dalley, Arthur F., A. M. R. Agur, and Keith L. Moore (2023). *Moore's clinically oriented anatomy*. Ninth edition. Philadelphia: Wolters Kluwer. 1 p. ISBN: 978-1-975154-08-0.
- Edelman, Robert R., ed. (2005). *Clinical magnetic resonance imaging*. Philadelphia, Pa.: Saunders. ISBN: 978-0-7216-0306-3.
- Haase, A et al. (Apr. 1986). "FLASH imaging. Rapid NMR imaging using low flip-angle pulses". en. In: *Journal of Magnetic Resonance (1969)* 67.2, pp. 258–266. ISSN: 00222364. DOI: [10.1016/0022-2364\(86\)90433-6](https://doi.org/10.1016/0022-2364(86)90433-6). URL: [https://doi.org/10.1016/0022-2364\(86\)90433-6](https://doi.org/10.1016/0022-2364(86)90433-6) (visited on 04/19/2024).
- Heidari, Behzad (2011). "Knee osteoarthritis prevalence, risk factors, pathogenesis and features: Part I". In: *Caspian Journal of Internal Medicine* 2.2, pp. 205–212. ISSN: 2008-6164.
- Jeon, Jeongwoo et al. (June 23, 2020). *Alteration of Screw-home Movement in Patients With Knee Osteoarthritis: A Cross-sectional Study*. DOI: [10.21203/rs.3.rs-36030](https://doi.org/10.21203/rs.3.rs-36030).

- [rs-35701/v1](https://www.researchsquare.com/article/rs-35701/v1). URL: <https://www.researchsquare.com/article/rs-35701/v1> (visited on 05/20/2024).
- Jogi, Sandeep P. et al. (Mar. 2022). “Device for Assessing Knee Joint Dynamics During Magnetic Resonance Imaging”. In: *Journal of Magnetic Resonance Imaging* 55.3, pp. 895–907. ISSN: 1053-1807, 1522-2586. DOI: [10.1002/jmri.27877](https://doi.org/10.1002/jmri.27877). URL: <https://onlinelibrary.wiley.com/doi/10.1002/jmri.27877> (visited on 05/20/2024).
- Kijowski, R. et al. (Mar. 2020). “Osteoarthritis year in review 2019: imaging”. In: *Osteoarthritis and Cartilage* 28.3, pp. 285–295. ISSN: 10634584. DOI: [10.1016/j.joca.2019.11.009](https://doi.org/10.1016/j.joca.2019.11.009). URL: <https://linkinghub.elsevier.com/retrieve/pii/S1063458419312968> (visited on 05/20/2024).
- Kim, Ha Yong et al. (Sept. 2015). “Screw-Home Movement of the Tibiofemoral Joint during Normal Gait: Three-Dimensional Analysis”. In: *Clinics in Orthopedic Surgery* 7.3, pp. 303–309. ISSN: 2005-4408. DOI: [10.4055/cios.2015.7.3.303](https://doi.org/10.4055/cios.2015.7.3.303).
- Menchón-Lara, Rosa-María et al. (Sept. 23, 2019). “Reconstruction techniques for cardiac cine MRI”. In: *Insights into Imaging* 10.1, p. 100. ISSN: 1869-4101. DOI: [10.1186/s13244-019-0754-2](https://doi.org/10.1186/s13244-019-0754-2).
- Myers, Casey A. et al. (Jan. 2012). “In Vivo Tibiofemoral Kinematics During 4 Functional Tasks of Increasing Demand Using Biplane Fluoroscopy”. In: *The American Journal of Sports Medicine* 40.1, pp. 170–178. ISSN: 0363-5465, 1552-3365. DOI: [10.1177/0363546511423746](https://doi.org/10.1177/0363546511423746). URL: <http://journals.sagepub.com/doi/10.1177/0363546511423746> (visited on 05/20/2024).
- Nelder, J. A. and R. Mead (Jan. 1, 1965). “A Simplex Method for Function Minimization”. In: *The Computer Journal* 7.4, pp. 308–313. ISSN: 0010-4620, 1460-2067. DOI: [10.1093/comjnl/7.4.308](https://doi.org/10.1093/comjnl/7.4.308). URL: <https://academic.oup.com/comjnl/article-lookup/doi/10.1093/comjnl/7.4.308> (visited on 05/16/2024).
- Netter, Frank H. (2023). *Netter atlas of human anatomy: classic regional approach*. Eighth edition. Philadelphia, PA: Elsevier. ISBN: 978-0-323-68042-4.
- Obermüller, Dominik et al. (Mar. 2024). “Epidemiology and treatment of pain associated with osteoarthritis of the knee in Germany: A retrospective health claims data analysis”. In: *Osteoarthritis and Cartilage Open* 6.1, p. 100430. ISSN: 26659131. DOI: [10.1016/j.ocarto.2023.100430](https://doi.org/10.1016/j.ocarto.2023.100430). URL: <https://linkinghub.elsevier.com/retrieve/pii/S2665913123000973> (visited on 03/27/2024).
- Rathnayaka, Kanchana et al. (Apr. 2012). “Quantification of the accuracy of MRI generated 3D models of long bones compared to CT generated 3D models”. In: *Medical Engineering & Physics* 34.3, pp. 357–363. ISSN: 13504533. DOI: [10.1016/j.medengphy.2012.01.011](https://doi.org/10.1016/j.medengphy.2012.01.011).

- 1016/j.medengphy.2011.07.027. URL: <https://linkinghub.elsevier.com/retrieve/pii/S1350453311001925> (visited on 05/15/2024).
- Rickenbach, Robert (June 11, 2013). “Optical spectrum modulated position sensor having a controller with at least one fiber optic line”. U.S. pat. 8461514B1. Individual. URL: <https://patents.google.com/patent/US8461514B1/en?oq=US-8461514-B1> (visited on 04/23/2024).
- Segal, Neil A. and Natalie A. Glass (Nov. 2011). “Is Quadriceps Muscle Weakness a Risk Factor for Incident or Progressive Knee Osteoarthritis?” In: *The Physician and Sportsmedicine* 39.4, pp. 44–50. ISSN: 0091-3847, 2326-3660. DOI: [10.3810/psm.2011.11.1938](https://doi.org/10.3810/psm.2011.11.1938). URL: <http://www.tandfonline.com/doi/full/10.3810/psm.2011.11.1938> (visited on 05/20/2024).
- Shimozaki, Kengo et al. (Aug. 26, 2023). “Extrusion of the medial meniscus under a weight-loading condition in early knee osteoarthritis: an investigation using special upright magnetic resonance imaging”. In: *BMC Musculoskeletal Disorders* 24.1, p. 680. ISSN: 1471-2474. DOI: [10.1186/s12891-023-06807-x](https://doi.org/10.1186/s12891-023-06807-x). URL: <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-023-06807-x> (visited on 05/20/2024).
- Standring, Susan and Henry Gray, eds. (2021). *Gray's anatomy: the anatomical basis of clinical practice*. Forty-second edition. OCLC: on1202943188. Amsterdam: Elsevier. 1588 pp. ISBN: 978-0-7020-7705-0.
- Westbrook, Catherine and John Talbot (2019). *MRI in Practice*. Fifth Edition. Hoboken, NJ Chichester, West Sussex: Wiley Blackwell. 395 pp. ISBN: 978-1-119-39199-9.
- Westphal, Christopher J. et al. (Aug. 2013). “Load-dependent variations in knee kinematics measured with dynamic MRI”. In: *Journal of Biomechanics* 46.12, pp. 2045–2052. ISSN: 00219290. DOI: [10.1016/j.jbiomech.2013.05.027](https://doi.org/10.1016/j.jbiomech.2013.05.027). URL: <https://linkinghub.elsevier.com/retrieve/pii/S0021929013002601> (visited on 04/26/2024).
- Winkelmann, Stefanie et al. (Jan. 2007). “An Optimal Radial Profile Order Based on the Golden Ratio for Time-Resolved MRI”. en. In: *IEEE Transactions on Medical Imaging* 26.1, pp. 68–76. ISSN: 0278-0062. DOI: [10.1109/TMI.2006.885337](https://doi.org/10.1109/TMI.2006.885337). URL: <http://ieeexplore.ieee.org/document/4039540/> (visited on 04/18/2024).
- Wood, Tobias C. and contributors (2020). *Riesling: A reconstruction toolbox optimized for 3D non-cartesian MR images*. Presented at ISMRM 2020. URL: <https://github.com/spinicist/riesling>.

- Yelin, Edward, Stuart Weinstein, and Toby King (Dec. 2016). “The burden of musculoskeletal diseases in the United States”. In: *Seminars in Arthritis and Rheumatism* 46.3, pp. 259–260. ISSN: 00490172. DOI: [10.1016/j.semarthrit.2016.07.013](https://doi.org/10.1016/j.semarthrit.2016.07.013). URL: <https://linkinghub.elsevier.com/retrieve/pii/S0049017216301445> (visited on 05/20/2024).
- Zaitsev, Maxim, Julian Maclaren, and Michael Herbst (Oct. 2015). “Motion artifacts in MRI: A complex problem with many partial solutions”. eng. In: *Journal of magnetic resonance imaging: JMRI* 42.4, pp. 887–901. ISSN: 1522-2586. DOI: [10.1002/jmri.24850](https://doi.org/10.1002/jmri.24850).

## A Appendix

If needed for supplementary material, such as detailed description of data collection, tables, or figures.

### **Statutory Declaration:**

I declare that I have developed and written the enclosed Master Thesis completely by myself, and have not used sources or means without declaration in the text. Any thoughts from others or literal quotations are clearly marked. The Master Thesis was not used in the same or in a similar version to achieve an academic grading or is being published elsewhere.

---

Place, Date

---

Signature