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**Paquin**(10) **Pub. No.: US 2017/0296866 A1**(43) **Pub. Date: Oct. 19, 2017**(54) **STRETCHING ASSISTANCE DEVICE**(71) Applicant: **Melvin Paquin**, Glendale, AZ (US)(72) Inventor: **Melvin Paquin**, Glendale, AZ (US)(21) Appl. No.: **15/097,344**(22) Filed: **Apr. 13, 2016****Publication Classification**(51) **Int. Cl.**

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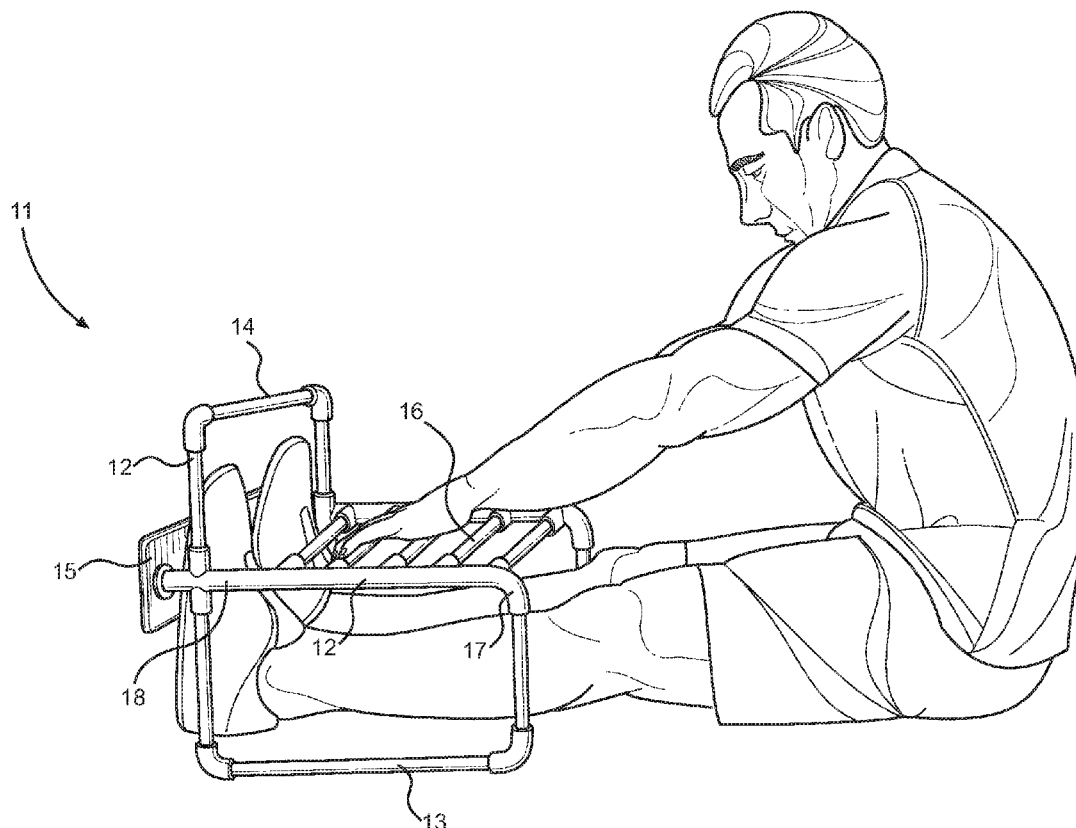
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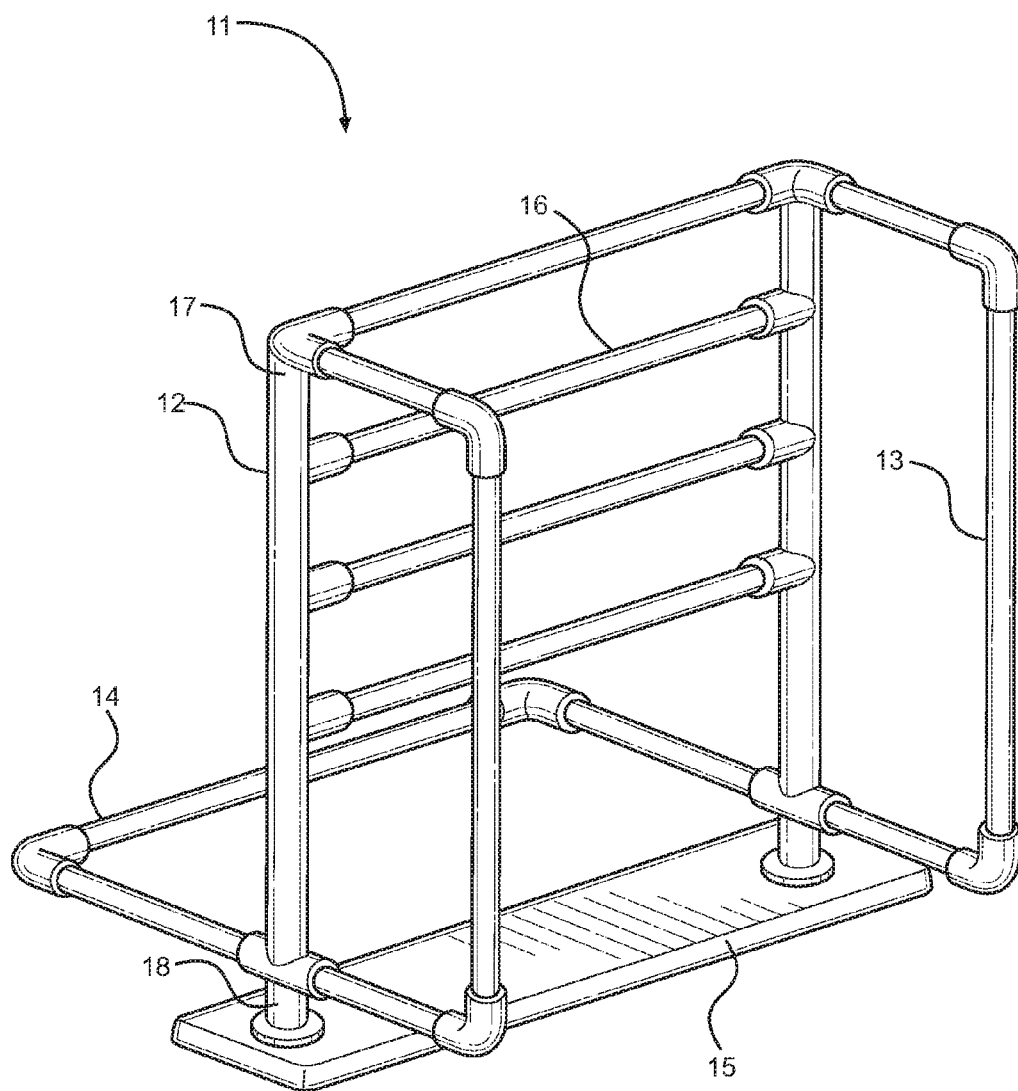
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**ABSTRACT**

A stretching assistance device for helping a user to stretch various muscles. The stretching assistance device includes a rectangular frame having several parallel, horizontal rungs thereon. The lower end of the frame includes a base on which a user can position his or her feet while stretching. The frame further includes a pair of primary handles extending perpendicularly from opposing sides thereof. A secondary handle extends from a lower end of the frame and is positioned on the opposing side of the frame as the pair of primary handles. When stretching, the user can position his or her feet on the base and can grasp the rungs or handles in order to stabilize himself or herself and to facilitate stretching.





**FIG. 1**

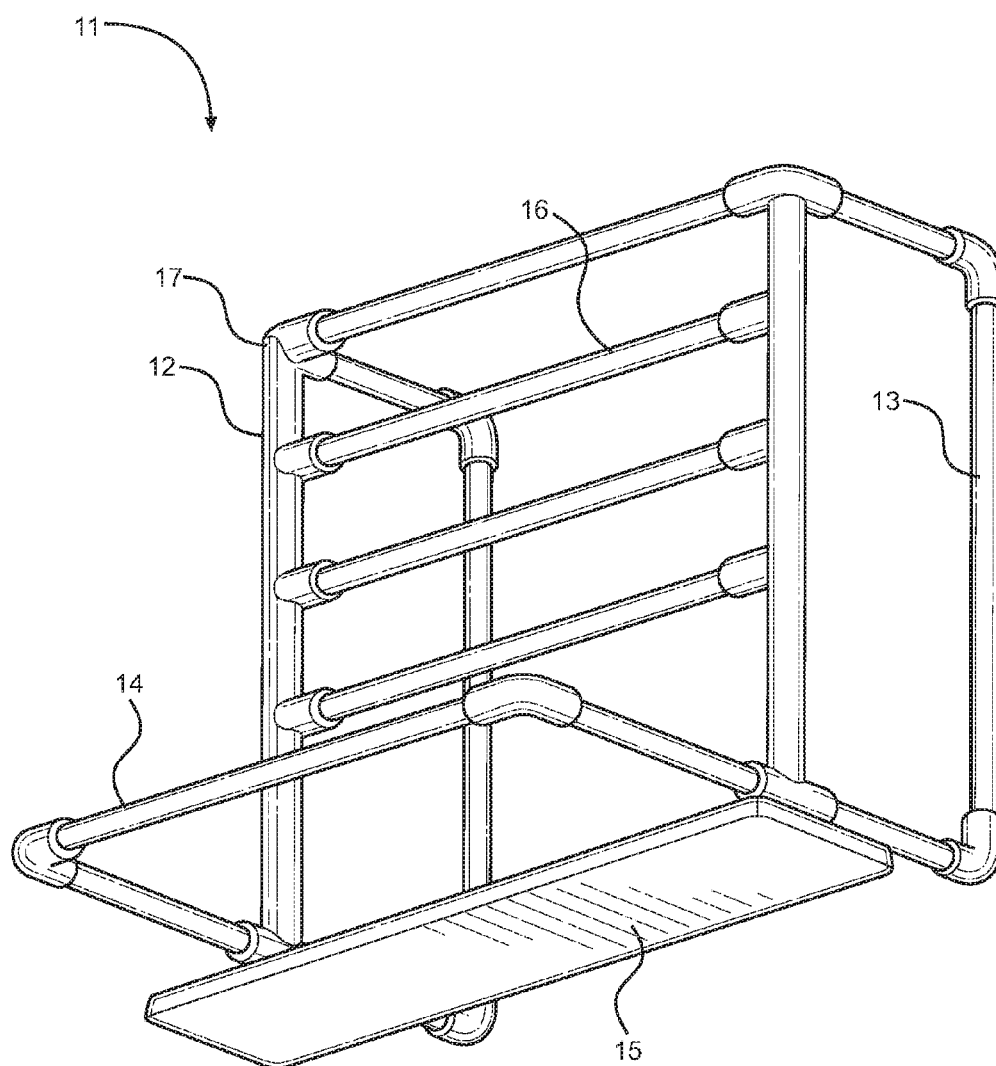
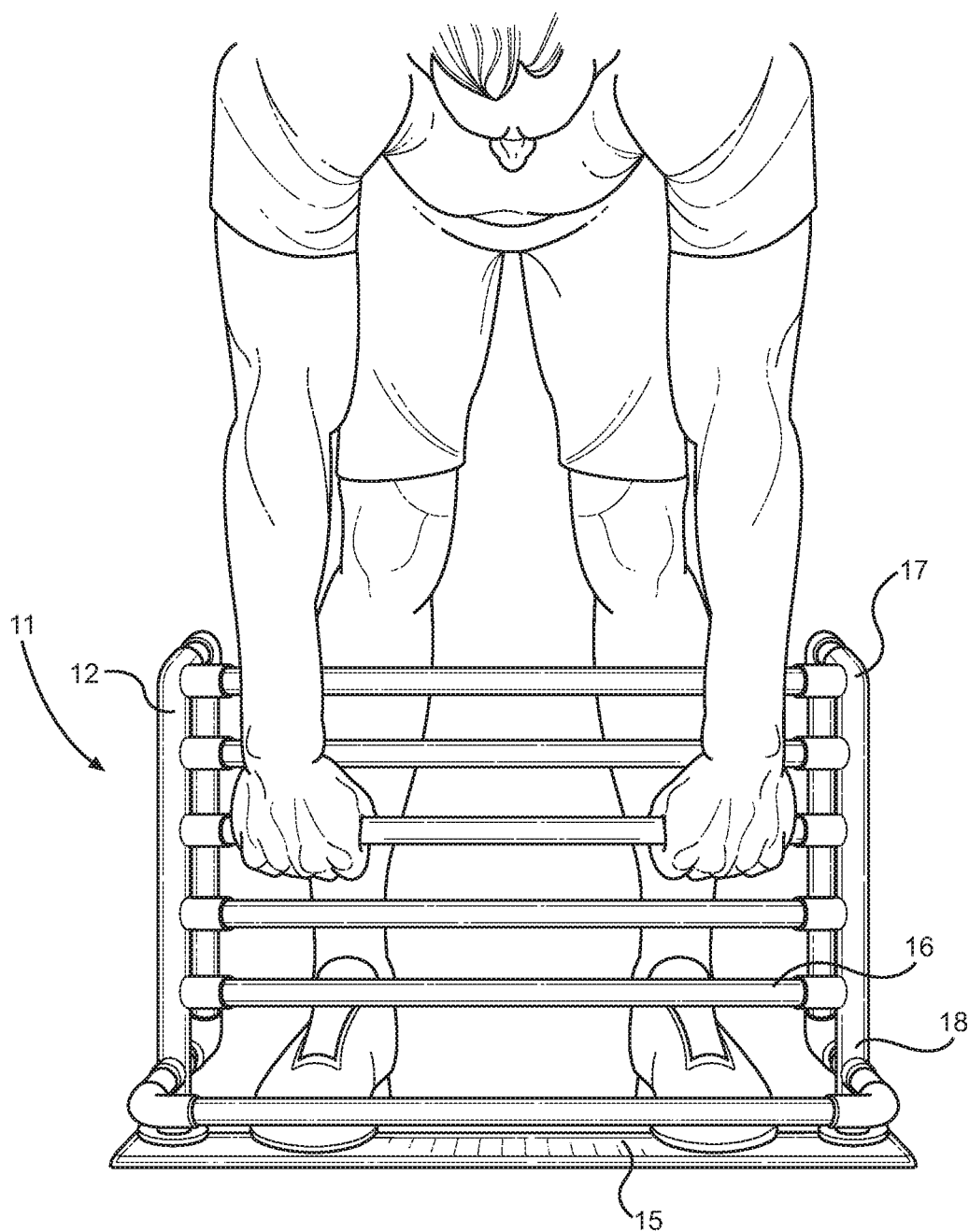
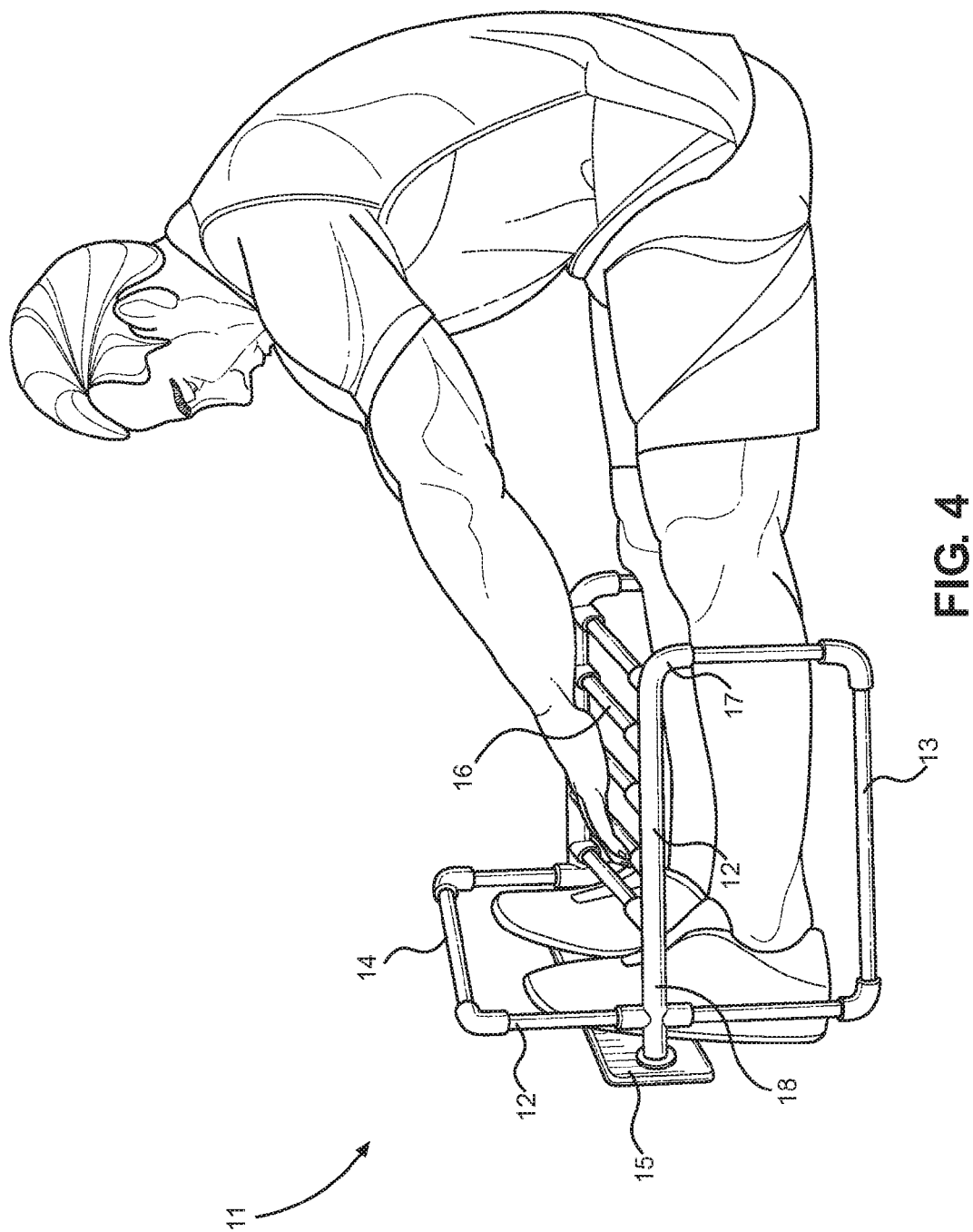


FIG. 2



**FIG. 3**



## STRETCHING ASSISTANCE DEVICE

### BACKGROUND OF THE INVENTION

#### Field of the Invention

**[0001]** The present invention relates to exercise and fitness equipment. More specifically, the present invention provides a stretching assistance device for helping a user to stretch his or her muscles and stabilize himself or herself while stretching.

**[0002]** Stretching is an important part of maintaining a healthy lifestyle. Stretching should be performed prior to exercising, such as strength training or running, in order to reduce the risk of injury and muscle cramps. Stretching can help a person to warm-up for exercise and helps to keep the person limber.

**[0003]** Stretching also helps to promote flexibility. This is particularly important for the elderly, as a person's flexibility and range of motion may diminish with age. If a person's flexibility is severely diminished, the person may be unable to perform common daily activities, such as bending over to pick up an object on the ground, or reaching upwards to pick up an item in an elevated area, such as a shelf.

**[0004]** However, stretches can be difficult to perform without the use of a support device or support surface. In order to stretch leg muscles, a person must often stand on one leg which can be difficult to balance while stretching. As a result, the person may not stretch for an appropriate amount of time. Further, it is important to have a support surface to grasp so as to hold a stretch for the proper amount of time. Without having an object to grasp, it may be difficult to maintain a stretched position. Thus, a stretching assistance device for helping a user to stretch is desired.

**[0005]** Devices have been disclosed in the prior art that relate to stretching devices. These include devices that have been patented and published in patent application publications. These devices generally relate to devices for facilitating stretching exercises, such as U.S. Pat. No. 7,022,054, U.S. Pat. No. 5,456,649, U.S. Published Patent Application Number 2014/0031182, U.S. Pat. No. 5,421,801, and U.S. Pat. No. 5,529,560.

**[0006]** These prior art devices have several known drawbacks. Various devices are disclosed in the prior art that relate to stretching assistance devices. However, such devices are adapted for use in stretching a specific muscle group and lack versatility. Further, such devices include resistance bands and other moving parts that can limit the user's range of motion and require the user to perform a specific stretch. Thus, a stretching assistance device for facilitating stretching and that can be used to perform any of various stretches is desired.

**[0007]** In light of the devices disclosed in the prior art, it is submitted that the present invention substantially diverges in design elements from the prior art and consequently it is clear that there is a need in the art for an improvement to existing stretching assistance devices. In this regard the instant invention substantially fulfills these needs.

### SUMMARY OF THE INVENTION

**[0008]** In view of the foregoing disadvantages inherent in the known types of stretching assistance devices now present in the prior art, the present invention provides a new

stretching assistance device wherein the same can be utilized for providing convenience for the user when stretching.

**[0009]** The stretching assistance device comprises a frame having an upper end and a lower end, wherein the lower end includes a base on which a user can position his or her feet while stretching. The frame includes a plurality of rungs extending between opposing sides thereof, wherein the rungs can be grasped by the user during a stretching exercise in order to allow the user to stabilize himself or herself and to allow the user to more easily maintain the stretch. The frame further includes a pair of primary handles extending perpendicularly therefrom. In some embodiments, a secondary handle is further provided, wherein the secondary handle extends from the opposing side of the frame as the primary handles.

### BRIEF DESCRIPTIONS OF THE DRAWINGS

**[0010]** Although the characteristic features of this invention will be particularly pointed out in the claims, the invention itself and manner in which it may be made and used may be better understood after a review of the following description, taken in connection with the accompanying drawings wherein like numeral annotations are provided throughout.

**[0011]** FIG. 1 shows a rear perspective view of an embodiment of the stretching assistance device.

**[0012]** FIG. 2 shows a front perspective view of an embodiment of the stretching assistance device.

**[0013]** FIG. 3 shows a perspective view of the stretching assistance device in use in a first orientation.

**[0014]** FIG. 4 shows a perspective view of the stretching assistance device in use in a second orientation.

### DETAILED DESCRIPTION OF THE INVENTION

**[0015]** Reference is made herein to the attached drawings. Like reference numerals are used throughout the drawings to depict like or similar elements of the stretching assistance device. For the purposes of presenting a brief and clear description of the present invention, the preferred embodiment will be discussed as used for helping a user to stretch his or her muscles. The figures are intended for representative purposes only and should not be considered to be limiting in any respect.

**[0016]** Referring now to FIGS. 1 and 2, there are shown perspective views of an embodiment of the stretching assistance device. The stretching assistance device 11 comprises a rectangular frame 12 having an upper end 17 and a lower end 18. The frame 12 is positioned in a vertical orientation. The frame 12 further includes a plurality of rungs 16 thereon. The rungs 16 extend between opposing sides of the frame 12. The rungs 16 are parallel to one another and are positioned horizontally. The rungs 16 are preferably spaced at a fixed interval. The rungs 16 provide the user with various locations to grasp while stretching depending upon the user's ability to stretch.

**[0017]** The frame further includes a pair of primary handles 13. The primary handles 13 extend from opposing sides of the frame 12 and are substantially parallel to one another. The handles 13 are shown as having a rectangular configuration, however in alternate embodiments, the handles can have any of various configurations, such as a

rounded or curved handle. Further, the primary handles 13 may include padding thereon to provide a cushioned grip for the user.

**[0018]** The lower end 18 of the frame 12 includes a base 15 thereon. The base 15 comprises a flat panel or platform on which a user can position his or her feet. Further, the base 15 allows the stretching assistance device 11 to stand in an upright orientation, such that the frame 12 is in a vertical orientation. The base 15 is preferably rectangular in configuration. The user can position his or her feet on the base 15 in order to stabilize the stretching device 11 and maintain the device in the desired position while stretching. Further, the base 15 allows the stretching device 11 to stand in an upright orientation wherein the frame 12 is substantially vertical in orientation.

**[0019]** A secondary handle 14 extends from the frame 12 and is arranged in a substantially horizontal orientation. The secondary handle 14 extends to the opposing side of the frame 12 as the primary handles 13. The secondary handle 14 provides an alternate location for a user to grasp while stretching. The secondary handle 14 comprises a U-shaped orientation and extends from the lower end 18 of the frame 12. The secondary handle 14 is shown as extending between opposing sides of the frame 12.

**[0020]** Referring now to FIG. 3, there is shown a perspective view of the stretching assistance device in use. In operation, the user can position the stretching assistance device 11 so that the frame 12 is substantially vertical. The user can then position his or her feet on the base 15. This helps to hold the stretching assistance device 11 in position while it is in use. The user is positioned so as to face towards the rungs 16 of the frame 12. The primary handles 13 extend along the user's sides and can be held by the user in order to support or stabilize himself or herself while stretching.

**[0021]** While standing, the user can bend at the waist, without bending his or her knees, and can reach downward with his or her hands in order to grasp a rung 16. A plurality of rungs 16 are provided, wherein the rungs are spaced from one another so as to allow the user to grasp the lowest rung 16 possible based on his or her flexibility. Thus, a person having greater flexibility will be able to reach a lower rung than a person that is less flexible. The user can then grasp the rung 16 in order to stretch his or her muscles and this allows the user to more easily maintain the stretched position by allowing the user to hold the stretched position.

**[0022]** Referring now to FIG. 4, there is shown a perspective view of the stretching assistance device in use in an alternate orientation. Alternatively, the user can arrange the stretching assistance device 11 so that the frame 12 is in a horizontal orientation and wherein the primary handles 13 are in contact with the ground. The user can sit on the floor with his or her legs straightened, and can position his or her feet on the base 15. The user can then bend at the waist extending his or her hands towards the rungs 16. The user can then grasp the furthest rung 16 possible in order to stretch. This allows the user to hold and maintain his or her stretch more easily than would otherwise be possible.

**[0023]** The stretching assistance device 11 can be used to perform any of a variety of stretches. The user can use the device 11 in a seated or standing position. The user can then grasp any of the various rungs or handles in order to stretch a specific muscle or muscle group. The device 11 further helps the user to improve his or her flexibility by providing

a plurality of rungs that allow a user to continue to utilize the device as his or her flexibility improves.

**[0024]** It is therefore submitted that the instant invention has been shown and described in what is considered to be the most practical and preferred embodiments. It is recognized, however, that departures may be made within the scope of the invention and that obvious modifications will occur to a person skilled in the art.

**[0025]** With respect to the above description then, it is to be realized that the optimum dimensional relationships for the parts of the invention, to include variations in size, materials, shape, form, function and manner of operation, assembly and use, are deemed readily apparent and obvious to one skilled in the art, and all equivalent relationships to those illustrated in the drawings and described in the specification are intended to be encompassed by the present invention.

**[0026]** Therefore, the foregoing is considered as illustrative only of the principles of the invention. Further, since numerous modifications and changes will readily occur to those skilled in the art, it is not desired to limit the invention to the exact construction and operation shown and described, and accordingly, all suitable modifications and equivalents may be resorted to, falling within the scope of the invention.

I claim:

1. A stretching assistance device, comprising:
  - a frame having an upper end, a lower end, and a plurality of rungs thereon;
  - a base at the lower end of the frame on which a foot of a user can be positioned;
  - one or more handles extending from the frame.
2. The stretching assistance device of claim 1, wherein the frame is substantially rectangular in configuration.
3. The stretching assistance device of claim 2, wherein the plurality of rungs are parallel to one another and extend between opposing sides of the frame.
4. The stretching assistance device of claim 1, wherein the one or more handles comprise a pair of primary handles extending from opposing sides of the frame.
5. The stretching assistance device of claim 4, wherein the pair of primary handles each comprise a rectangular configuration.
6. The stretching assistance device of claim 5, wherein the pair of primary handles are parallel to one another.
7. The stretching assistance device of claim 4, wherein the one or more handles comprises a secondary handle extending from an opposing side of the frame as the pair of primary handles.
8. A stretching assistance device, comprising:
  - a rectangular frame having an upper end, a lower end, and a plurality of rungs extending between opposing sides of the rectangular frame;
  - a base comprising a flat panel disposed on the lower end of the frame, wherein a foot of a user can be positioned on the base;
  - a pair of handles extending from opposing sides of the rectangular frame, wherein the pair of handles are substantially perpendicular to the rectangular frame.
9. The stretching assistance device of claim 8, wherein the pair of handles comprise a substantially rectangular configuration.

10. The stretching assistance device of claim 8, further comprising a secondary handle extending from the lower end of the rectangular frame, wherein the secondary handle extends between opposing sides of the rectangular frame.

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