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2,513,408

TOE AND FOOT EXERCISING DEVICE

Filed June 25, 1947

2 Sheets-Sheet 1

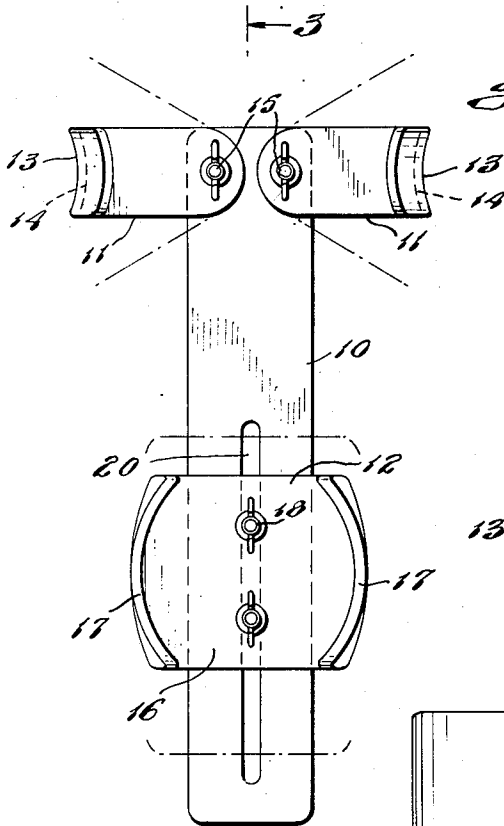


Fig. 1.

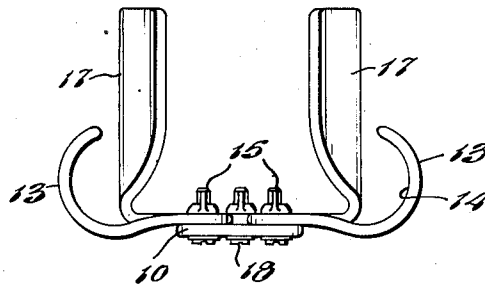


Fig. 2.

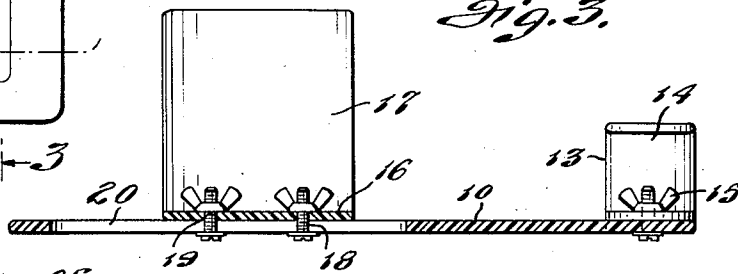


Fig. 3.

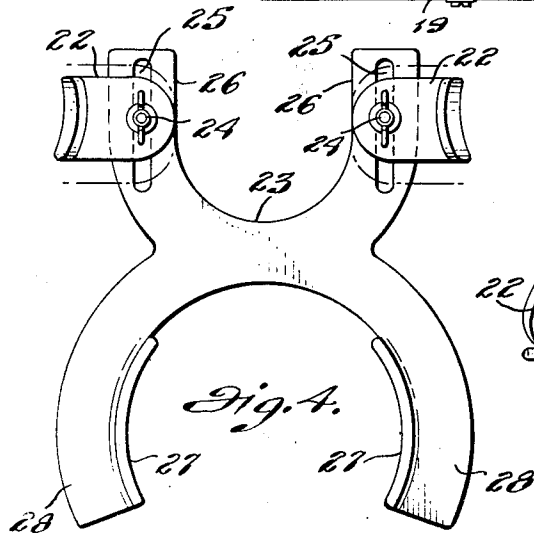


Fig. 4.

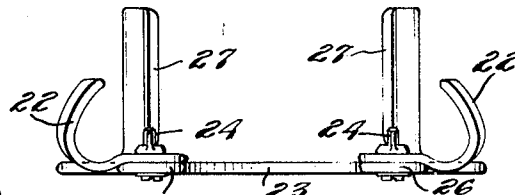


Fig. 5.

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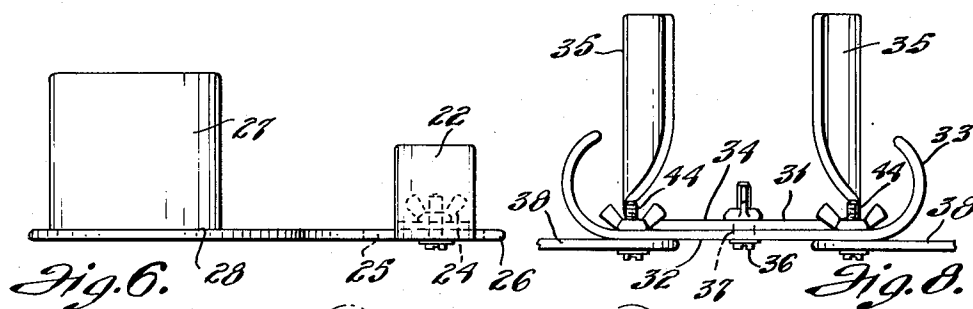
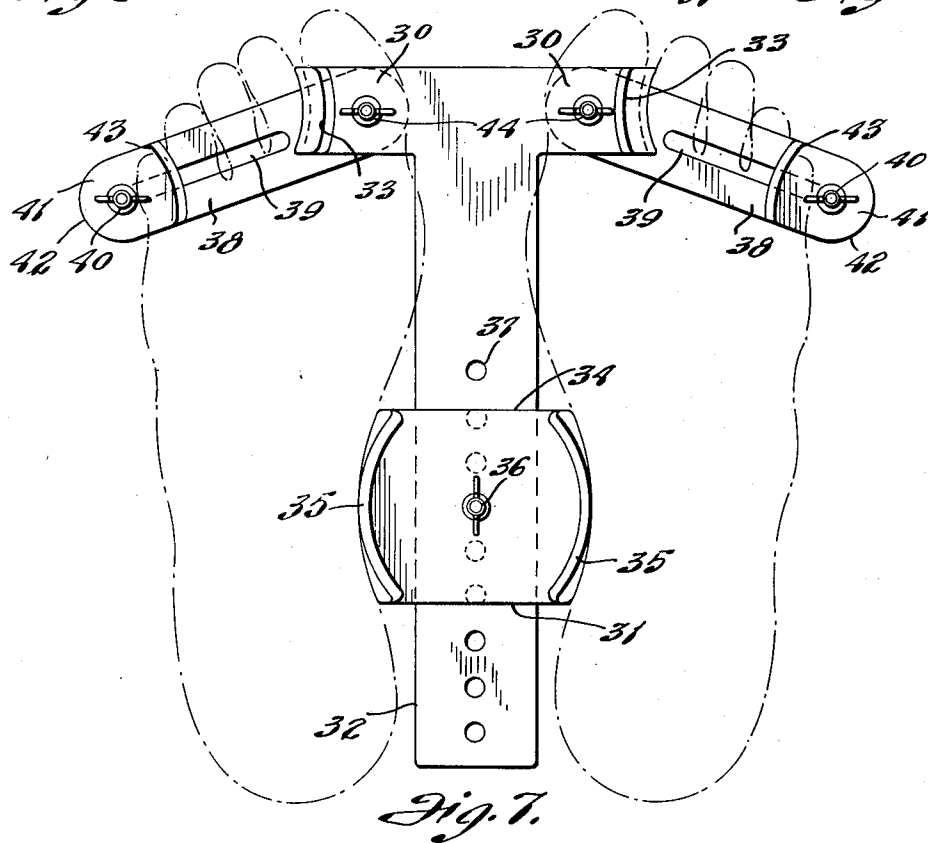
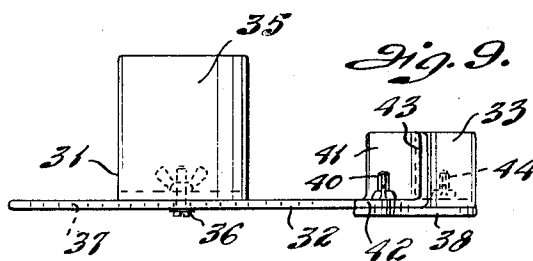
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TOE AND FOOT EXERCISING DEVICE

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2 Sheets-Sheet 2



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2,513,408

TOE AND FOOT EXERCISING DEVICE

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6 Claims. (Cl. 128—81)

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This invention relates to a toe and foot exercising device for exerting traction on the toes of the feet to thereby stretch the muscles, ligaments and joint capsules so as to correct malpositioning of the bones thereof.

The invention has for an object the provision of a base provided with toe engaging elements and an upstanding fulcrum member adapted to be arranged between the feet when in use as an exercising device with one of the toe engaging elements disposed in engagement with a toe of one of the feet of the user and the other toe engaging element disposed in engagement against a toe of the other foot of the user.

The invention has for a further object the provision of a device of said character which includes a base provided with toe engaging elements which are swingably associated with the base so that the same are free to assume the angular positions best fitted for comfortably engaging between the toes of the foot without binding thereof or engagement in angular relation therewith.

Another object of the invention is the provision of a toe and foot exercising device which is adjustable to accommodate the particular requirement of the user and which may be secured in adjusted set position.

With the foregoing and other objects in view, reference is now made to the following specification and accompanying drawings in which the preferred embodiments of the invention are illustrated.

In the drawings:

Fig. 1 is a top plan view of the device for correcting malpositioning of the toes of the foot illustrating the device constructed in accordance with the invention.

Fig. 2 is an end view thereof.

Fig. 3 is a longitudinal sectional view taken approximately on line 3—3 of Fig. 1.

Fig. 4 is a top plan view of a modified form of the invention.

Fig. 5 is an end view thereof.

Fig. 6 is a side view of the same on a reduced scale.

Fig. 7 is a top plan view of another modified form of the invention.

Fig. 8 is an end view thereof.

Fig. 9 is a side view thereof on a reduced scale.

Referring to the drawings by characters of reference and more particularly to the form of the invention illustrated in Figs. 1 to 3 inclusive, the toe and foot exercising device consists of a flat elongated base 10 of rectangular formation in plan to which oppositely disposed toe engaging

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elements 11 are pivotally connected adjacent the forward end thereof and mounted upon the base is an upstanding fulcrum member 12 which is adjustable longitudinally thereof for disposing the same in the desired spaced relation from the toe engaging elements 11.

The toe engaging elements 11 have upwardly directed arcuate shaped ends 13 adapted to be disposed between the toes of the feet and to engage over the toes requiring correction. The ends 13 are of inwardly bowed formation so that the toes are engaged by the convex faces 14 thereof when subjected to traction for stretching the muscles, ligaments and joint capsules in straightening or correcting the malpositioning thereof. The elements 11 project laterally outward from the forward end of the base and have swinging movement on the screw studs 15 so that the same may assume angular positions to dispose the ends 13 centrally against the sides of the toes when the toes are out of normal alignment.

The fulcrum member 12 consists of a bottom wall 16 and upstanding arcuate shaped opposite side walls 17 which are adapted to be engaged respectively by the sides of the feet at the instep with the toes requiring correction respectively engaged by the ends 13 of the elements 11. Screw studs 18 extending through openings 19 in the bottom wall 16 and through a longitudinally extending medial slot 20 in the base adjustably mount the fulcrum member upon the base for movement longitudinally thereof to dispose the same in the desired spaced relation from the elements 11.

In the form of the invention illustrated in Figs. 4 to 6 inclusive of the drawings, the toe and foot exercising device similarly consists of toe engaging elements 22 which are pivotally connected to a flat base 23 but in this instance the screw studs 24 pivotally connecting the elements 22 with the base 23 protrude through longitudinally extending parallel slots 25 in the forwardly projecting ends 26 of the base whereby the elements 22 may be adjusted longitudinally of the slots 25 to dispose the same in the desired spaced relation from oppositely disposed side walls 27 forming fulcrum members adapted to be respectively engaged by the sides of the feet at the instep. The side walls 27 are of arcuate formation in plan and extend upwardly from the inner edges of the rearwardly projecting ends 28 of the base. The rearwardly projecting ends thus extend laterally outward from the side walls 27 so as to underlie the feet when in use.

In the form of the invention illustrated in Figs.

7 to 9 inclusive of the drawings, the toe and foot exercising device similarly consists of toe engaging elements 30 and a fulcrum member 31 which is adjustable longitudinally of the base 32 for disposing the same in the desired spaced relation from the toe engaging elements 30. In this form of the invention, however, the toe engaging elements 30 are formed integrally with the base 32 so as to project laterally outward from the forward end thereof and are provided with upwardly directed arcuate shaped ends 33 adapted to engage over the toes of the feet requiring correction. The fulcrum member 31 similarly consists of a base 34 and oppositely disposed upstanding arcuate side walls 35 which as illustrated in Fig. 7 are adapted to respectively engage with the feet of the user adjacent the instep. The fulcrum member 31 is adjustable longitudinally of the base 32 by means of a stud 36 adapted to be respectively positioned in longitudinally spaced openings 37 in the base.

In this form of the invention as well as in the previous forms thereto, the toe and foot exercising device is designed for exercising the toes and feet by positioning the feet in engagement with the fulcrum member and with the toe engaging members disposed over the toes of the feet respectively requiring correction. A rocking action of the foot about the fulcrum member to spread the forward portions of the feet laterally apart exerts a traction on the toes to effect straightening thereof or to dispose the same in normal position.

The device may also be employed for producing traction on any of the lesser toes as well as exerting traction on the big toe. For this purpose, the toe and foot exercising device is provided with supplemental toe engaging elements 38 as illustrated in Figures 7 to 9 inclusive of the drawings. In this form of the invention the supplemental toe engaging elements 38 are pivotally attached to the base 32 adjacent the arcuate shaped ends 33 for lateral swinging movement with reference thereto. The supplemental toe engaging elements 38 are formed with longitudinally extending slots 39 opening through the upper and lower faces thereof and in which studs 40 pivotally connecting angulated elements 41 are longitudinally slidable. The angulated elements 41 each consist of a base portion 42 disposed in superimposed relation upon the supplemental toe engaging elements 38 and an upstanding arcuate shaped end 43 adapted to engage between any two of the lesser toes for exerting traction thereon when the foot is rocked about the fulcrum member 31. The studs 40 adjustably securing the angulated elements to the supplemental toe engaging elements 38 as well as the studs 44 pivotally connecting the same to the base 32 are provided with wing nuts for securing the parts in adjusted relation.

What is claimed is:

1. In a toe and foot exercising device, a base, toe engaging elements secured to and projecting laterally outward from the base adjacent the forward end thereof and having upwardly directed arcuate terminals at their outer ends adapted to engage between the toes of the feet and over the toes requiring correction, a fulcrum member secured to said base in spaced relation from said toe engaging elements and including oppositely disposed upstanding side wall portions of arcuate formation in plan adapted to engage against the sides of the feet respectively adjacent the instep when in use to serve as a

fulcrum about which the feet may be rocked for exerting traction on the toes engaged by the toe engaging elements.

2. In a toe and foot exercising device, a base of elongated flat formation, toe engaging elements having upwardly directed arcuate terminals at their outer ends, said toe engaging elements being pivotally connected with said base adjacent the forward end thereof and projecting laterally outward therefrom to dispose the upwardly projecting terminals in position to engage between the toes of the feet of the user with one of said terminals engaging over a toe of one of the feet and the other terminal engaging over a toe of the other foot, a fulcrum member including upwardly disposed side walls of arcuate formation in plan, said fulcrum member and said base having means adjustably connecting the fulcrum member therewith at longitudinally spaced positions to dispose the same in adjustably spaced relation from the toe engaging elements and said fulcrum member serving as a fulcrum about which the feet of the user may be rocked for exerting traction on the toes engaged by the toe engaging elements.

3. In a toe and foot exercising device, a base, toe engaging elements having upwardly directed arcuate terminals at their outer ends, said base having longitudinally extending slots adjacent the forward end thereof, means extending through said slots pivotally connecting said toe engaging elements with the base for swinging movement to dispose the same in angular position with reference to the base and for adjusting the toe engaging elements longitudinally of the base, means connected with said base consisting of upstanding fulcrum members disposed in laterally spaced relation adapted to be engaged by the feet of the user adjacent the instep for rocking movement of the feet for exerting traction on the toes engaged by the toe engaging elements.

4. In a toe and foot exercising device, a base, toe engaging elements having upwardly directed terminals at their outer ends, said toe engaging elements projecting laterally outward from said base at the forward end thereof and adapted to engage between the toes of the feet with one of said terminals engaging against a toe of one foot of the user and the other terminal engaging against a toe of the other foot of the user, and fulcrum members connected with said base in laterally spaced relation and spaced from said toe engaging elements to be engaged by the feet of the user adjacent the instep for rocking movement of the feet to thereby exert traction on the toes engaged by the toe engaging elements.

5. In a toe and foot exercising device, a base, toe engaging elements having upwardly directed terminals at their outer ends, said toe engaging elements projecting laterally outward from said base at the forward end thereof and adapted to engage between the toes of the feet with one of said terminals engaging against a toe of one foot of the user and the other terminal engaging against a toe of the other foot of the user, fulcrum members connected with said base in laterally spaced relation and spaced from said toe engaging elements to be engaged by the feet of the user adjacent the instep for rocking movement of the feet to thereby exert traction on the toes engaged by the toe engaging elements, and supplemental toe engaging elements adjustably connected with said first mentioned toe engaging elements having upwardly directed terminals at their outer ends for engagement between any

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two of the lesser toes of the feet for imparting traction thereto when rocking movement is imparted to the feet.

6. In a toe and foot exercising device, a base, toe engaging elements secured to the forward end of the base and having terminals at their outer ends adapted to engage between the toes of the feet and against the toes requiring correction, a fulcrum member secured to said base rearwardly of said toe engaging elements and with the center thereof located on a line extending medially between the toe engaging elements, and said fulcrum member including opposite portions

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adapted to be engaged by the sides of the feet respectively adjacent the instep when in use to serve as fulcrums about which the feet may be rocked for exerting traction on the toes engaged by the toe engaging elements.

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REFERENCES CITED

The following references are of record in the file of this patent:

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