

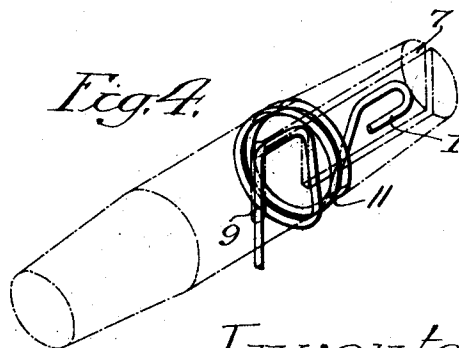
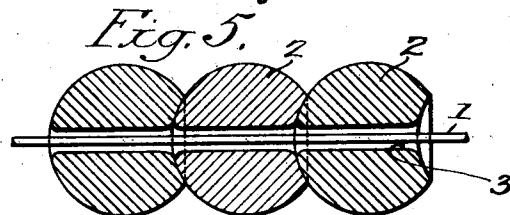
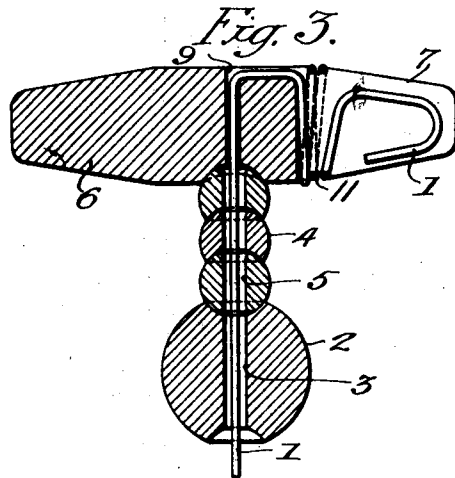
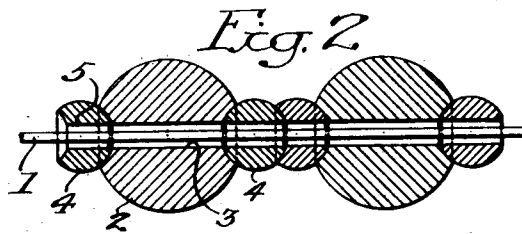
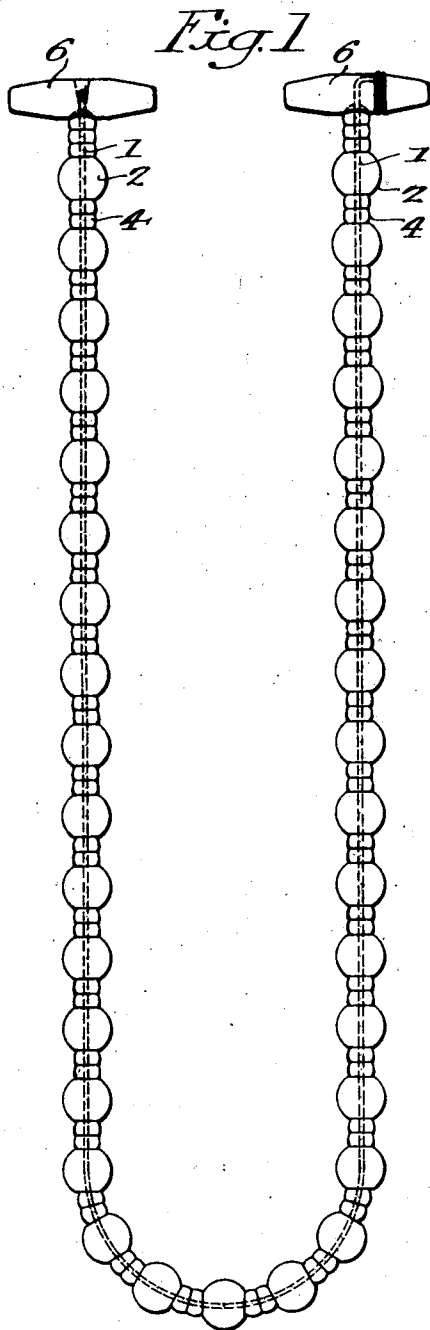
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MASSAGER AND EXERCISER

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MASSAGER AND EXERCISER.

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The principal object of this invention is to provide a novel and highly efficient and durable massage and exercising device so formed as to be capable of application by the user to practically any part of the body.

A preferred embodiment of the invention is illustrated in the attached drawings, in which:

Figure 1 is a general view of the device;

Fig. 2 is an enlarged fragmentary longitudinal section illustrating structural details of the device;

Fig. 3 is a section through one of the handles illustrating the method of detachably securing this handle to the flexible cable;

Fig. 4 is a detached perspective of the handle further illustrating the cable securing means, and

Fig. 5 is a sectional view, similar to that of Fig. 2, illustrating a modification of the invention.

Referring to the drawings, the device in the form illustrated, comprises a flexible but substantially non-extensible cord or cable 1. For this purpose I have found a steel cable to be highly satisfactory.

Mounted on this cable are a plurality of elements 2 preferably spherical in form and with smooth surfaces, and these elements are mounted on the cable by passing the latter through diametrical passages 3 through said elements. Preferably these passages 3 are made larger in cross sectional area than the cross sectional area of the cable 1.

Also mounted on the cable is a plurality of relatively small elements 4 which are interset with the larger elements 2 so as to space these larger elements apart. I have found that a very desirable effect can be obtained by interposing two of these small elements 4 between each of the larger elements 2, although there is no limit to the manner in which these elements may be relatively arranged, nor in their relative sizes, and the invention extends to the use of elements of only one size as illustrated in Fig. 5.

The smaller elements 4 are strung on the cable in the present instance in the same manner as the elements 2, and the passages 5 in these smaller elements, through which the cable 1 extends, are preferably larger in cross sectional area than the cross sectional area of the cable.

It will be noted by reference to Fig. 2 that the elements 2 and 4 are so formed as to provide between each contacting pair of elements

what in effect is a ball and socket joint. In the present instance each of the larger elements 2 is socketed for reception of the contacting spherical elements 4, and in each of the contacting pairs of smaller elements, one is provided with a socket for reception of the abutting face of the other. As stated above, it is preferred to form the passages in both large and small elements through which the cable extends larger in cross sectional area than the cable, and the purpose of this is to afford a maximum flexibility in the device. It will be understood, however, that it is not necessary in order to obtain the required flexibility to so enlarge the passages of both large and small elements. In the present illustrated embodiment for example, in which two of the smaller elements are interposed between each adjacent pair of large elements, a degree of flexibility is obtainable by merely enlarging the passages of the two smaller elements or by the enlargement of the passage of but one element. I accordingly do not wish to limit myself in this respect to the particular embodiment herein illustrated.

I further do not wish to limit myself to the use of different sized elements, and as shown in Fig. 4, I may employ elements of one size preferably socketed, as illustrated and as previously described. I have found, however, that more desirable results can be obtained by spacing the actual massage elements apart so that there is an appreciable distance between these elements, since in that way I obtain a maximum massage effect. Although the use of the small spherical elements 4 is desirable, various other methods may be employed, without departure from the invention, for obtaining the desired spacing of the massage elements.

Although not essential, I preferably provide at each end of the cable a handle grip element 6 secured to the cable in any suitable manner, although preferably at least one of these elements is easily detachable from the cable to provide means for maintaining a constant close contact between the elements thereon. In Figure 3, I have illustrated one such method of attaching a handle element consisting of a slot 7 in which the end of the cable is frictionally held. This fastening means also comprises a passage 9, centrally located in the handle, through which the cable passes, an annular recess 11 being provided in the outer surface of the handle at

the inner end of the slot 7 in which the cable, after passing through the passage 9 and back through the slot, is wound twice around the handle, thereafter again being passed into the slot 7 where it is held by friction.

If any serious play develops between the elements on the cable due to wear or for other reasons, the cable may be loosened from the handle sufficiently to permit the latter being forced in against the massage elements so as to bring them into close contact, after which the cable may be again fastened in the handle.

It will be noted in the illustration that between each of the handles and the adjacent large element 2, I provide three of the smaller elements 4, this being preferred as affording ample room between the handle and the adjacent large elements for the fingers. Also in the present instance the inner sides of the handle are socketed to receive the outermost of the small elements 4, thereby affording with the socketed arrangement of the adjacent elements a completely articulated and highly flexible device.

In using the device, the operator may take hold of the opposite ends and pass the elements rapidly over all parts of his body, either giving the device a reciprocatory longitudinal movement or a reciprocatory transverse movement. In this latter case, the elements, if not too tightly held together upon the cable, may rotate around the cable as an axis. The device is also capable of withstanding very heavy strains, and for that reason may be used as an exerciser to the advantage of the user.

It will be understood from the foregoing description that the device is capable of very material modification without departure from the essential features of the invention.

I claim:

An exercise and massage device comprising a flexible and substantially non-extensible cord, and a plurality of elements having faces free from sharp edges mounted on said cord and having ball and socket contact with each other.

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