A hand weight comprises a handle; and a plurality of finger sleeves operably attached to the handle, each finger sleeve being designated for a specific finger of a user to support the hand weight from the user's fingers.
HAND WEIGHTS WITH FINGER SUPPORT

FIELD OF THE INVENTION

[0001] The present invention relates generally to hand weights and particularly to a hand weight that includes finger sleeves for supporting the hand weight at least by the proximal phalanges so that anatomical resisted movements may be performed, in addition to wrist and finger extensions.

BACKGROUND OF THE INVENTION

[0002] Hand weights, such as dumbbells, are designed to be grabbed by the handle while performing strength training. If a therapist desires to use the dumbbells for other exercises requiring a looser grip on the handle, such as for anatomical resisted movements or for wrist or finger extensions, the hand weights would not be suitable for the purpose.

OBJECTS AND SUMMARY OF THE INVENTION

[0003] It is an object of the present invention to provide hand weights, such as dumbbells, with individual finger sleeves to support the dumbbells at least by the proximal phalanges, so that anatomical resisted movements or finger and wrist extensions may be performed.

[0004] It is another object of the present invention to provide hand weights with individual finger sleeves that adjust to the size of the user’s fingers and support the hand weights at least from the user’s proximal phalanges to allow a looser grip on the hand weights while performing certain exercises.

[0005] In summary, the present invention provides a hand weight, comprising a handle; and a plurality of finger sleeves operably attached to the handle, each finger sleeve being designated for a specific finger of a user to support the hand weight from the user’s fingers.

[0006] These and other objects of the present invention will become apparent from the following detailed description.

BRIEF DESCRIPTIONS OF THE DRAWINGS

[0007] FIG. 1 is a perspective view of a hand weight incorporating a plurality of finger sleeves made in accordance with the present invention.

[0008] FIG. 2 is a cross-sectional view taken along lines 2-2 of FIG. 1.

[0009] FIG. 3 is a perspective view of a hand weight incorporating a plurality of finger sleeves made in accordance with another embodiment of the present invention.

[0010] FIG. 4 is a cross-sectional view taken along line 4-4 of FIG. 3.

[0011] FIG. 5 is a cross-sectional view taken along line 6-6 of FIG. 4, showing the attachment of the handle sleeve to the hand weight.

[0012] FIG. 6 is a perspective view of the hand weight of FIG. 3, shown with the user’s proximal and middle phalanges supporting the hand weight.

DETAILED DESCRIPTION OF THE INVENTION

[0013] A hand weight 2 made in accordance with the present invention is disclosed in FIGS. 1 and 2. The hand weight 2 comprises a handle 4 and weights 6 attached to the opposite ends of the handle 4. The handle 4 may include threads 8 at its ends for removably securing the weights 6 to allow other weights to be attached to the handle 4.

[0014] A plurality of finger sleeves 10 are operably attached to the handle 4, such as by means of a handle sleeve 12 wrapped around the handle 4. The finger sleeves 10 are preferably designated for the user’s index, middle, ring, and little fingers, respectively. The finger sleeves 10 provide the means for helping to support the hand weight 2 from the user’s fingers with a looser grip so that the hand weight may rest at the proximal interphalangeal joint, the distal interphalangeal joint or the metacarpophalangeal joint. The finger sleeves 10 are oriented transversely to the handle 4.

[0015] The finger sleeves 10 and the handle sleeve 12 may be made of nylon or other fabrics.

[0016] The hand weight 2 is shown as a dumbbell, but it should be understood that the present invention can be used with other types of hand weights that would require support from the user’s proximal phalanges to allow the user to perform anatomical resisted motions.

[0017] Referring to FIGS. 3 and 4, another embodiment of the present invention is disclosed. A hand weight 16 comprises a handle 18 and weights 20 permanently attached to the opposite ends of the handle 18. A handle sleeve 22 is removably wrapped around the handle 18 and secured thereto by means of a hook and loop fastener 23 disposed at respective overlapping surfaces at opposite ends 24, as generally shown in FIG. 5. A plurality of vertical walls 26 extend through a plurality of slots 28 in the handle sleeve 22. The vertical walls are preferably arranged in two rows. A strap 30 is disposed over each row to enclose the vertical walls 26 and define a plurality of finger sleeves 32. The vertical walls 26 and the strap 30 are preferably made from nylon or other fabrics with hook-and-loop fasteners (VEL-CRO) such that the vertical walls 26 are folded over the user’s fingers as the strap 30 is pressed down on each vertical wall 26 and be removably attached to the last vertical wall. Note that the top portion of each vertical wall 26 becomes removably attached to the underside of the respective strap 30, advantageously making each finger sleeve 32 structurally sound while conforming to the user’s finger size. The strap 30 is advantageously adjustable secured to the last vertical wall 26 so as to lengthen or shorten its effective length as it lays over the user’s fingers, thereby to increase or reduce the size of the finger loops 32.

[0018] The finger sleeves 32 provide the means for simultaneously supporting the hand weight 16 from the user’s proximal and middle phalanges. The handle sleeve 22 provides the means for attaching the finger sleeves 32 to the handle 18.

[0019] The vertical walls 26 and the straps 30 may be made from one single piece. The vertical walls are doubled...
up, attached to each other at their respective base portions 34, and threaded through the respective slots 28, leaving portions 36 between the vertical walls lying under the handle sleeve 22 between the slots 28.

The hand weight 16 shown in FIGS. 3-5 preferably includes finger sleeves 32 for the index, middle and ring fingers. A finger sleeve for the little finger may also be included. The two rows of finger sleeves 32 are disposed apart from each other so as to be positioned over the proximal and middle phalanges of the user’s fingers when the user’s fingers are inserted into the finger sleeves, as best shown in FIG. 6. With the use of the finger sleeves, the hand weights are advantageously supported from the proximal and middle phalanges, allowing the user to hold the hand weights relatively easier and with a looser grip. This advantageously allows the user to safely incorporate wrist and finger extensions and other exercises with resisted movements that require a looser grip on the hand weights, as generally shown in FIG. 6.

The present invention is designed to aid in the grip of the user who is performing anatomical resisted movements.

While this invention has been described as having preferred design, it is understood that it is capable of further modification, uses and/or adaptations following in general the principle of the invention and including such departures from the present disclosure as come within known or customary practice in the art to which the invention pertains, and as may be applied to the essential features set forth, and fall within the scope of the invention or the limits of the appended claims.

1. A hand weight, comprising:
   a) a handle; and
   b) a plurality of finger sleeves operably attached to said handle, each finger sleeve being designated for a specific finger of a user to support said hand weight from the user’s fingers.

2. A hand weight as in claim 1, and further comprising:
   a) a handle sleeve wrapped around said handle; and
   b) said finger sleeves are attached to said handle sleeve.

3. A hand weight as in claim 2, wherein said handle sleeve is removably secured to said handle.

4. A hand weight as in claim 2, wherein said handle sleeve includes hooks and loops fastener for removably attaching said handle sleeve around said handle.

5. A hand weight as in claim 1, wherein said finger sleeves are oriented transversely to said handle.

6. A hand weight as in claim 2, wherein:
   a) said handle sleeve includes a plurality of slots; and
   b) said finger sleeves are looped through respective slots.

7. A hand weight as in claim 1, wherein said finger sleeves are arranged along first and second rows.

8. A hand weight as in claim 7, wherein said first and second rows are disposed angularly from each other such that said first row is disposed on the user’s proximal phalanges and said second row is disposed on the user’s middle phalanges when the user’s fingers are within said finger sleeves.

9. A hand weight as in claim 1, wherein:
   a) said finger sleeves comprise a series of vertical walls disposed along said handle; and
   b) a strap disposed over top of said vertical walls.

10. A hand weight as in claim 9, wherein:
    a) said vertical walls and said strap are made of flexible material; and
    b) said strap includes a portion overlying said vertical walls and said portion is adjustably secured in length to said handle thereby to reduce or increase the size of said finger sleeves.

11. A hand weight as in claim 9, wherein:
    a) said walls and strap include hook and loop fasteners; and
    b) top portions of said vertical walls are removably attached to said strap.

12. A hand weight as in claim 1, and further comprising:
    a) first and second weights secured to opposite ends of said handle; and
    b) said handle is threadedly secured to said first and second weights.

13. A hand weight, comprising:
    a) a handle;
    b) a plurality of finger sleeves, each finger sleeve being designated for a specific finger of a user to help support said hand weight the user’s fingers when handling said hand weight, and
    c) means for attaching said finger sleeves to said handle.

14. A hand weight as in claim 12, and further comprising first and second weights secured to opposite ends of said handle.

15. A hand weight, comprising:
    a) a handle;
    b) means for supporting said hand weight at least from a user’s proximal phalanges; and
    c) said supporting means including means for attaching to said handle.

* * * * *