

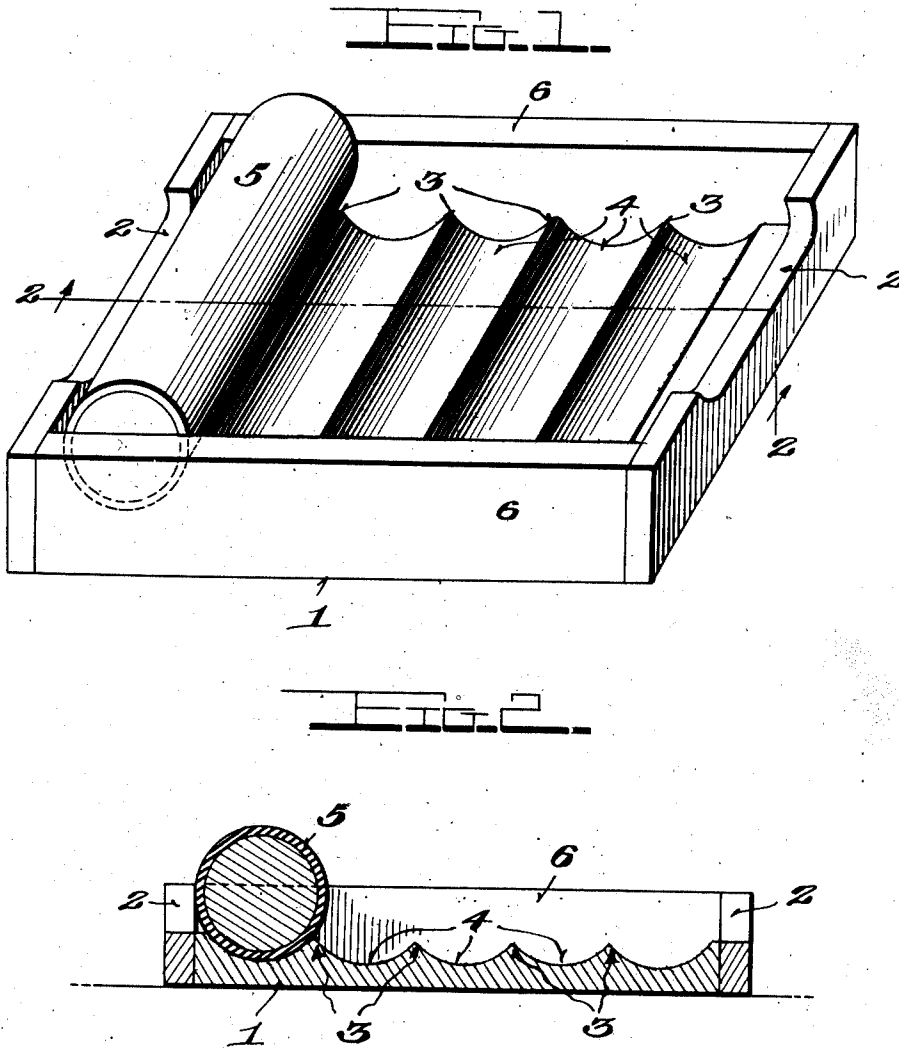
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FOOT EXERCISING DEVICE

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UNITED STATES PATENT OFFICE.

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FOOT-EXERCISING DEVICE.

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This invention relates to certain new and useful improvements in foot exercising devices, and the primary object thereof is to provide a device of simple and economical construction which enables the user to easily manipulate same so as to increase the strength of the arch muscles of the foot and thereby relieve arch affections.

In the drawings:—

Figure 1 is a perspective view of the invention, and

Figure 2 is a section on line 2—2 of Fig. 1.

In proceeding in accordance with the present invention, a base or support 1, shown in the present instance as of tray-like formation, is employed; the ends of the tray preferably have central cut-out parts 2, while the tray bottom is formed with transverse corrugations forming hills 3 and dales 4.

A rubber covered roller 5 is provided and which is of a width to freely fit between the sides 6 of the tray, the roller being of a diameter to have its upper arc project above the tray top.

In operation, the user places his foot on the roller and then moves the foot to cause the roller to move over the corrugations. The roller in riding over the hills 3 and down into the dales 4, which the corrugations afford, will impart shocks or sudden vibratory-like movements or jars to the foot, which in actual practice have proven to be of great benefit in relieving arch troubles. The foot is caused to reciprocate so as to vibrate same throughout the foot movements, or in other words, the roller is impelled by the foot and the latter moves over the roller as the latter rides over the corrugations, thus distributing the vibratory movements of the roller to the foot throughout the length of the foot.

Having thus described my invention what I claim as new and desire to secure by Letters Patent is:—

1. In a foot exercising device, a tray-like member having cut-outs in its ends, and a corrugated bottom, and a rubber covered roller loosely disposed in the tray and guided at its ends by the tray sides, said roller being formed for engagement with the foot of the user so as to have reciprocal

movement over the corrugations thereby to impart an undulating movement to the roller.

2. In a foot exercising device, a transversely corrugated base, and a roller formed to be moved lengthwise of the base by engagement therewith of the sole of the foot and movement of the sole transversely of the roller axis and across the roller thereby to impart up and down movement to the foot and simultaneously movement of the foot transversely across the roller.

3. In a foot exercising device, a transversely corrugated base, a roller formed to be moved lengthwise of the base by engagement therewith of the sole of the foot and movement of the sole transversely of the roller axis and across the roller thereby to impart up and down movement to the foot and simultaneously movement of the foot transversely across the roller and means to restrict axial movement of the roller.

4. In a foot exercising device, a tray-like member having sides and a corrugated bottom, and a rubber covered roller loosely disposed in the tray and guided at its ends by the tray sides, said roller being formed for engagement with the foot of the user so as to have reciprocal movement over the corrugations thereby to impart an undulating movement to the roller.

5. In a foot exercising device, a transversely corrugated base, and a rubber covered roller formed to be moved lengthwise of the base by engagement therewith of the sole of the foot and movement of the sole transversely of the roller axis and across the roller thereby to impart up and down movement to the foot and simultaneously movement of the foot transversely across the roller.

6. In a foot exercising device, a base and a foot engaging member movable longitudinally of the base, and means on one of said elements to effect up and down movement of the member upon engagement of the latter with the foot and movement of the foot across the member so as to move the latter lengthwise of the base.

In testimony whereof I have signed my name to this specification.

CHARLES T. HEILBORN.