M. H. MOUNT.

FOOT MASSAGER AND STRENGTHENER.

APPLICATION FILED FEB. 11, 1918.

1,345,096. Patented June 29, 1920.

FIG. 1.

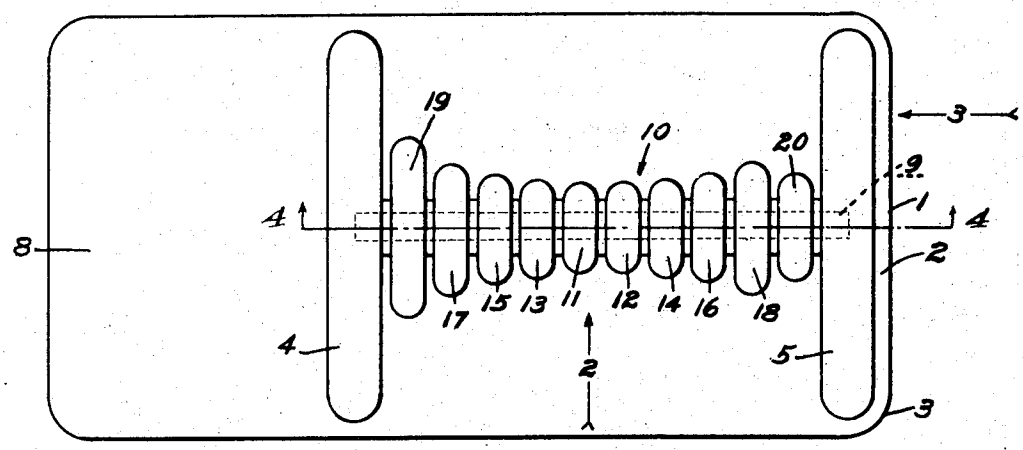


FIG. 2.

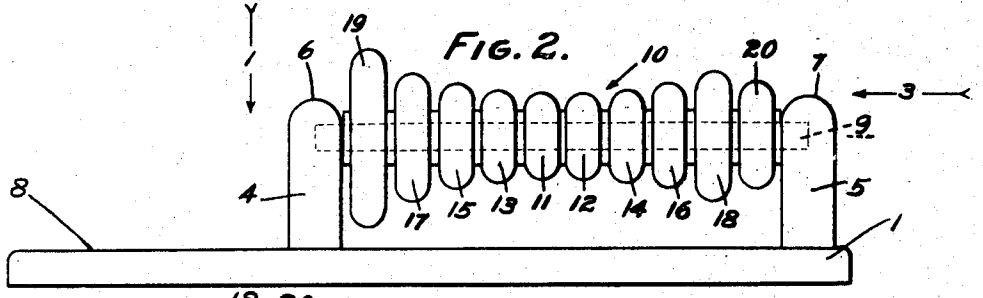


FIG. 3.

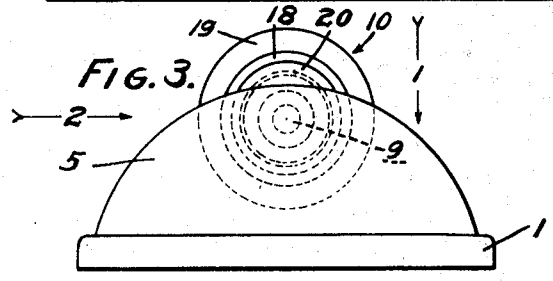
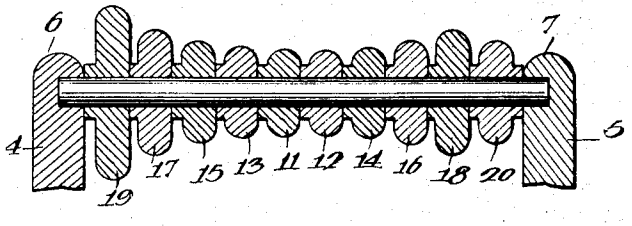


FIG. 4.



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FOOT MASSAGER AND STRENGTHENER.

1,345,096. Specification of Letters Patent. Patented June 29, 1920.

Application filed February 11, 1918. Serial No. 216,633.

To all whom it may concern:

Be it known that I, MADISON H. MOUNT, a citizen of the United States, residing at Los Angeles, in the county of Los Angeles and State of California, have invented new and useful Improvements in Foot Massagers and Strengtheners, of which the following is a specification.

My object is to make a device for massaging, exercising, and strengthening a foot.

Figure 1 is a top plan view of a foot massager and strengthener embodying the principles of my invention, the view being taken looking in the direction indicated by the arrows 1 in Figs. 2 and 3.

Fig. 2 is a front elevation looking in the direction indicated by the arrows 2 in Figs. 1 and 3.

Fig. 3 is an end elevation looking in the direction indicated by the arrows 3 in Figs. 1 and 2.

Fig. 4 is a fragmentary vertical sectional detail on the line 4—4 of Fig. 1.

The base 1 is a rectangular flat board having a finished upper face 2 and rounded corners 3. The bearing blocks 4 and 5 are formed of wood and are substantially semi-circular when the device is seen in end elevation and have the curved upper edges 6 and 7, said edges being semi-circular in cross-section. The bearing blocks 4 and 5 are mounted upon the base 1 in a parallel transverse position suitably spaced apart so as to leave the foot-rest 8 at one end of the base. A shaft 9 is mounted in the bearing blocks 4 and 5 parallel with the upper face of the base and longitudinally of the base, and a plurality of massaging rollers 10 are mounted upon the shaft 9 between the bearing blocks 4 and 5. The rollers 10 may rotate upon the shaft or the shaft may rotate in the bearings. The rollers 10 vary in size, the smallest rollers 11 and 12 being at the center, the rollers 13 and 14 being slightly larger, the rollers 15 and 16 being still larger, and the rollers 17 and 18 being still larger, and the roller 19 being the largest and at one end while the roller 20 at the other end is smaller than the roller 18.

The rollers 10 may be formed independently of wood, fiber, hard rubber or the like, or they may be formed upon a stick and then cut apart.

The peripheries of the rollers are all rounded substantially to a half circle in cross-section.

In the practical operation, the user bares his feet and places one foot upon the foot-rest 8 to hold the device in position upon the floor and then works the bare bottom of the other foot back and forth over the rollers 10 to any desired extent, changing feet as often as he pleases. This operation will greatly strengthen the arches and thoroughly massage the bottoms of the feet.

The contour of the assembled rollers is such that not only the main arch of the foot, but also the anterior arch may be readily massaged. If the main arch is very high, the foot at the instep must be placed near to or almost over the largest roller, and if the main arch is smaller or more nearly flat the foot should be placed farther down on the rollers. The rollers are so made that they massage the muscles that lie between the bones as well as those that cover the sole of the foot. In massaging the anterior arch, the same is placed on the end of rollers remote from the foot-rest, so that the second largest roller is approximately below the middle of the arch.

Various changes may be made in the details of construction without departing from the spirit of my invention as claimed.

I claim:

1. A foot massager and strengthener comprising a base, bearing blocks mounted upon the base and leaving a foot rest at one end of the base, a shaft mounted in the bearing blocks, and a plurality of independent disk shaped massage rollers mounted upon the shaft between the bearing blocks, said rollers being slightly spaced from each other and varying in size with the smallest rollers at the center and being of a size to massage the muscles that lie along and between the bones of the foot.

2. A foot massager and strengthener comprising a base, bearing blocks mounted upon the base and leaving a foot-rest space at one end of the base, a shaft mounted in the bearing blocks, and a plurality of independent disk shaped massage rollers mounted upon the shaft between the bearing blocks, said rollers being slightly spaced from each other, the largest roller being next to the bearing block adjacent the foot-rest space, and the smallest rollers at the center, the contour of the assembled rollers being such as to conform to the shape of the arches of the foot.

3. A foot massager and strengthener com-

prising a base, bearing blocks mounted upon the base and leaving a foot-rest space at one end of the base, a shaft mounted in the bearing blocks, and a plurality of independent disk shaped massage rollers mounted upon the shaft between the bearing blocks, said rollers being slightly spaced from each other of a size to massage the muscles that lie between the bones as well as those that cover the sole of the foot to be massaged, the largest roller being next to the bearing block adjacent the foot-rest space, the second largest being the second roller from the other bearing block, and the smallest rollers at the center.

4. A foot massager and strengthener comprising a base, bearing blocks mounted upon the base and leaving a foot-rest space at one end of the base, a shaft mounted in the bearing blocks, and a plurality of independent disk shaped massage rollers mounted upon the shaft between the bearing blocks, said rollers being slightly spaced from each other, the largest roller being next to the bearing block adjacent the foot-rest space, the second largest being the second roller from the other bearing block, and the smallest rollers at the center.

5. A foot massager and strengthener comprising a base, bearing blocks mounted upon the base and leaving a foot rest at one end of the base, a shaft mounted in the bearing blocks, a plurality of independent disk shaped massage rollers mounted upon the shaft between the bearing blocks, said rollers being slightly spaced from each other and varying in size, the contour of the assembled rollers forming a compound curve having its highest point near the bearing block adjacent to the foot rest space, and the lowest point near the center.

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

MADISON H. MOUNT.