April 26, 1949. H. H. HARTUNG 2,468,327

APPLIANCE FOR MASSAGING AND EXERCISING HUMAN FEET

Filed March 31, 1948

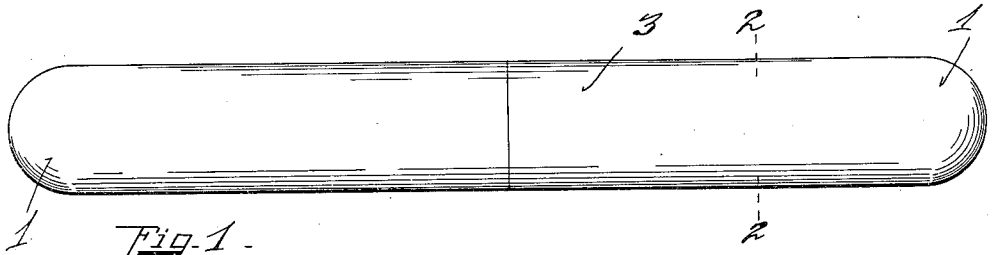


Fig. 1.

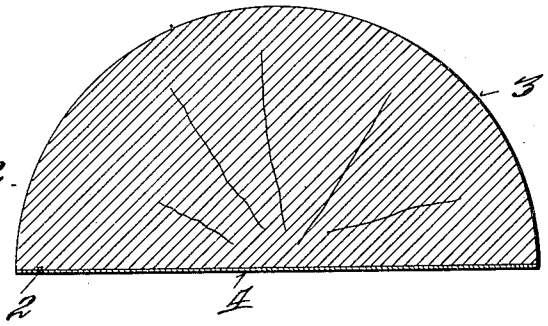


Fig. 2.

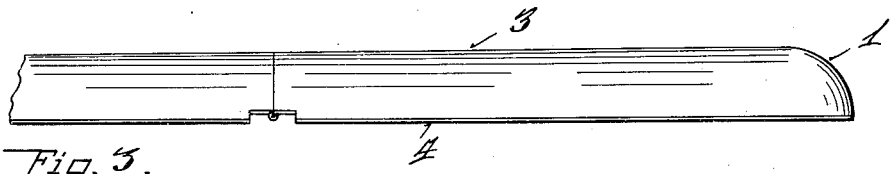


Fig. 3.

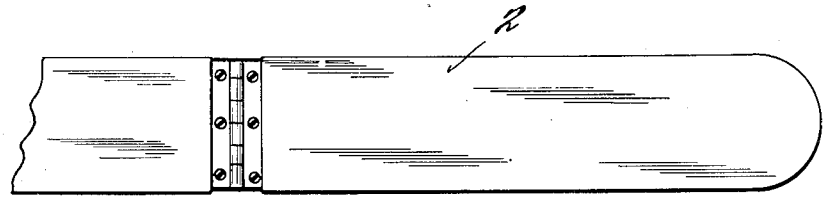


Fig. 4.

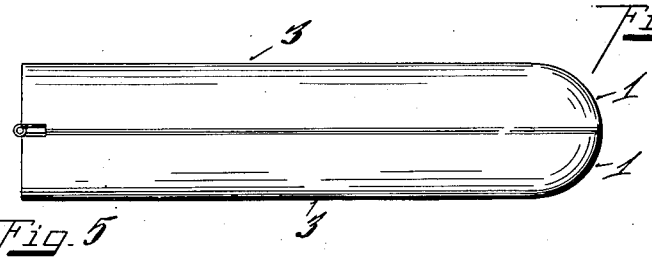


Fig. 5

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APPLIANCE FOR MASSAGING AND EXERCISING HUMAN FEET

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1 Claim. (Cl. 272—57)

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This invention relates to an appliance upon which a human foot can be massaged and exercised and comprises an elongated bar of semicircular cross-section with arc-shaped opposite longitudinal ends. The cross-sectional structure of the bar provides a plane or flat base side to be stationed and bear upon a floor surface, with the arcuate surface upward and of a length permitting both feet of a person to be simultaneously applied thereon and respectively maneuvered thereon to exercise various portions of the foot, as the instep or metatarsus and toes or phalanges.

An object of the invention is to provide an appliance, upon which a human foot can be massaged and exercised, of simple and secure construction and adapted to be stationed upon a floor surface for an arc-shaped tread upon which a person can apply one or both feet transversely thereacross, in self sustaining posture, with the instep of the foot or feet determinately arched and upon which side-wise steps can be taken or over which a foot can be translated for effecting various foot massaging and exercising performances.

Various other features and advantages of the invention are more fully set forth in and apparent from the following description of the preferred embodiment as illustrated by the drawings accompanied herewith and forming a part of this specification, in which:

Figure 1 is a top plan view of the improved foot massaging and exercising appliance.

Figure 2 is an enlarged section taken on line 2, 2, Figure 1.

Figure 3 is a side elevation of a length portion thereof.

Figure 4 is a bottom plan view of a length portion.

Figure 5 is a side elevation of the appliance in a folded or knock-down position to compact the same for shipping or storage.

Referring to the drawings the appliance comprises an elongated bar, as an example, approximately of a three foot length, having arc-shaped longitudinal ends 1, 1, and a body of semicircular form in cross section, providing a plane or flat base side 2 and an arched or arcuate upper side 3. The arc preferably has a two inch diameter radius.

The bar is preferably constructed of wood with its upper side and curved ends smooth surface finished. The bar for service is stationed with its flat base downward for bearing upon a ground or floor surface. The base side is preferably covered with a felt fabric 4, or other sheet

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material, adhesively applied, to withhold the bar against slippage when maneuvering a foot or feet thereupon.

To render the bar more compact for shipping and storage, it is preferably formed of a pair of duplicate sections having their squared ends abutting and hingedly connected, as by a piano type of hinge extending approximately the full width of the bar to prevent lateral movement of either of the sections relatively. The hinged connection of the sections permits the same to be folded into parallelism with the base sides adjoining each other.

The bar or with the sections in aligned position and the base side stationed and bearing upon a floor, presents the arch side upward, and provides a tread upon which one or both feet of a person can be disposed cross-wise thereof, to curve the instep of the foot or feet upon the face side of the bar under the full weight of the body of the person in a standing posture. In such position side-wise steps can be taken upon the bar as alternately in right or left directions with the instep centrally thereof and the toe and heel ends of the foot touching or bearing upon the floor upon which the bar is stationed and at relative opposite sides of the bar. For another method, one foot can be bearing upon the floor surface, while the other foot is rubbed across the bar to massage the same.

The arch of each foot, at the inner side of the foot, can be rubbed over or borne upon a relative arched end of the bar. The toe portion of a foot can be brought to bear upon the bar respectively in fore and aft positions to incline the same either in upward or descending directions. Numerous different maneuvering actions can be performed for various foot treatments, which need not be herein set forth in detail. The appliance serves to raise the bones of the weakened feet to a normal position and strengthen the muscles which help hold them in place thus taking much of the strain off the ligaments. It increases and brings better circulation in the foot and thereby helps the entire limb. This applies to all cases of acquired weak feet and not congenital deformities, although it will help many of the congenital cases.

The structure of the appliance and in being stationed directly upon a floor surface it is extremely stable and the foot need not be abnormally elevated to be applied upon the bar, requires no body balancing performance, nor hazardous as in casting a foot upon roller supports.

Having described my invention, I claim:

An appliance for massaging and exercising human feet, comprising an elongated bar of semicircular cross-section providing a plane base side for stationing the bar upon a floor surface, an arched upper side of a width dimension less than the length of a human foot to extend both of an individual's feet transversely thereacross to bear the arch of each thereon with the heel and toe portions therebeyond, a diametric height for bearing either the heel or toe portions upon the floor surface while the remainder portion traverses and is sustained thereon, a length dimension to sustain and maneuver both feet in sidewise

steps thereon and its opposite longitudinal ends of rounded form, each for massaging of the inner side of the arch of a relative foot.

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REFERENCES CITED

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

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