

ABSTRACT

An extendable and retractable arm mechanism according to the present embodiments includes a first structure group 20 formed by coupling a plurality of first structures 22 and a second structure group 21 formed by coupling a plurality of second structures 23. Each of the first structures 22 includes lock part 22b1 for fixing the second structures 23. When the first structure group 20 and the second structure group 21 extend, the lock part 22b1 fixes the second structures 23 to the first structures 22.