CLAIMS

1. A fitness and therapeutic apparatus comprising an elastic body (100), **characterized in that** said body (100) further comprising at least partly ball-like shape and at least one recess (102b, 108b), wherein the recess (102b, 108b) enables insertion of at least one toe or part of foot.

2. The apparatus of any preceding claim, wherein the apparatus comprises at least one indentation (104a, 104b, 104c, 104d, 106a, 106b) for at least one toe.

3. The apparatus of any preceding claim, wherein the apparatus comprises a plurality of indentations (104a, 104b, 104c, 104d, 106a, 106b) for at least one toe at least at two separate places of the apparatus body (100).

4. The apparatus of claim 3, wherein the one or more indentations (104a, 104b, 104c, 104d, 106a, 106b) are essentially perpendicular to the one or more recesses (102b, 108b).

5. The apparatus of any preceding claim, wherein the apparatus body (100) comprises two recesses (102b, 108b).

6. The apparatus of claim 5, wherein one recess (102b) comprises an oval shape and another recess (108b) comprises a circular shape.

7. The apparatus of claim 5, wherein the two recesses (102b, 108b) are essentially opposing to each other.

8. The apparatus of any preceding claim, wherein the apparatus body (100) comprises a support area (102a, 108a) around or adjacent to the at least one recess (102b, 108b).

9. The apparatus of any preceding claim, wherein the at least one recess (102b, 108b) is at least partly cylindrical or conical.

10. The apparatus of any preceding claim, wherein the at least one recess (102b, 108b) comprises a through hole in the apparatus body (100).

11. The apparatus of any preceding claim, wherein apparatus comprises foam material.

12. The apparatus of any preceding claim, wherein apparatus body (100) comprises an overlay.

13. The apparatus of any preceding claim, wherein at least part of the apparatus body (100) surface comprises surface texture, surface pattern(s) or surface roughness higher than the adjacent surface roughness.

14. The apparatus of any preceding claim, wherein apparatus body (100) comprises different elastic properties in different directions.