Some examples of previous solutions are presented in the following publications.

JP2016019702 A (KASAHARA IWAO) presents a training equipment for improving straddling force of legs, which is essentially a toe-sandal shaped with through-holes for toes.

US5702331 A (PERHAM CHRISTINE M [US]) presents a non-gripping hand/foot resistance producing aquatic exercise apparatus and method of use, which comprises a columnar buoyant apparatus for water exercise.

JP2009118951 A (TANAKA MIYUKI) presents a ball-like training play device comprising a cubic octagonal cover with solid filling inside said cover, wherein the amount filler may be chosen in view of the preferred weight of the play device.

WO9710795 A1 (DESPAIN JULIANNE M [US]) presents a toe joint mobilization apparatus, which comprises an arrangement of surfaces on which a foot and a rigid ball for providing rolling motion for said foot are placed for exercise of the foot.

CN206761908u (SHENZHEN HENGDA LIYE TECH CO LTD) presents a hand-held type massage equipment with a plurality of protrusions at the surface of the equipment.

JP3139177U (KOSHIN YG) presents a health ball with a spherical or hemispherical shaped elastic body for massaging a surface of the body.

SUMMARY OF THE INVENTION

Embodiments of the present invention alleviate one or more of the aforementioned drawbacks evident in the prior art solutions particularly in the context of therapeutic, fitness, exercise and massage apparatuses for the sole of the foot and toes. Embodiments of the present invention provide a fitness and therapeutic apparatus.

An advantage as per embodiments of the present invention is that it allows various different exercise and therapeutic treatment positions for the sole of the foot, the toes and other lower parts of the legs.

Another advantage as per embodiments of the present invention is that it allows for creating a suction-like effect via the elasticity, shape and at least one recess of the apparatus body when pressing the apparatus body and recess thereof with a person's body part against a surface.

In accordance with one aspect of the present invention, there is provided a fitness and therapeutic apparatus including an elastic body, characterized in that said body further comprising at least partly ball-like shape and at least one recess, wherein the recess enables insertion of at least one toe or part of foot.

Disclosed herein is the use of a fitness and therapeutic apparatus comprising an elastic body, characterized in that said body further comprising at least partly ball-like shape and at least one recess, wherein the recess enables insertion of at least one toe or part of foot by pressing and releasing pressing of the apparatus body with at least one toe or part of foot over the recess, while simultaneously supporting the apparatus body against a surface to create a suction-like effect to the recess and consequently to the at least one toe or part of foot inserted into the recess.

The apparatus may be used manually without supports or extensions, such as by pressing the apparatus with a part of the sole of the foot or with toes against a surface to facilitate massage or stretching of the soft tissue or mobilization of joints and bones in the feet or legs, such as soft tissue in the toes, ball of the foot, arches of the foot, heel, Achilles tendon, calf, muscle membranes, and some bones and joints of the feet and legs, such as the calcaneus, ankle joint and bunion. Rolling motion as well as static pressure may be facilitated via the shape of the apparatus. Hence, rehabilitation, reinforcement, massage, myofascial therapy, stretching, increasing of functioning and mobilization of the soft tissue, bones, or joints of the legs are some of the functionalities that may be achieved with the use of the apparatus in accordance with embodiments of the present invention.

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 any preceding claim, 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 the other recess (102b) comprises an oval shape and the other 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.