



Device For Assisting Therapeutic Lower Leg, Calf-Muscle, Ankle, Foot And Toe
Exercise For Reducing The Risk Of Deep Vein Thrombosis (DVT)

Abstract

A lower leg exercise device (1) has an upper panel (2) and a lower panel (3) which are hingedly attached together along opposing longitudinal sides. A pair of elliptical forming panels (8) are hingedly attached to the lower panel (3) and are each foldable between a first position in which they lie substantially flat against the lower panel, whereby the upper panel may be collapsed flat against the lower panel for compact storage, and a second position in which they engage between the first and second panels in an upstanding manner so as to maintain the panels in spaced apart relationship. In said second position, the loading applied by the convexly curved upper and lower edges of the forming panels (8) to the upper and lower panels (2, 3) results in said panels each adopting a convexly curved shape. In use, the device is placed on the floor in its erect configuration, the user placing their feet on the upper panel and rocking the device back and forth on the curved lower panel.

(Figure 1)