

ABSTRACT

A stretching exercise machine 10 includes: a main body part 11 including a pressing mechanism 30 configured to press the body of a user U; a pair of strap parts 12 extending from the main body part 11 and hangable from the left and right shoulders S of the user U; and a pair of fastening parts 13 configured to fasten the pair of strap parts 12 onto the left and right shoulders S of the user U. The stretching exercise machine 10 is usable with the main body part 11 put on the back B of the user U. In a state in which the pair of strap parts 12 are fastened onto the left and right shoulders S of the user U by the pair of fastening parts 13, the main body part 11 is put on a region from the left and right shoulders S to the back B of the user U, and the pressing mechanism 30 is placed at a position where the pressing mechanism 30 is pressable against a treatment target X covering a region between the left and right shoulder blades in the back B of the user U.

[Fig. 4]