

Title (en)
EXERCISING APPARATUS FOR CALF MUSCLE STRETCHING

Title (de)
ÜBUNGSGERÄT FÜR WADENMUSKELDEHNUNG

Title (fr)
APPAREIL D'EXERCICE POUR ÉTIREMENT DU MUSCLE DU MOLLET

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Application
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Priority

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Abstract (en)
[origin: WO2008026981A1] The present invention relates to an exercising apparatus (2) for stretching of the calf muscle, comprising a foot support (4) arranged with an inclination (a). On one side (18) on the foot support (4) a bar (22) extending in a vertical direction is arranged in a joint (20). The bar (22) is rotatably arranged to the foot support (4) in said joint (20). The bar (22) comprises a handle part (23) and a supporting part (24). The supporting part extends at least around a part of the calf, where stretching of a calf muscle on the practitioner can be achieved by bringing the bar (22) during rotation in the joint (20) in a direction (R1) towards a first part (12) of the foot support while a heel part of the practitioner is secured at the foot support (4).

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