US007594876B2

(12) **United States Patent**
Basyuk

(10) **Patent No.: US 7,594,876 B2**
(45) **Date of Patent: Sep. 29, 2009**

(54) **METHOD OF HAND EXERCISING AND MASSAGING**

(76) Inventor: **Simon Basyuk**, 436 Millburn Ave., Millburn, NJ (US) 07041

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

(21) Appl. No.: **12/287,228**

(22) Filed: **Oct. 6, 2008**

(65) **Prior Publication Data**

US 2009/0048071 A1 Feb. 19, 2009

Related U.S. Application Data

(62) Division of application No. 11/805,619, filed on May 23, 2007, now Pat. No. 7,448,985, which is a division of application No. 10/637,435, filed on Aug. 8, 2003, now Pat. No. 7,223,207.

(60) Provisional application No. 60/410,194, filed on Sep. 13, 2002.

(51) **Int. Cl.**
A63B 23/14 (2006.01)
A63B 23/16 (2006.01)

(52) **U.S. Cl.** **482/44**; 482/49

(58) **Field of Classification Search** 482/44–50; 601/40, 134–135; 434/211–214; 446/124–126, 446/119–121
See application file for complete search history.

(56) **References Cited**

U.S. PATENT DOCUMENTS

2,423,420	A *	7/1947	Talbot	132/242
3,122,146	A *	2/1964	Safianoff	132/245
4,234,001	A *	11/1980	Morefield	132/251
4,538,806	A *	9/1985	Wilkerson	482/108
4,775,349	A *	10/1988	Short et al.	446/107
4,830,364	A *	5/1989	Wexler	482/148
5,299,991	A	4/1994	Sato	
5,318,470	A *	6/1994	Denny	446/126
5,533,949	A *	7/1996	Hwang	482/47
5,727,947	A *	3/1998	Esterle	434/258
5,785,529	A *	7/1998	Hearn et al.	434/211
5,857,892	A *	1/1999	Leadbetter	446/431
6,007,460	A *	12/1999	Young	482/49
6,241,637	B1 *	6/2001	Basyuk	482/44
6,461,276	B1 *	10/2002	Yu	482/44
6,514,179	B1 *	2/2003	Yu	482/44
6,527,675	B1 *	3/2003	Yu	482/44
6,641,453	B1 *	11/2003	Morales et al.	446/126
7,223,207	B1	5/2007	Basyuk	
7,448,985	B2	11/2008	Basyuk	
7,458,945	B2 *	12/2008	Zemont	601/131

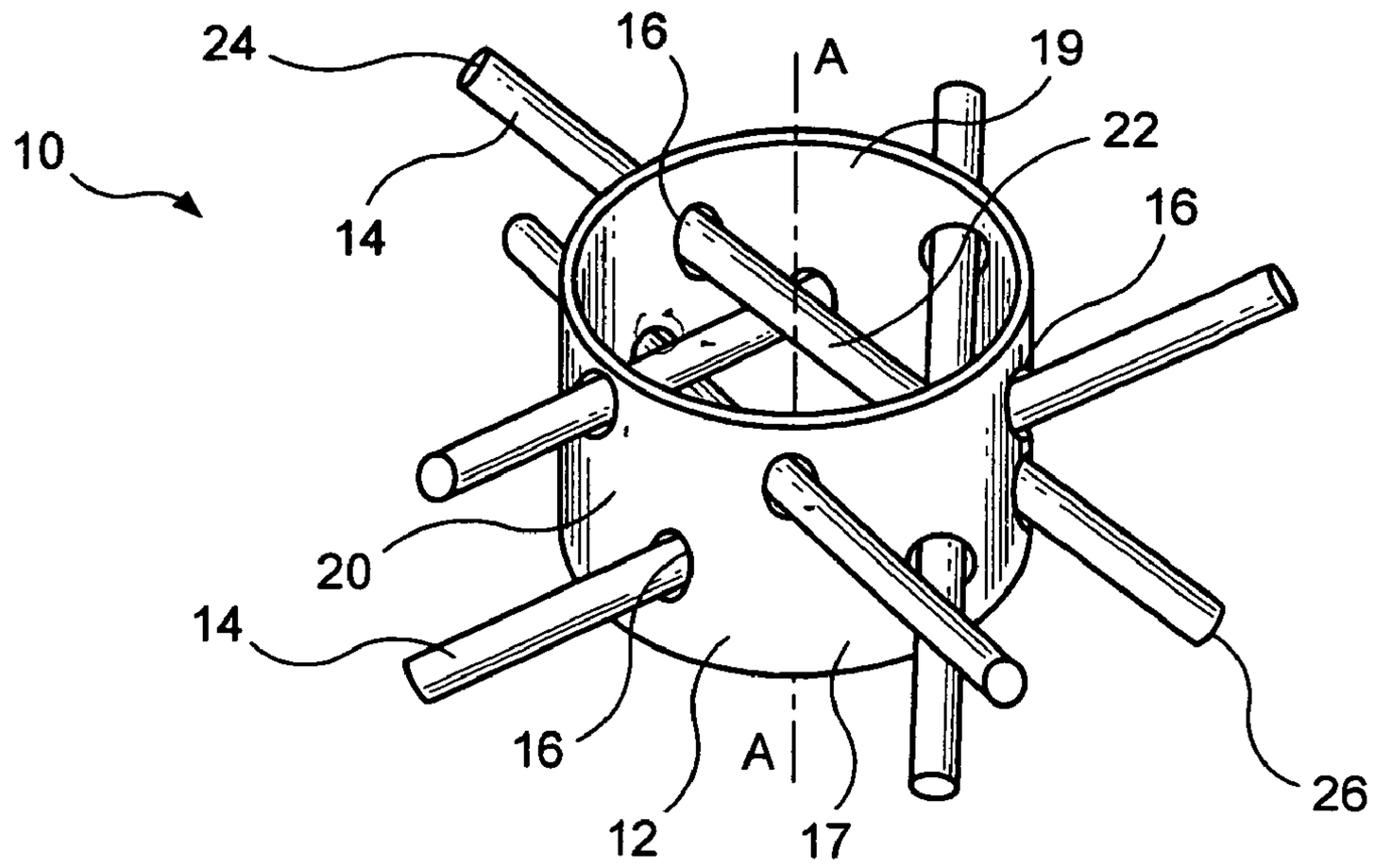
* cited by examiner

Primary Examiner—Fenn C Mathew
(74) *Attorney, Agent, or Firm*—Lawrence G. Fridman

(57) **ABSTRACT**

An exercise device includes a housing having at least a wall portion, at least two apertures extending through the wall portion and spaced from each other, and at least one elongate rod having a center section located between opposite ends. The center section is adapted for slidable movement through the apertures. The friction generating arrangement provides frictional engagement of the elongate rod with the apertures, so as to resist sliding movement of the rod through the apertures.

10 Claims, 7 Drawing Sheets



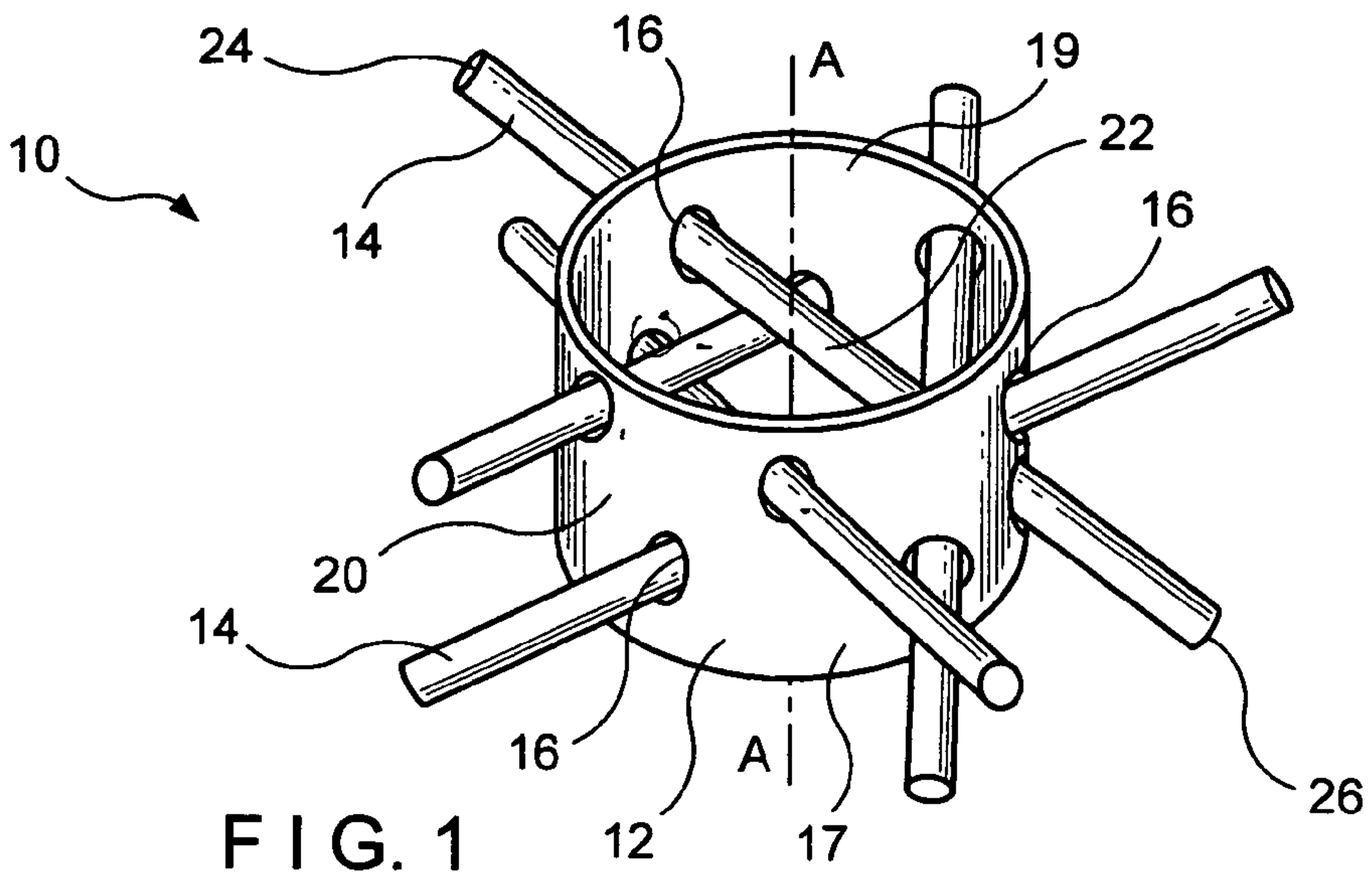


FIG. 1

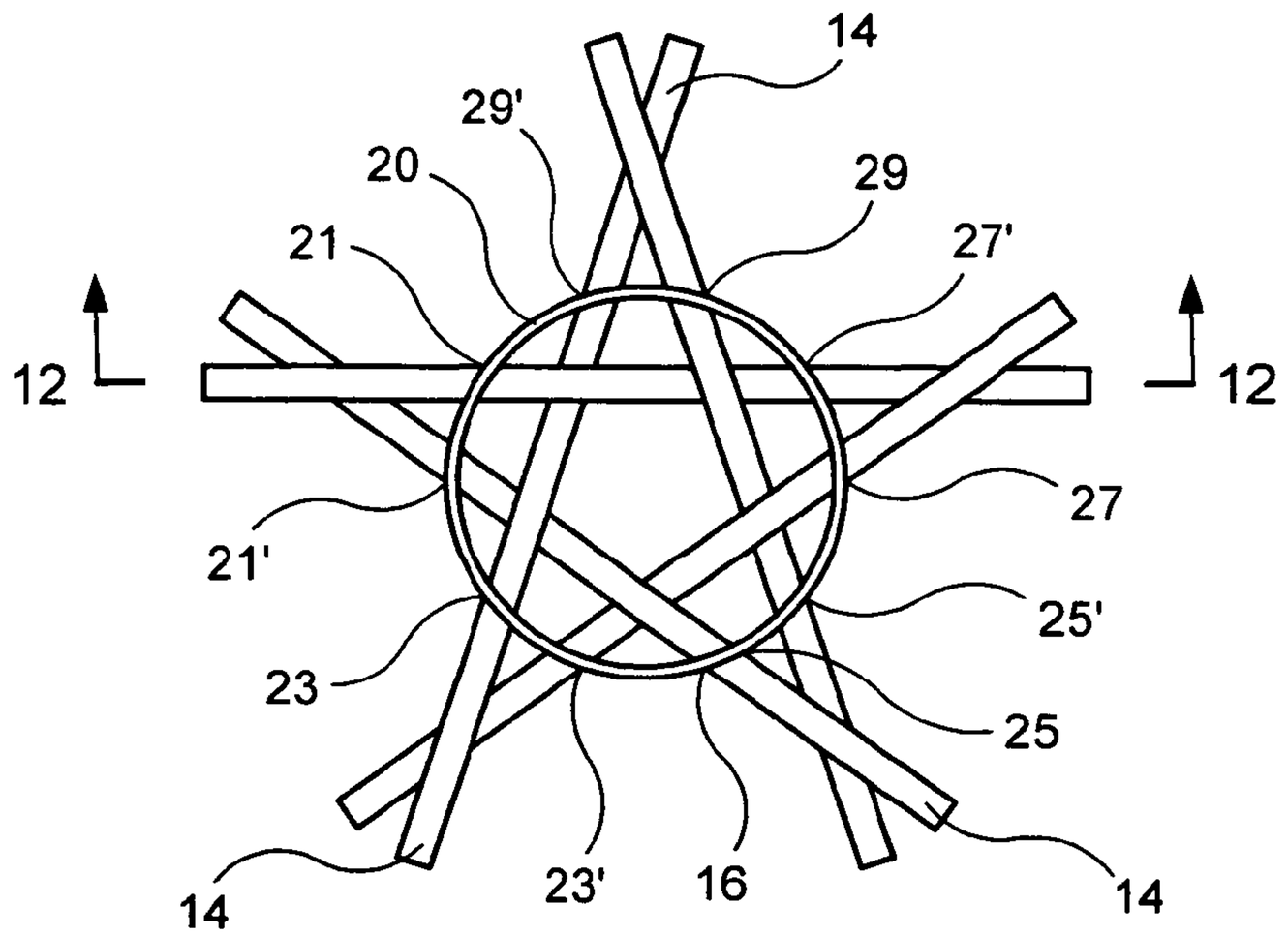


FIG. 2

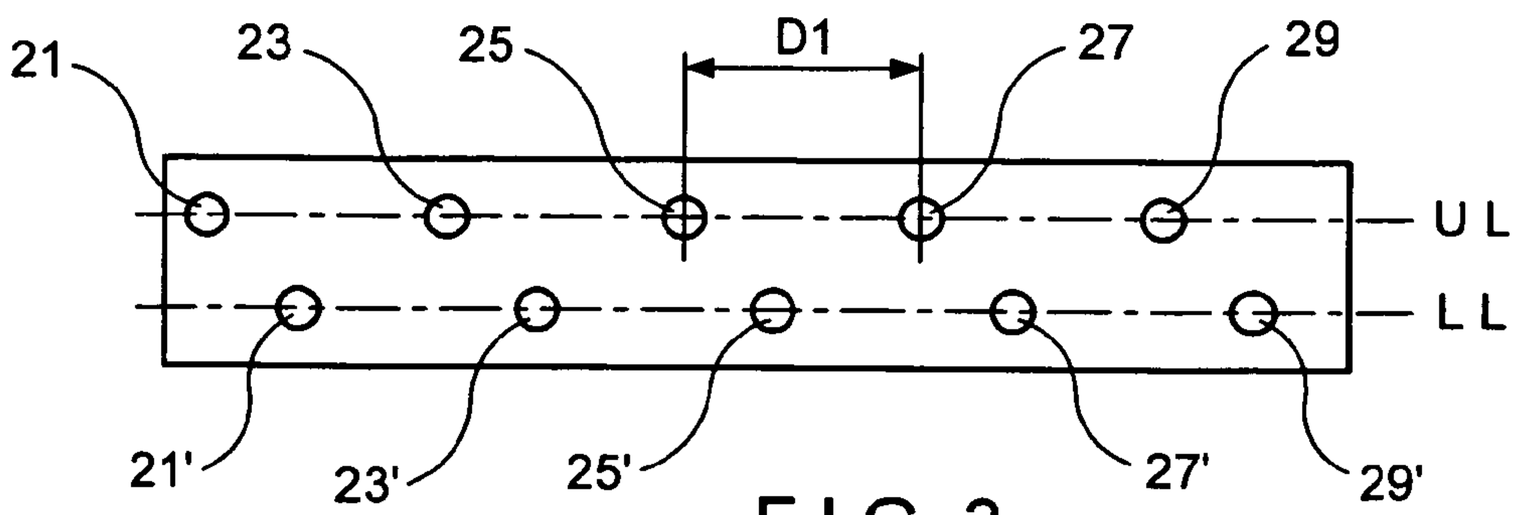


FIG. 3

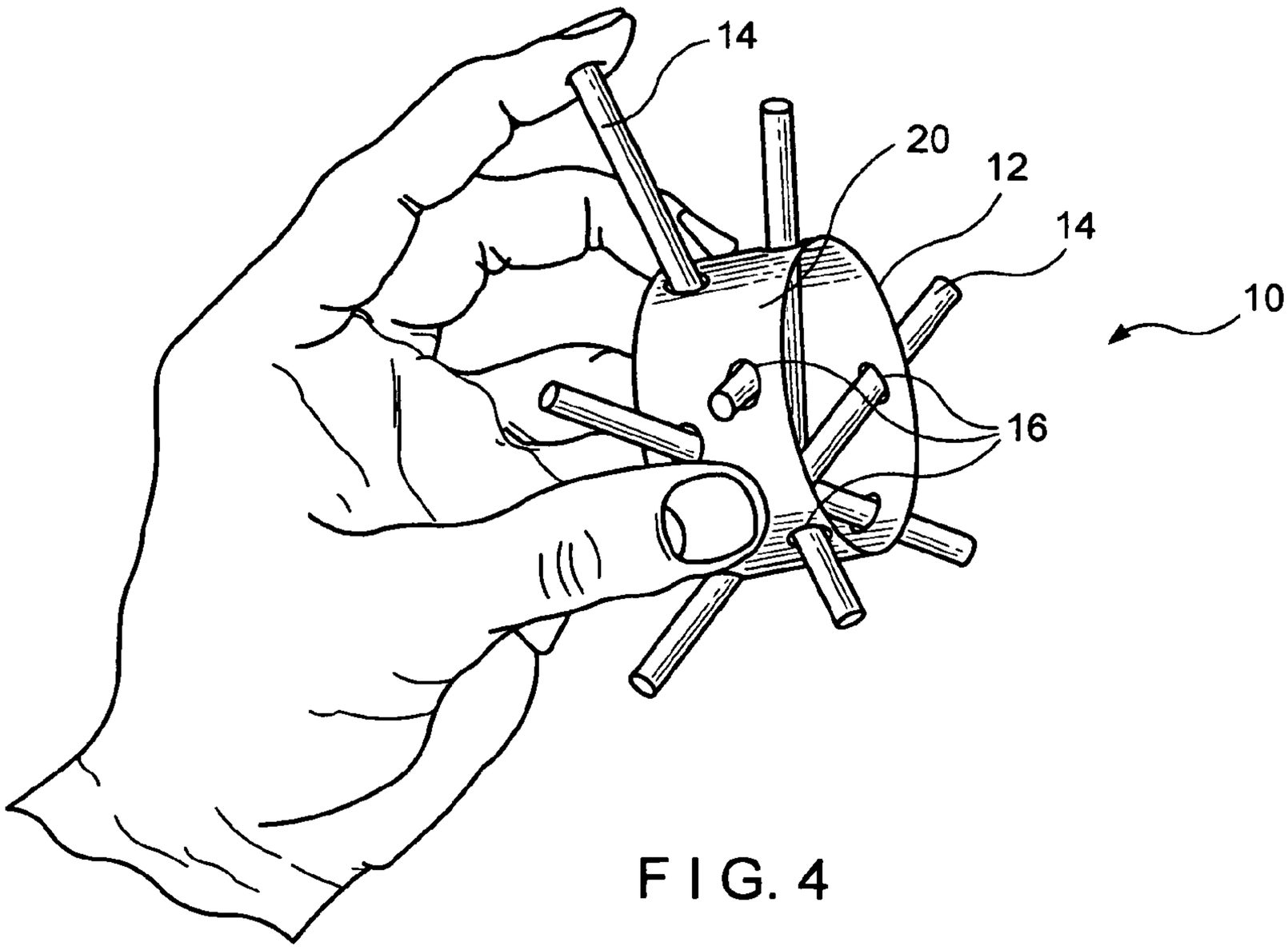


FIG. 4

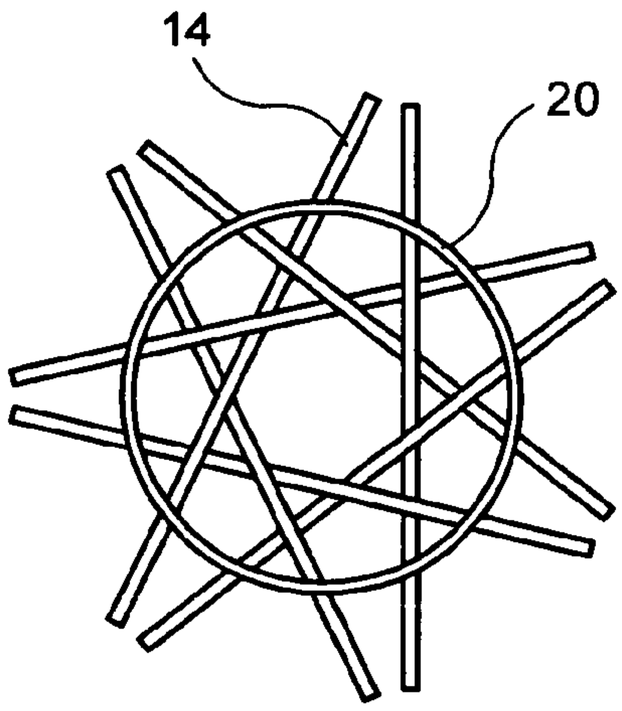


FIG. 5

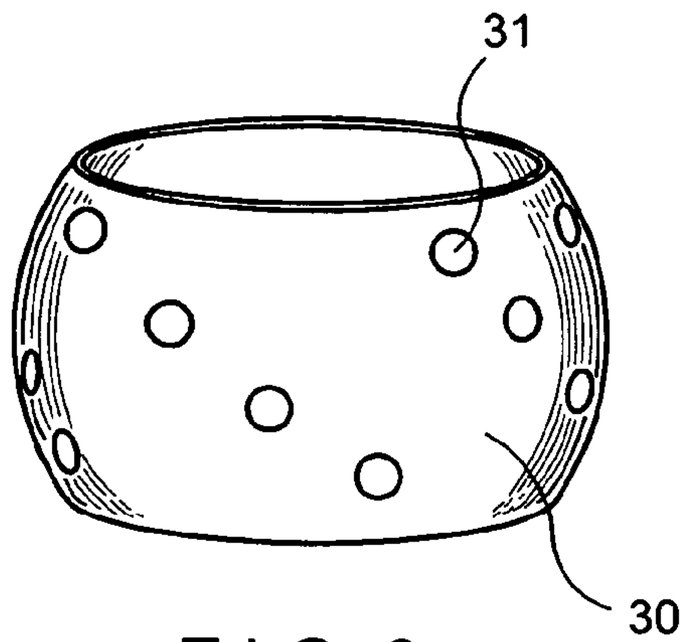


FIG. 6

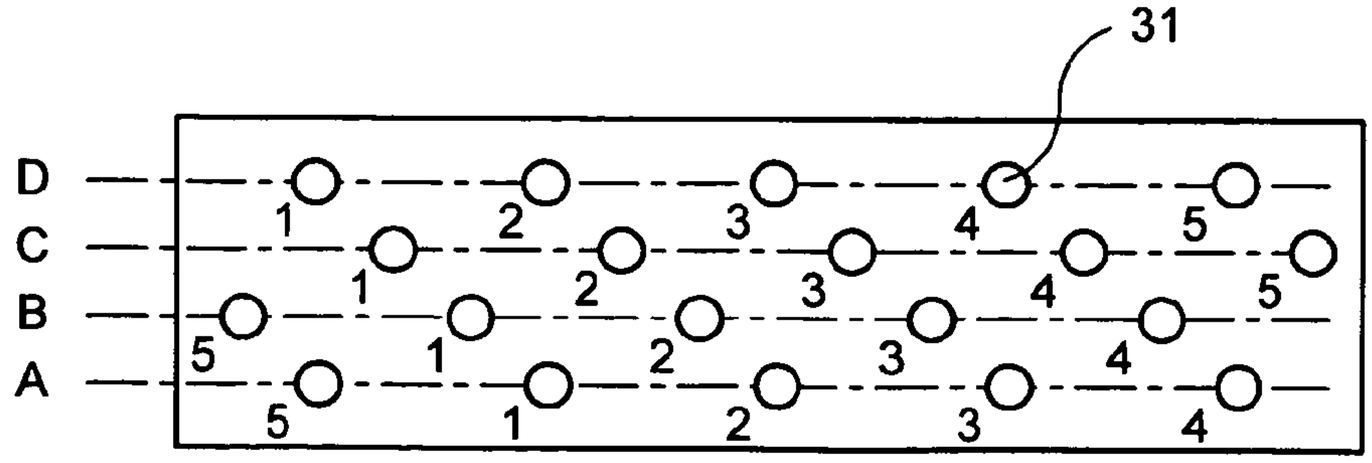


FIG. 7

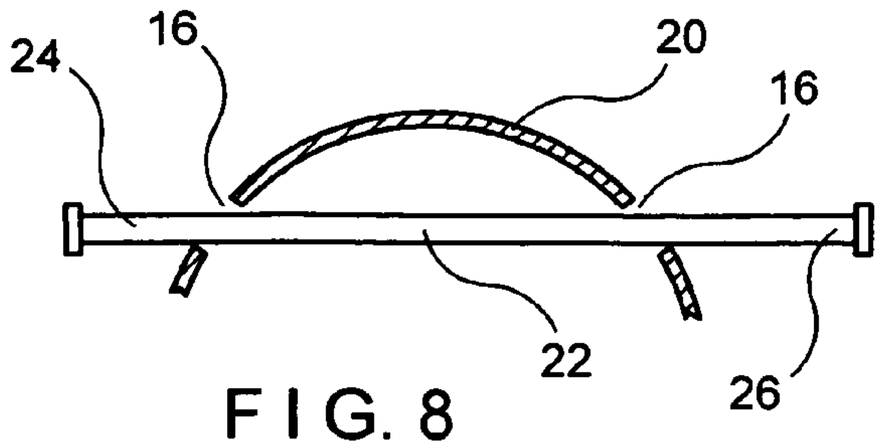


FIG. 8

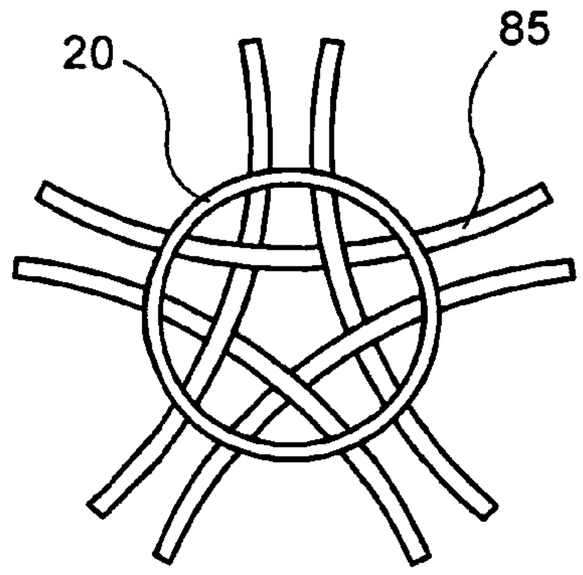


FIG. 9

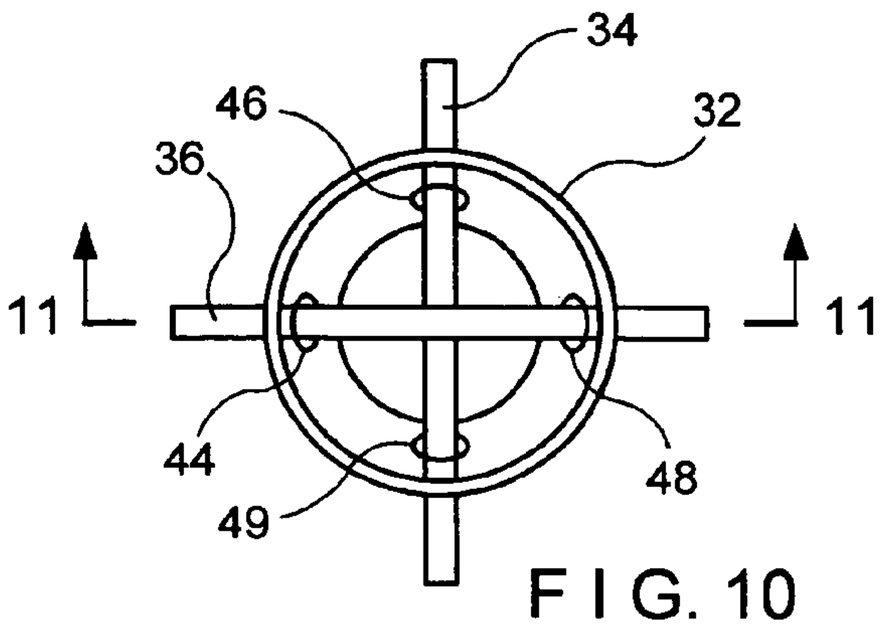


FIG. 10

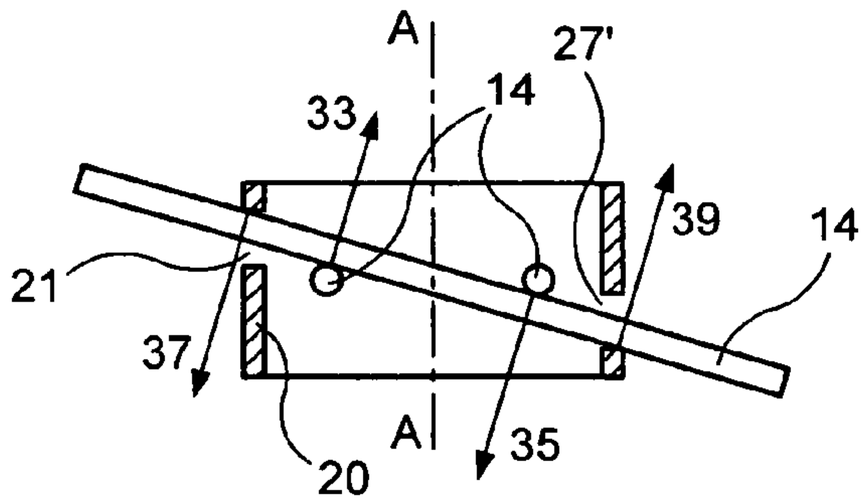


FIG. 12

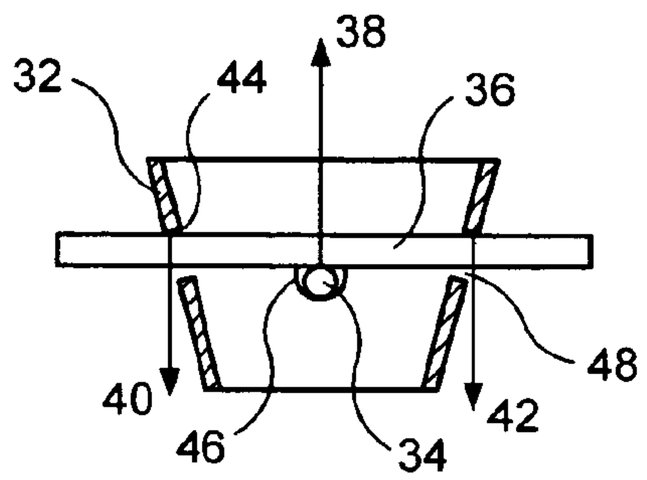


FIG. 11

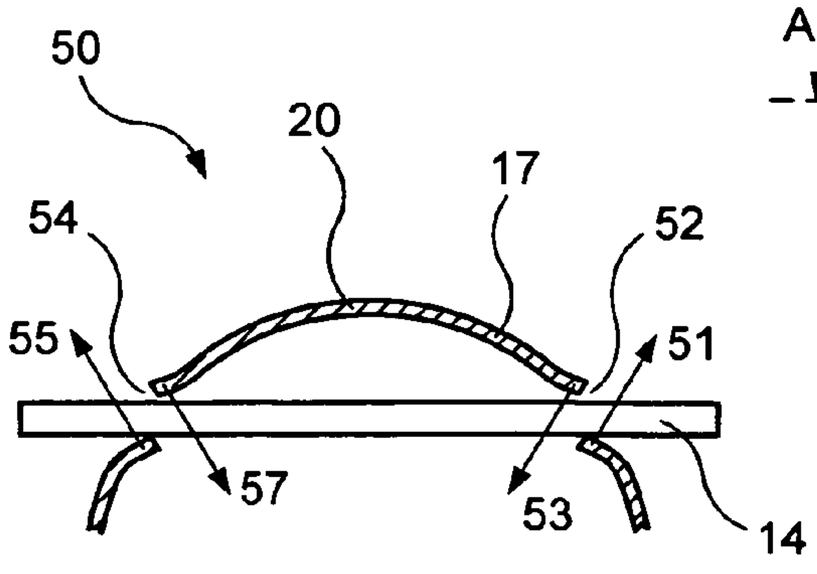


FIG. 13

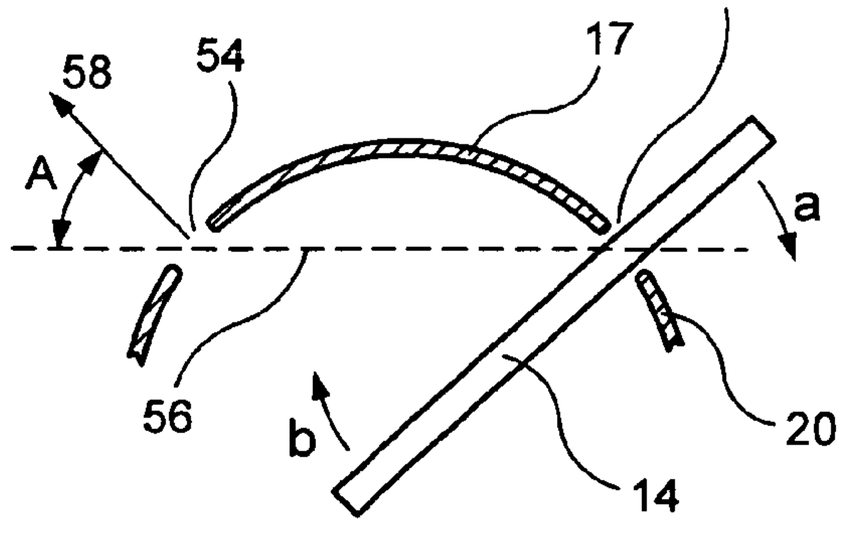


FIG. 14

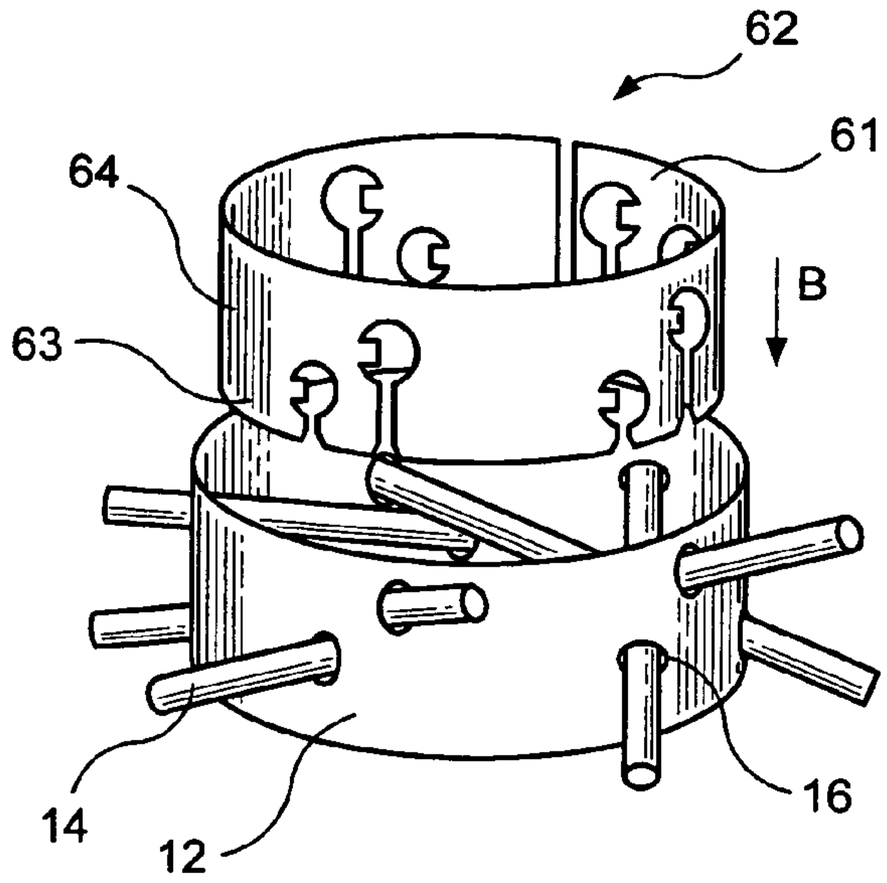


FIG. 15

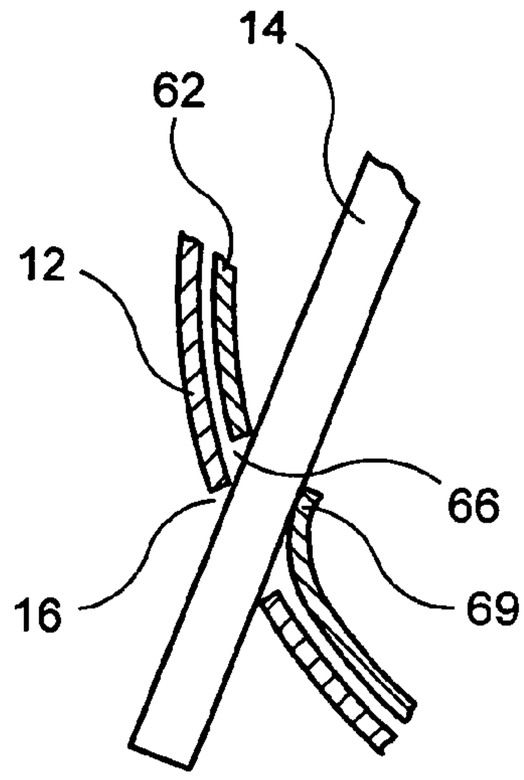


FIG. 17

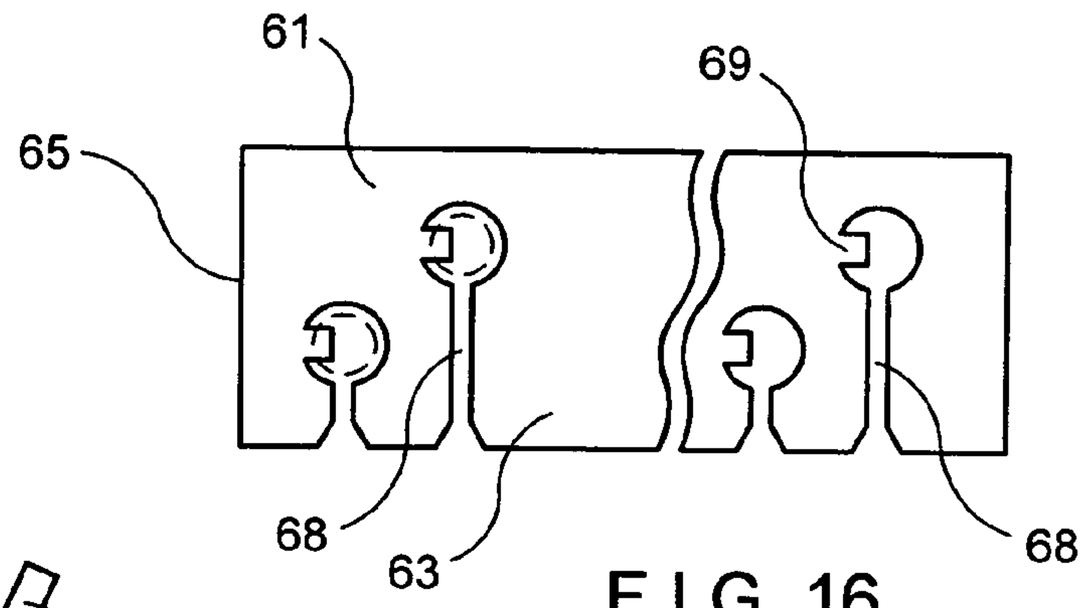


FIG. 16

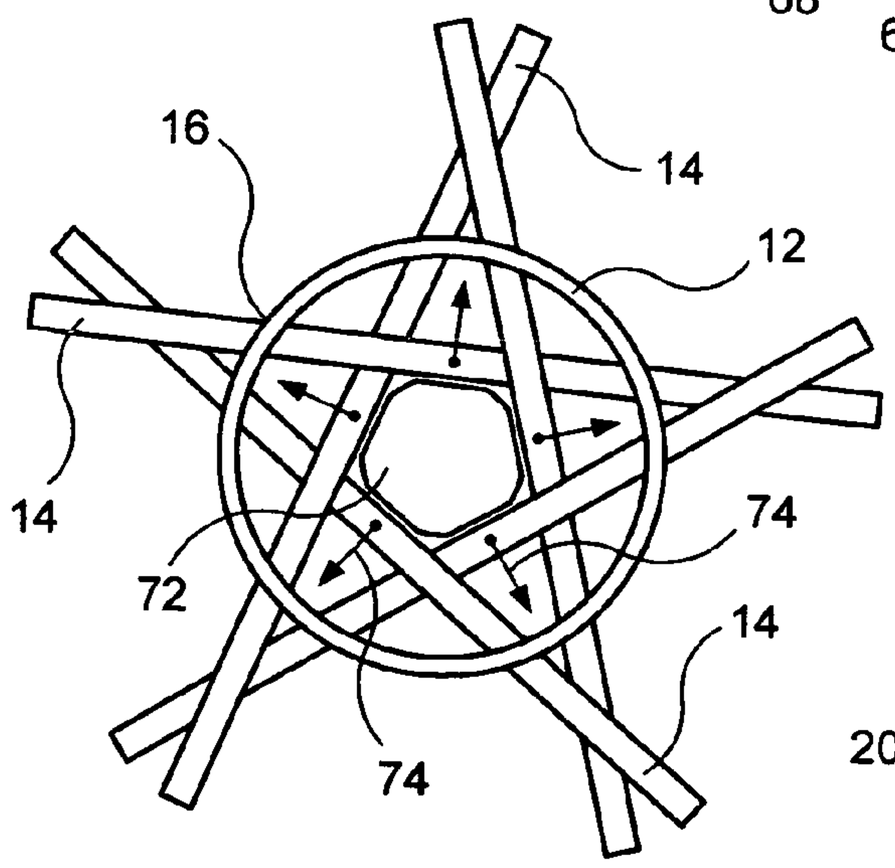


FIG. 18

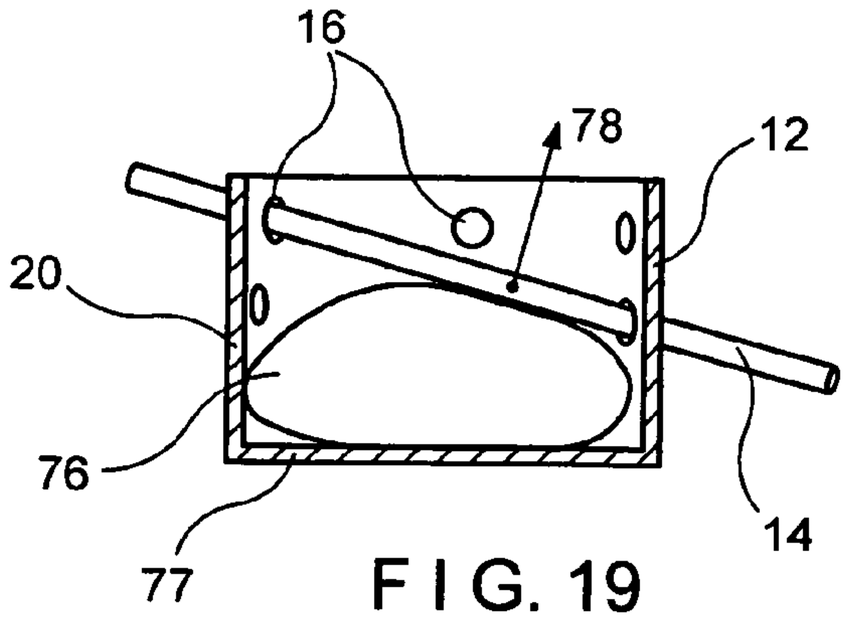


FIG. 19

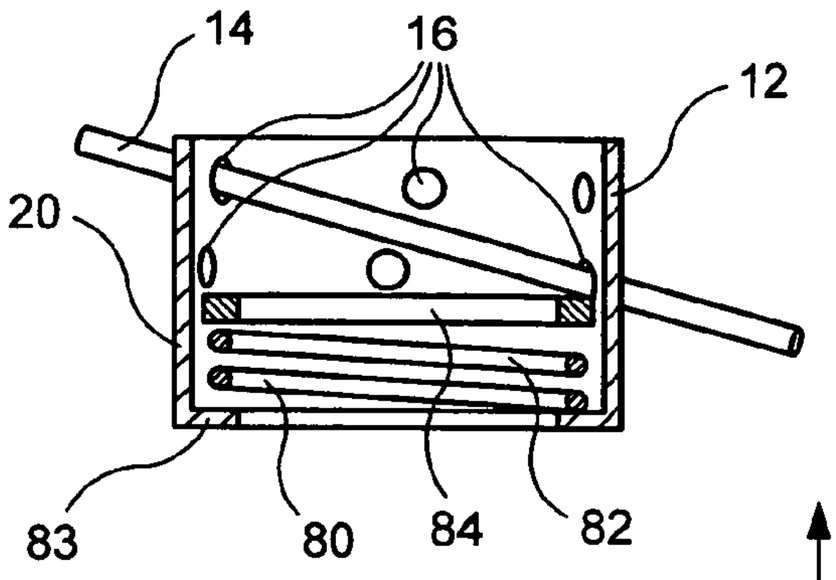


FIG. 20

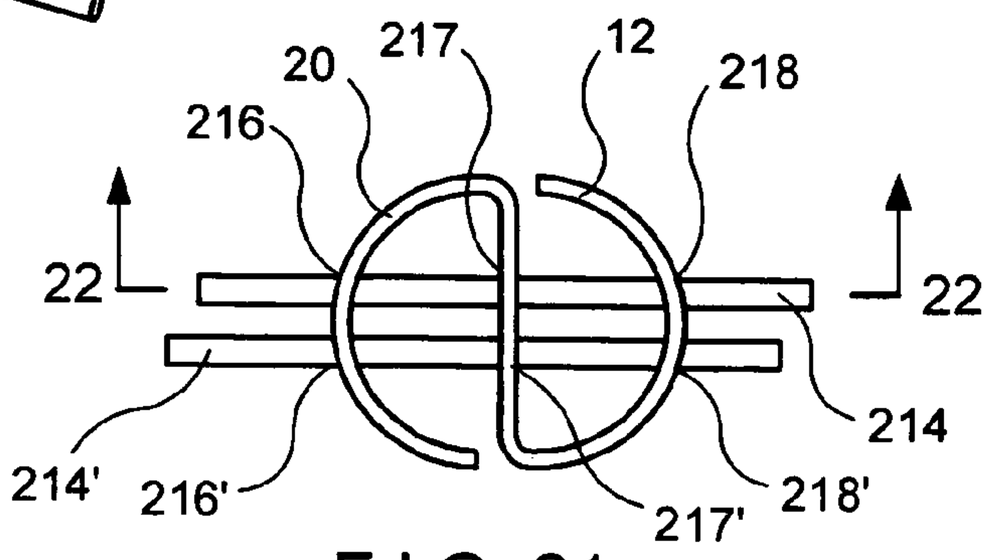


FIG. 21

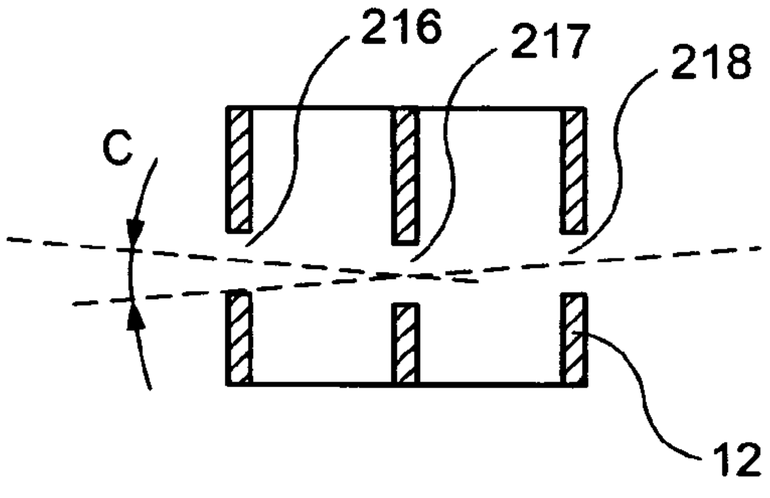


FIG. 22

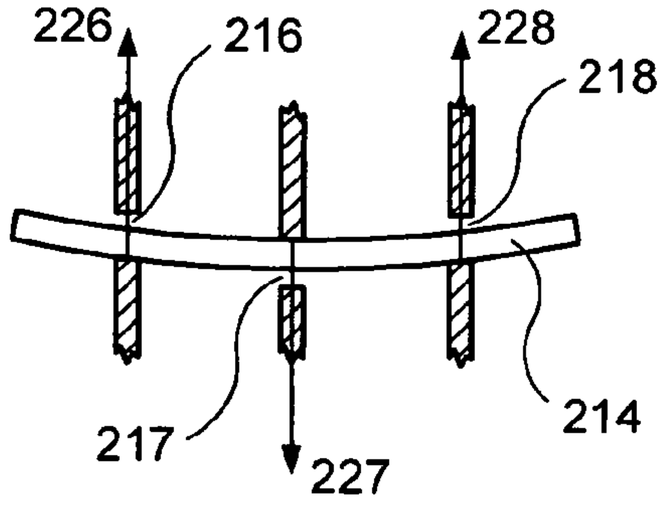


FIG. 23

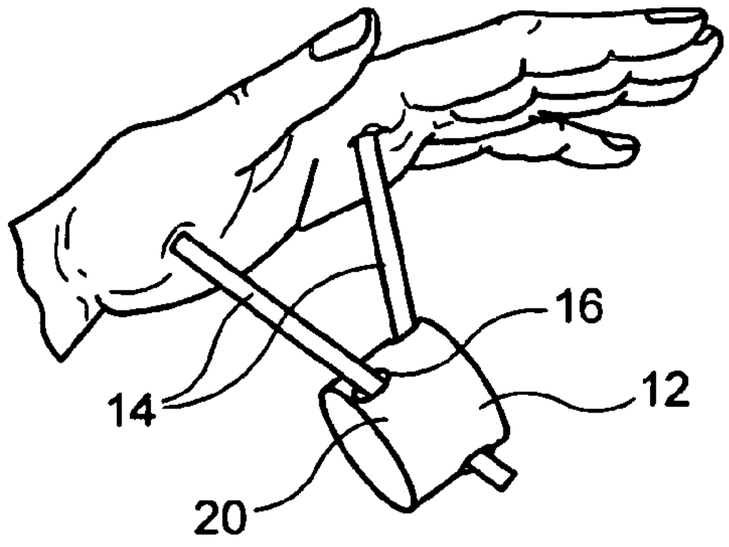


FIG. 24

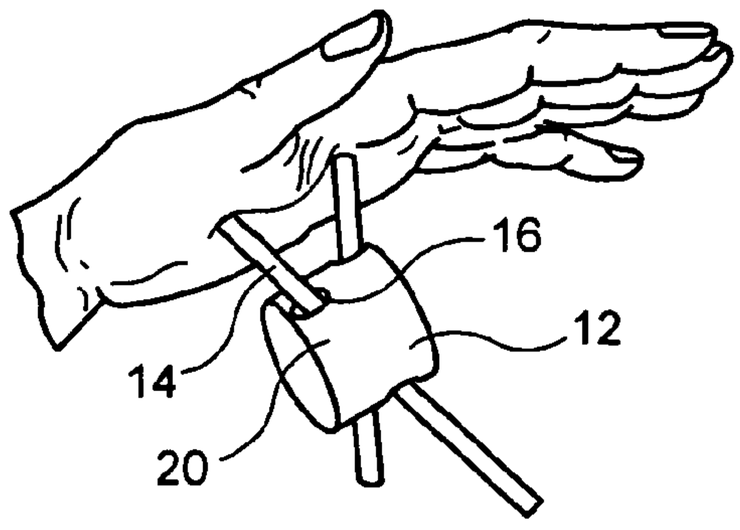


FIG. 25

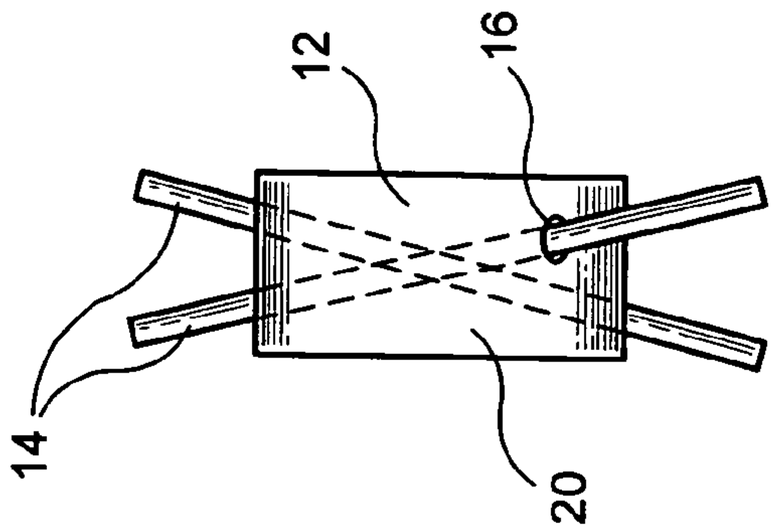


FIG. 30

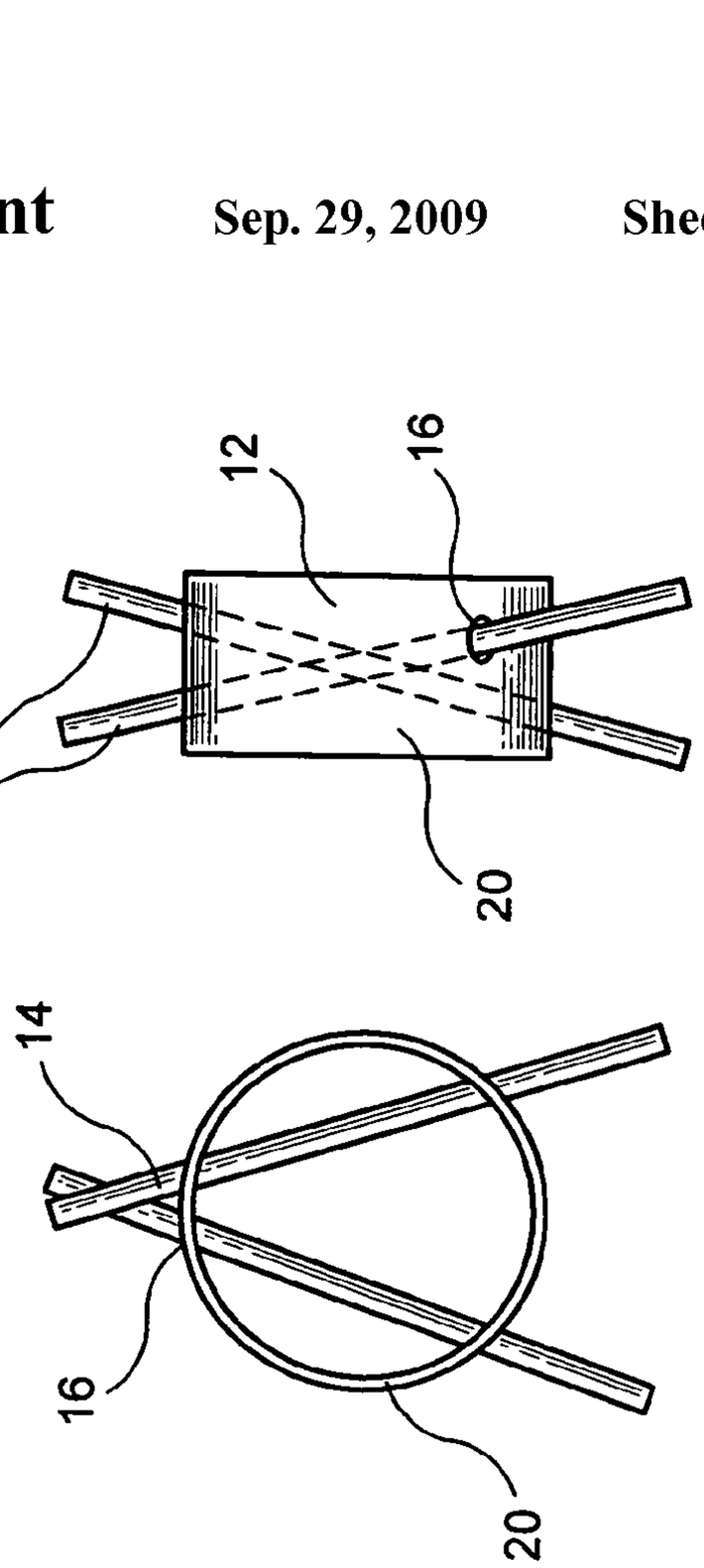


FIG. 29

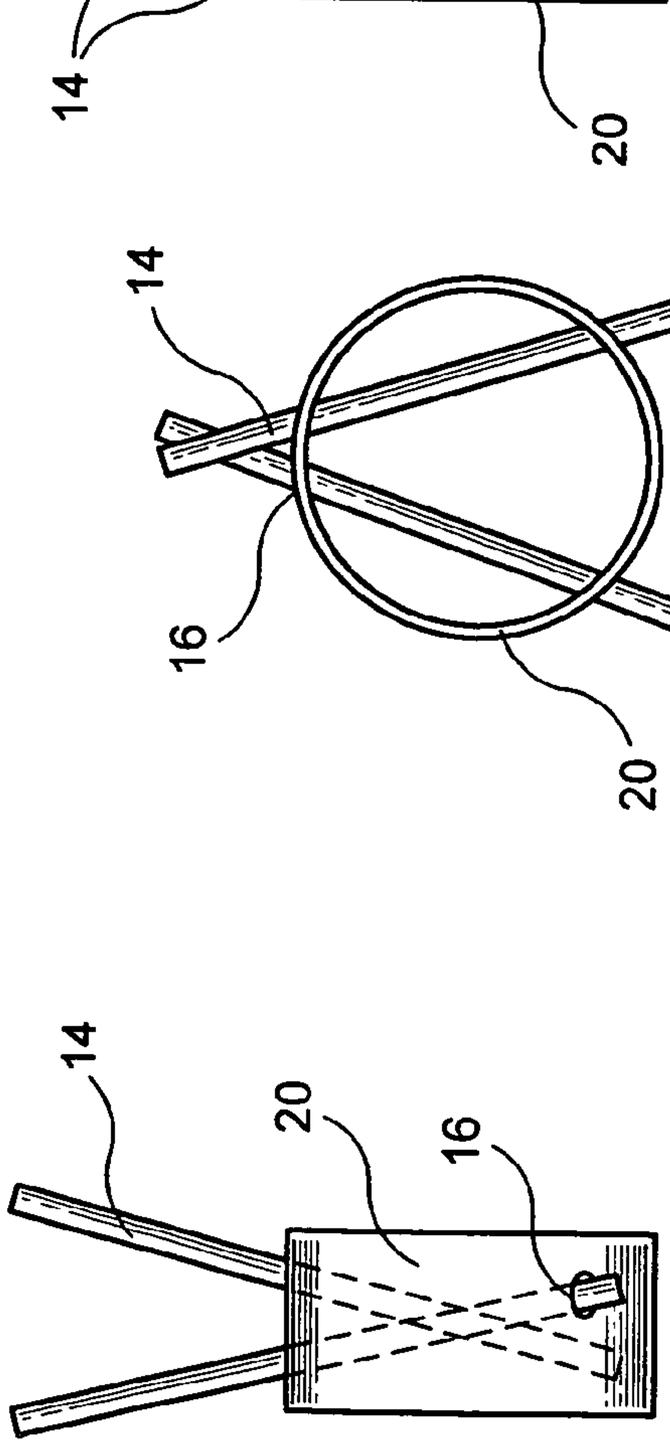


FIG. 27

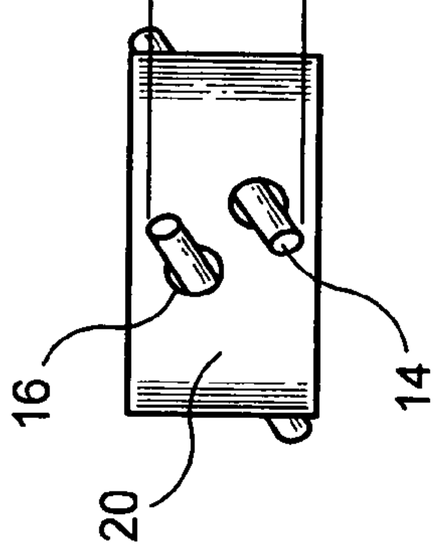


FIG. 31

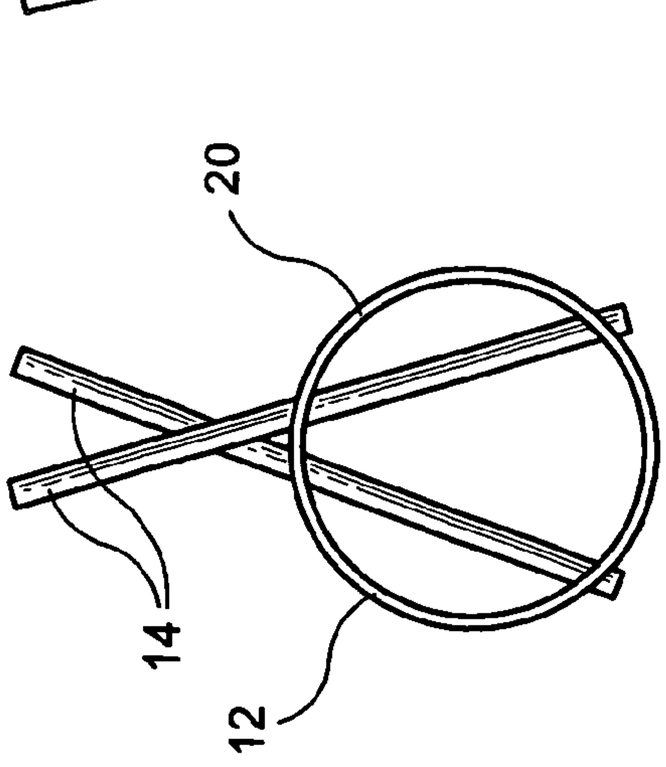


FIG. 26

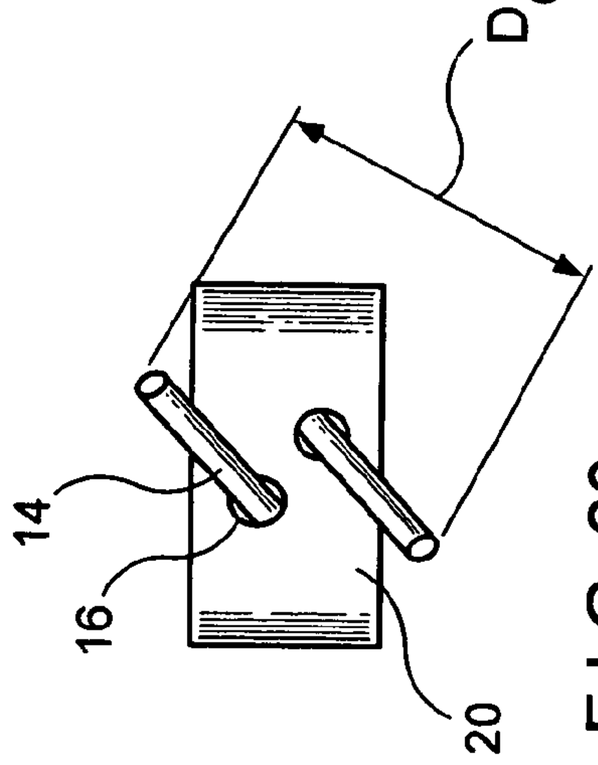


FIG. 28

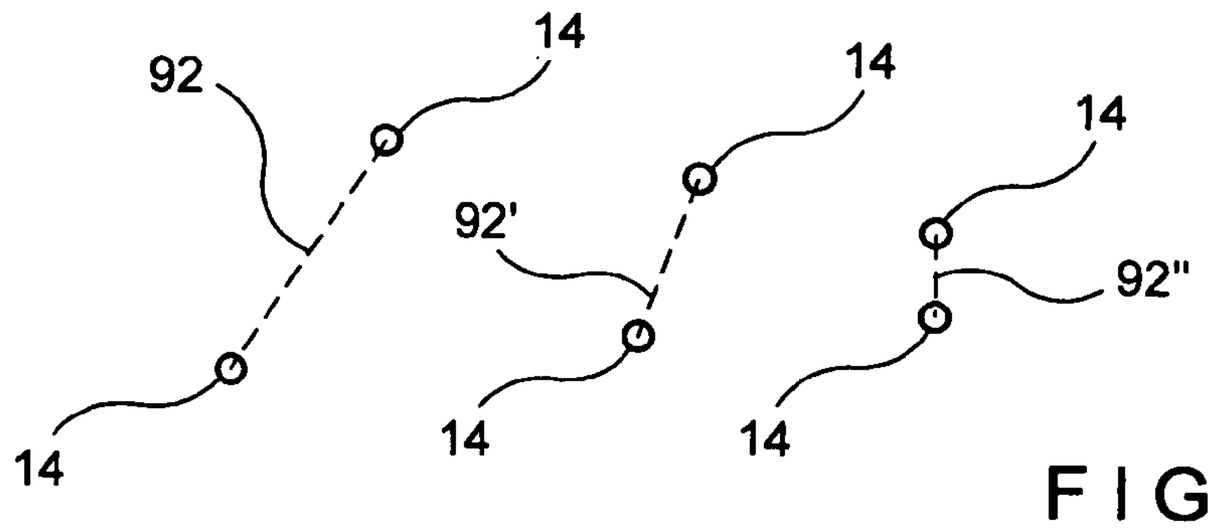


FIG. 32

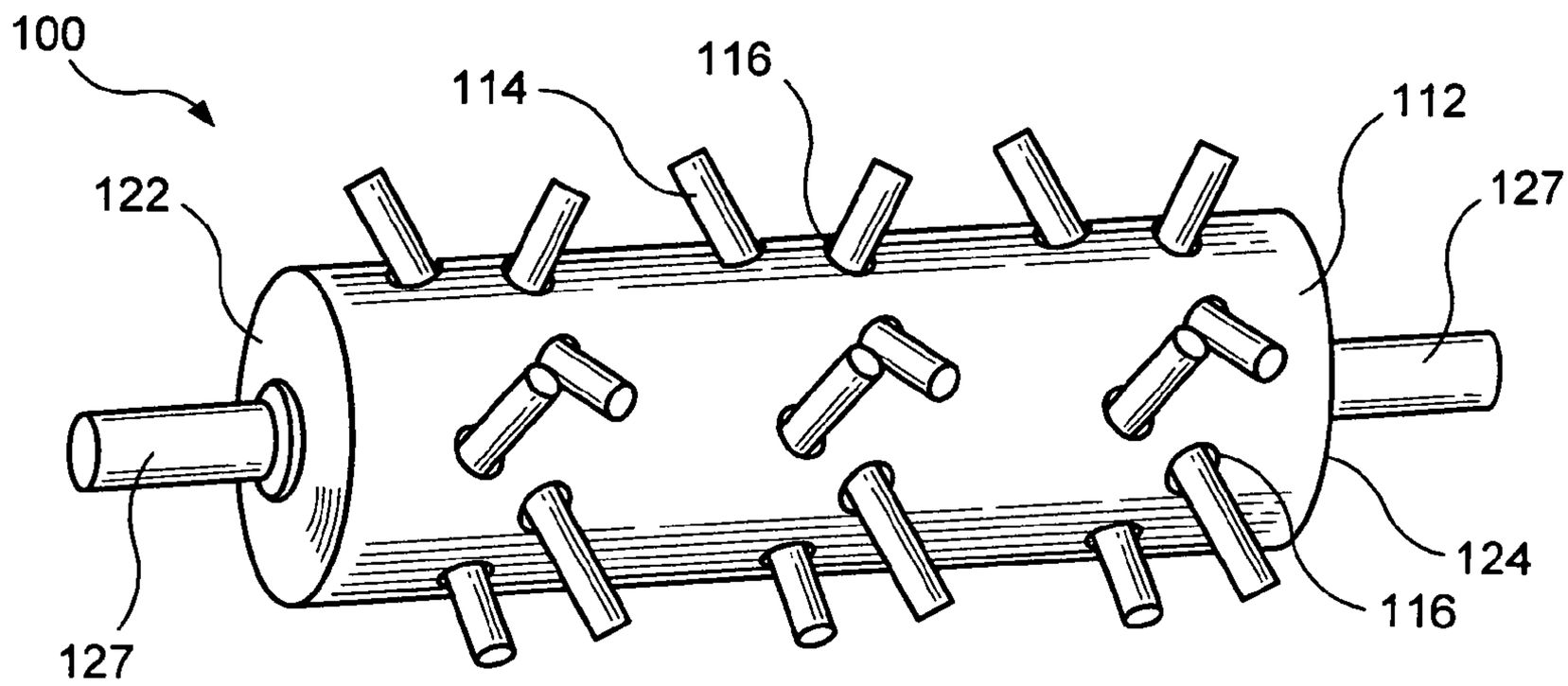


FIG. 33

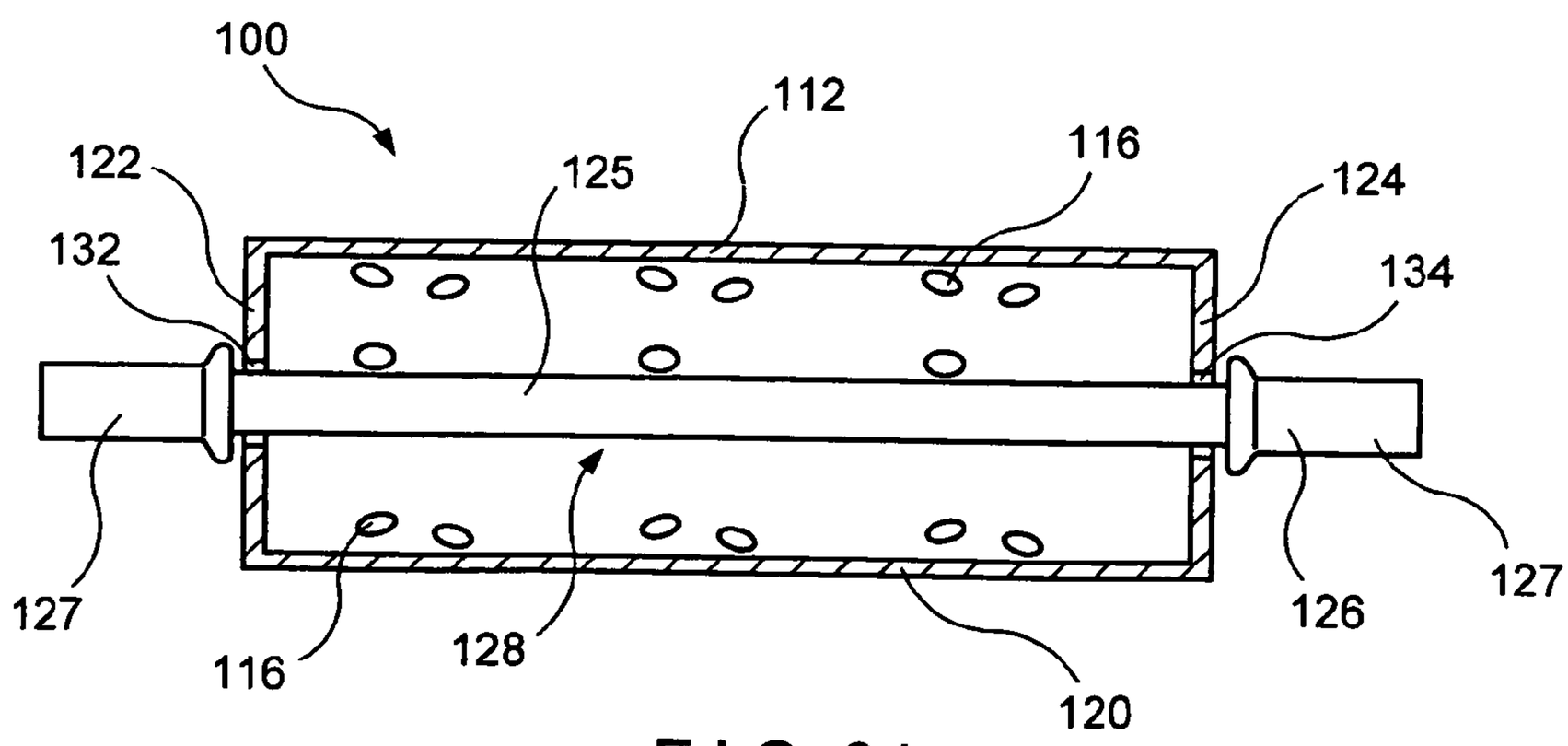


FIG. 34

METHOD OF HAND EXERCISING AND MASSAGING

CROSS REFERENCE TO RELATED APPLICATIONS

This application is a Divisional application of the patent application Ser. No. 11/805,619 filed May 23, 2007 now U.S. Pat. No. 7,448,985 which is a Divisional application of the patent application Ser. No. 10/637,435 filed Aug. 8, 2003 (currently U.S. Pat. No. 7,223,207 B1) which claims the benefit under 35 U.S.C. 119 (e) of U.S. Provisional Application No. 60/410,194 filed by Simon Basyuk on Sep. 13, 2002.

BACKGROUND OF THE INVENTION

1. Field of the Invention

This invention relates to exercise and therapeutic devices and more particularly, it relates to the devices for stress relief and developing of muscles associated with hands, fingers, etc.

2. Description of the Related Art

Persons afflicted with many infirm conditions often lack the considerable hand and finger strength required to perform often basic functions associated with everyday living. For example, weak finger muscles, as well as other physical conditions, may be resulted in the difficulty grasping, manipulating objects and generating a pincer grip by elderly or infirm. For example, people suffering from deteriorating tissue or muscles of the fingers or palm may be unable to grasp and manipulate many basic implements without incurring debilitating pain. These medical conditions may also adversely affect a person's ability to perform rotational and similar functions. This is particularly troublesome to a person whose hands have been disabled by arthritis, multiple sclerosis, muscular dystrophy, and other disabilities. Furthermore, many elderly individuals also have limited hand dexterity further contributing to the difficulty in holding and/or grasping objects. Such limited hand dexterity also leads to reduced ability of such individuals to pick up, manipulate and exert force on various implements and objects.

It is well known that physical exercise can improve the condition of such individuals through the developing of the muscles of fingers and hands, so as to improve the ability to hold, grasp and manipulate the implements and objects and to enhance the pincer grip.

Today, many physical therapy facilities, fitness centers, etc. are provided with exercising machines adapted to improve general physical condition of a human body. Despite the wide range of equipment and programs, exercise devices for development of the hands, fingers and palms have been largely neglected. It is notable that, despite the many expensive exercise devices, it is difficult to find equipment for increasing the strength and flexibility of the hands, fingers, etc. This is especially related to those devices which are light in weight and efficient for use by many individuals including elderly and infirm. This is in spite of the fact that such equipment is important for maintaining the essential living functions by many individuals. Even when available, however, the development and implementation of exercise devices for the hands and fingers has lagged in comparison to other exercise devices.

The hand exercising devices of the prior art generally suffer from one or more drawbacks and limitations that oftentimes render them undesirable or unsuitable for use by elderly or infirm or by others in hand muscle exercises. Generally, these drawbacks and limitations stem from the device structure. By way of example, U.S. Pat. No. 5,299,991 to Sato discloses a

finger training device incorporating a relatively complex mechanical structure. U.S. Pat. No. 6,007,460 to Yunk provides a hand exercise device adapted for use by athletes in which a substantial force exerted by four fingers of one hand is required in order to overcome a substantial force generated by the resilient element. In many instances this device is not completely suitable for use in therapeutic purposes. U.S. Pat. No. 5,533,949 provides a hand-muscle developing device with music producing means which is clearly complicated, expensive in manufacturing and not always suitable for use by the elderly or infirm. Even more sophisticated devices including the inventors' own hand exercise device disclosed by U.S. Pat. No. 6,241,637 provide a hand exercise device adaptable for use by athletes or others requiring development of hand or finger strength as a part of physical exercise and not necessarily adapted for use by individuals afflicted by infirm conditions.

Thus, it has been long felt and unsolved need to provide a light, simple and reliable hand exercise device having uniform application and adaptable for use by elderly, infirm as well as by other individuals requiring development of hand and finger muscles and joints.

SUMMARY OF THE INVENTION

One aspect of the invention provides an exercise device having a housing with at least a wall portion, at least two apertures extending through the wall portion and spaced from each other and at least one elongate rod having a center section. The center section being adapted for slidable movement through the apertures. A friction generating arrangement provides frictional engagement of the at least one rod with the apertures to thereby resist slidable movement of the rod through these apertures.

As to another aspect of the invention, the housing is formed having a substantially hollow configuration, wherein at least one elongate rod comprises at least two elongate rods, at least two apertures comprise at least two pairs of apertures and each elongate rod being slidably received within the respective apertures. The wall portion, two pairs of apertures and two elongate rods are arranged in such a manner that the elongate rods apply pressure on each other resulted in frictional engagement of the elongate rods with each other and with the apertures, so as to resist sliding movement of the rods within the apertures. The elongate rods can be positioned at an angle to a plane perpendicular to a longitudinal axis of the housing.

As to a further aspect of the invention, the wall portion is formed of a resilient material and an outer periphery of at least one aperture is deformed so as to provide resistance to the slidable movement of a rod. The rod can be positioned at an angle to an axis passing through a plane of the aperture prior to insertion of the rod therethrough.

As to another aspect of the invention, the friction generating arrangement includes a biasing member extending longitudinally within the housing, so as to exert pressure on the elongate rod. The friction generating arrangement can be in the form of a resilient member interposed between a bottom portion of a housing and at least one elongate rod.

As to a still further aspect of the invention, the friction generating arrangement can be formed as an elongated, resilient friction generating member longitudinally extending within the housing, so as to engage and exert pressure on the rod and to provide resistance to slidable movement of the rod within the respective apertures.

In yet another embodiment of the invention, an insert is provided operationally associated with the housing and

adapted to provide resistance to slidable motion of the rod. The insert is formed with at least one pair of openings corresponding to the respective pair of apertures. Each opening can be formed with a frictional member extending toward a central area thereof, so as to provide additional resistance to the slidable motion of the rod. A plurality of slots can be provided extending between each opening and one of top or bottom regions of the insert.

BRIEF DESCRIPTION OF DRAWINGS

The preferred embodiments of the invention will hereinafter be described in conjunction with the appended drawings provided to illustrate and not to limit the invention, where like designations denote like elements, and in which:

FIG. **1** is a perspective view of the device according to one embodiment of the invention;

FIG. **2** is a top plan view of the device shown in FIG. **1**;

FIG. **3** shows a wall element of the device shown in FIG. **1** in flat condition;

FIG. **4** illustrates positioning of the device in the hand of a user;

FIG. **5** illustrates an embodiment of the device utilizing seven rods;

FIG. **6** is a side elevational view of the device having housing formed as a truncated spheroid;

FIG. **7** schematically shows a wall element of the device depicted in FIG. **6** in flat condition;

FIG. **8** is a cross-sectional view showing another embodiment of the rod;

FIG. **9** is a top plan view of the device having curved rods;

FIG. **10** illustrates one embodiment of the friction-generating arrangement;

FIG. **11** is a cross-sectional view taken along line **11-11** of FIG. **10**

FIG. **12** is a cross-sectional view taken along section line **12-12** of FIG. **2**

FIG. **13** is a cross-sectional view showing a wall element and a rod according to another embodiment of the friction-generating arrangement;

FIG. **14** is a cross-sectional view of a wall element and a rod before being positioned as illustrated in FIG. **13**;

FIGS. **15**, **16** and **17** illustrate a further embodiment of the friction-generating arrangement;

FIG. **18** is a top plan view of the device showing an embodiment of the friction-generating arrangement utilizing a resilient member;

FIG. **19** is a cross-sectional view of the device showing a further embodiment of the friction-generating arrangement with a resilient member;

FIG. **20** is a cross-sectional view of the device using the friction-generating arrangement with a biasing element;

FIG. **21** is a top plan view showing a wall element of an S-shaped cross section;

FIG. **22** is a cross-sectional view taken along section line **22-22** of FIG. **21**, without the rod being positioned in the apertures.

FIG. **23** is a schematic diagram of forces applied to the rods of FIG. **21**;

FIGS. **24** and **25** illustrate therapeutic application of the invention to a palm of a user;

FIGS. **26**, **27** and **28** are front, left-hand end and top plan views of the invention, respectively, with two rods in the extracted position;

FIGS. **29**, **30** and **31** are front, left-hand end and top plan views of the invention, respectively, with two rods in the contracted position;

FIG. **32** is a top view schematically illustrating intermediate positions of tips of two rods shown in FIGS. **24** and **25**;

FIG. **33** is a perspective view of the massaging device of the invention; and

FIG. **34** is a partial cross-sectional view of the device shown in FIG. **33**.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

Referring now to the drawings, and to FIGS. **1** and **2** in particular, a hand exercise device **10** according to a first embodiment of the invention comprises a housing **12**, a plurality of exercise rods **14** adapted for slidable motion within the respective operational apertures **16** formed in the housing **12**. The housing is preferably molded into a cylinder having a substantially hollow interior and is sized to fit comfortably in the hand of a user. A plurality of operational apertures **16** are formed with a wall **20** of the housing so as to extend between an outer surface **17** and an inner surface **19** of the wall. The housing may be constructed of a plastic material that is capable of retaining its original shape and resistant to deformation from forces applied by a user's hand. It is to be understood, of course, that the housing may be formed of any suitable material that is capable of retaining its shape, and may be formed into any desired configuration. Number and location of the apertures will be described further.

Each exercise rod **14** includes an elongate center section **22** that is preferably formed having a substantially cylindrical configuration and extends between two end sections **24** and **26**. In the preferred embodiment of the invention each rod **14** is slidably supported by a pair of operational apertures **16**. Preferably, the center section and end sections have the same cross-section. In another embodiment of the rod illustrated in FIG. **8**, the end sections **24** and **26** are formed with enlargements having greater diameter than the diameter of the respective operational apertures **16**, so as to prevent separation of the rods from the housing. In another embodiment of the rod the enlargement can be located in the middle part of rod. Moreover, although the substantially cylindrical center section of the rod has been described hereinabove, the center section may be of any suitable cross-section, for example oval, as long as it facilitates slidable motion thereof with the operational apertures. Yet another embodiment showing curved-shaped rods **85** is illustrated in FIG. **9**.

Although any reasonable number of apertures may be formed at different locations of the wall element **20**, in the embodiment of FIGS. **1**, **2** and **3** the housing is formed with ten operational apertures provided in the substantially cylindrical wall element. The apertures are typically located at two levels of the wall element, so as to be separated by the predetermined intervals DI. In this manner, apertures **21**, **23**, **25**, **27** and **29** are provided at the upper level UL and apertures **21'**, **23'**, **25'**, **27'**, and **29'** are formed at the lower level LL (see FIGS. **2** and **3**). Each of five rods is slidably supported by a pair of apertures, wherein one aperture of each pair is located at the upper level and other at the lower level. These pairs of apertures are selected in a consequential order. By way of example, a first rod extends through apertures **25** and **21'**, a second rod through apertures **23** and **29'**, a third rod through apertures **21** and **27'**, a fourth rod through apertures **29** and **25'**, and a fifth rod through apertures **27** and **23'**. In this manner each rod has the same inclination relatively to the plane perpendicular to the axis of cylindrical wall element. For a pair of adjacent rods, one rode is not parallel to another. On a top plan view, the combination of rods resembles a star with five rays, as illustrated in FIG. **2**.

FIG. **5** illustrates the device of the invention formed with substantially cylindrical wall element **20** provided with fourteen operational apertures adapted to slidably receive seven rods **14**. As illustrated in this figure, the combination of the rods of this embodiment in the top plan view of the device resembles a seven-ray star.

The previous embodiments has been described with the housing having a substantially cylindrical wall element. However, it is to be understood that any configuration of the housing capable of being conveniently handled by a hand of the user is within the scope of the invention. In this respect, FIG. **6** illustrates a housing **30** configured as a truncated substantially hollow spheroid. As illustrated in FIGS. **6** and **7**, the housing is provided with twenty operational apertures **31** located at four levels A, B, C and D, with five apertures arranged at each level. This housing is capable of accommodating ten rods extending through the following ten pairs of apertures: A**5**-D**3**, A**1**-D**4**, A**2**-D**5**, A**3**-D**1**, A**4**-D**2** and B**5**-C**2**, B**1**-C**3**, B**2**-C**4**, B**3**-C**5** and B**4**-C**1**. A housing with twenty apertures located at corners of imaginary dodecahedron encircled into hollow spherical housing is also contemplated. In FIGS. **10** and **11** the housing **32** is shaped as truncated cone.

Significantly, the exercising and stress relief capabilities of the device can be achieved by providing a resistance to the slidable motion of rods within the respective operational apertures. To achieve this function the device of the invention is provided with a friction-generating arrangement. A preferred embodiment of such arrangement is illustrated in FIGS. **10** and **11**. Four apertures **44**, **46**, **48** and **49** are formed in the substantially hollow housing **32** with two identical cylindrical rods **34** and **36** being adapted for slidable motion through the apertures. The apertures are substantially circular in shape and their diameter is slightly greater than diameter of the rods. In this arrangement correlation between relative location of the apertures and diameters of the rods is such that in the assembled condition there is a light interference and/or engagement between the adjacent rods resulted in the pressure exerted by the rods on each other. Such pressure illustrated by the vector **38** causes reactive forces illustrated by the vectors **40** and **42** in areas of contact between the rod **36** and the apertures **44**, **48**. Upon slidable motion of the rod **36** within the apertures **44**, **48**, friction occurs between the rod and the respective edges of apertures resulted from the forces **40** and **42**. Additionally to that friction, there is also friction between the rods **34** and **36** themselves resulted from force **38**. The frictional forces produce required resistance to the slidable movement of the rods within the operational apertures. It is to be understood that the housing for this embodiment can be of any reasonable shape.

In the embodiments having multiple pairs of rods illustrated in FIGS. **1**, **2**, **5** and **6**, the friction-generating arrangement is similar to that described with respect to FIGS. **10** and **11**. In these embodiments the rods are also formed having substantially cylindrical configuration adapted for slidable cooperation with substantially circular operational apertures. Relative location of all apertures and diameter of the rods are such that there is light interference and/or engagement between the adjacent rods resulted in the pressure exerted by the rods on each other. As illustrated in FIG. **12**, the rod **14** is slidably supported by the apertures **21** and **27'** and is positioned at an angle to a plane passing through a longitudinal axis A-A of the housing **12** and/or the device **10**. Two other adjacent rods exert pressure on the rod **14**, where one of such rods is supported by the apertures **23** and **29'** and another rod is supported by the apertures **29** and **25'** (see FIG. **2**). These two adjacent rods are also inclined with respect to the plane perpendicular to a longitudinal axis of the housing and/or device. The forces resulted from the pressure applied by the rods on each other are illustrated by the vectors **33** and **35**. These forces generate reactive forces illustrated by the vectors **37** and **39** which occur in areas of contact of the rod **14** with apertures **21** and **27'** causing in turn friction between the rods and edges of apertures which support the rods. In the same manner, each of the rods of the star-like rod arrangement is subjected to pressure from two adjacent rods. As in the previously described embodiment, resistance to the slidable movement of the rods within the operational apertures is resulted from friction between rods and edges of the respective apertures and also from the engagement between rods themselves. It is to be understood that the number of the rods and apertures, location of apertures and shape of the housing can vary.

Turning now to FIGS. **13** and **14**, which illustrate another embodiment of the friction generating arrangement. An exercise device **50** employs an elongate rod **14** and wall element **20**, for clarity only one elongate rod **14** and a pair of apertures **52** and **54** adapted to slidably receive the rod **14** will be described in conjunction with the wall element **20**. It is to be understood, however, that plurality of exercise rods **14** and the corresponding number of apertures are typically associated with this embodiment.

In this embodiment the resistance to the movements of the rods and frictional forces associated therewith are resulted from the resiliency of the wall element and interaction between the resilient material of the wall of the housing and the rods. An essential feature of this embodiment (which is clearly illustrated in FIG. **14**) is that the planes passing through the operational apertures **52** and **54** are tangential to the cylindrical outer surface **17** of the wall **20** of the housing. In this manner the longitudinal axis **56** which passes through the apertures **52** and **54** is positioned at an angle "A" to the vector **58** which is substantially perpendicular to the plane of the respective aperture. The apertures **52** and **54** are substantially circular and their diameter is slightly greater than diameter of the respective rod. In this condition, as illustrated in FIG. **13**, the insertion of the rod **14** into both respective apertures causes deformation of the wall material. FIG. **14** illustrates a non-deformed state of the apertures **52** and **54**, prior to the insertion of the rod **14** therein. During the assembly one end of the rod **14** is inserted initially into aperture **52** substantially perpendicularly to its plane. Then the rod is tilted or pivotably moved in the direction identified by the arrows "a" and "b" until its orientation along the axis **56** is achieved and the other end is inserted into the aperture **54**. In this manner the rod **14** deforms the resilient material of the edges of both apertures. Such deformation is resulted in a pressure on the rod causing a friction when the rod slides through the apertures. The deformed resilient edges of the operational apertures **52** and **54** operate as a spring applying a pressure on the rod **14**. The forces generated by the deformed resilient edges of the operational apertures on the rod **14** are illustrated by the arrows **51** and **53** as well as **55** and **57**.

Turning now to FIGS. **15**, **16** and **17** illustrating a further embodiment which utilizes conceptual principles of the invention similar to that discussed hereinabove. As in the previously described embodiments, the exercise device consists of a substantially hollow, cylindrically-shaped housing **12** formed with a plurality of operational apertures **16** adapted to slidably receive the respective elongated rods **14**. An insert **62** configured to closely confirm the shape of the housing is also provided. Although, the insert can be positioned either inside or outside of the housing, the preferred version of this

embodiment of the invention will be described with the insert **62** adapted to be positioned within an interior area of the housing. For the purposes of illustration, FIG. **15** depicts the insert **62** situated outside of the housing **12** prior to its insertion into the substantially hollow interior area thereof. The insert **62** is typically formed from a soft deformable plastic and consists of a substantially hollow cylindrical body **64** extending between top **61** and bottom **63** regions thereof. A plurality of openings **66** is provided within the wall of the insert **62** in the locations corresponding to the respective operational apertures **16** of the housing. To facilitate assembly of the device, each opening **66** is connected to either top **61** or bottom **63** region of the insert by a corresponding slot **68**. Each opening **66** is formed with a frictional member or tongue **69** which extends inwardly from an outer periphery thereof. As illustrated in FIG. **16**, during the manufacturing process the insert initially can be made in the form of a substantially flat strip **65** provided with the respective openings **66** and slots **68**. During the installation, the insert **62** is moved within the interior of the housing as illustrated by an arrow "B" in FIG. **15**. Location and shape of the openings **66** and slots **68** facilitate positioning of the insert **62** within the housing **12** after the rods **14** have been positioned in the corresponding operational apertures **16**. The insert **62** is moved into its position within the interior of the housing **12** until each rod **14** is received within the respective slot **68** and then received within opening **66**. In this manner, the respective tongues **69** are deformed, providing a resistance to the slidable movement of the rod **14** within the operational apertures **16** of the housing and the respective openings **66** of the insert. As clearly illustrated in the cross-sectional view of FIG. **17**, the interlocking relationship between the respective operational apertures **16** and the openings **66** having the tongues **69** provide a resistance to the slidable motion of the rods upon use of the exercising device by an individual. It should be also noted that the rods **14** can be inserted into the device after the insert **62** is fixedly located within the housing **12**.

Turning now to FIGS. **18** and **19** illustrating a further embodiment of the invention utilizing another friction generating arrangement. As depicted in FIG. **18**, an elongated resilient member **72** is adapted for insertion within the central portion of the substantially cylindrical housing **12**, so as to extend along the longitudinal axis thereof. Upon being positioned within the housing, the resilient member **72** exerts radially directed pressure on the rods **14**, the forces of pressure are illustrated by the arrows **74**. During slidable motion of the rods **14** within the respective operational apertures **16**, the pressure is resulted in the frictional forces, providing resistance to the slidable movement of the rods within the respective operational apertures. The friction occurs in areas of contact of the resilient member **72** with the rods and also in areas of contact of the rods with respective apertures. It should be noted that the forces **74** cause reactive forces at edges of the apertures. Although the centrally located cylindrically-shaped resilient member **72** is illustrated in FIG. **18**, it is to be understood that the resilient member of a different configuration can be positioned within a different region of the substantially hollow inner area of the housing as long as the required pressure is exerted on the rods.

In the embodiment of FIG. **19** the resilient element **76** is positioned within the interior of the housing **12** between the bottom portion **77** and the rod **14**. In this embodiment the resilient element **76** exerts pressure on the rod **14** in such a manner that the longitudinally directed force (illustrated by the arrow **78**) acts on the rod **14**, and ultimately resulted in resistance to the slidable motion thereof within the respective operational aperture **16**. For clarity, only one rod **14** is illustrated in FIG. **19**.

FIG. **20** illustrates the embodiments of the invention with another friction-generating arrangement utilizing a biasing element **80** in the form of a spring **82** extending longitudinally within the substantially hollow area of the housing **12** and supported by the bottom portion **83**. As shown in FIG. **20**, an outer periphery of the biasing element or spring **82** is positioned in a close vicinity of the inner surface of the housing and an engaging element **84** is interposed between the rod **14** and the biasing element. The engaging element **84** is in the form of a ring or disc. Thus, the longitudinally directed pressure is transferred from the biasing element **80** to the central area of the rod **14** by means of the engaging element **84**. The pressure exerted on the rod **14** is also directed at the area of engagement between the rod **14** and the respective operational aperture **16**, thereby providing the required resistance to the slidable motion thereof. Another source of resistance is area of contact between the rod **14** and the engaging element **84**. For clarity, only one rod is illustrated in FIG. **20**. Normally, multiple rods are received by the respective apertures **16**, so that the engaging element **84** exerts pressure on all rods in the area close to the wall **20**. A spherical or cone-shaped engaging elements which exerts pressure on the rods in the area close to longitudinal axis of the housing are also contemplated. It is to be understood that different locations of biasing and engagement elements are also within the scope of the invention.

A further friction generating arrangement providing resistance to slidable movement of the rods is illustrated in FIGS. **21**, **22** and **23**. Turning now to FIG. **21** illustrating a wall **20** of a housing **12** having an S-shape configuration. Two cylindrical rods **214** and **214'** are slidably received within the three respective apertures. In this respect the rod **214** passes through apertures **216**, **217**, **218** and rod **214'** passes trough apertures **216'**, **217'**, **218'**. Turning now to FIG. **22** where relative location of tree apertures adapted to slidably receive each rod is illustrated schematically. There is a small angle "C" between two imaginary lines shown in FIG. **22**. One such imaginary line passes through centers of apertures **216** and **217**, and another line passes through centers of apertures **217** and **218**. In this manner the rod **214** supported by apertures **216**, **217** and **218** is slightly elastically deformed by the edges of supporting apertures. Forces applied to the rod **214** are illustrated schematically in FIG. **23** by arrows **226**, **227** and **228**. These forces are resulted in friction in areas of contact between the rod with the respective apertures, so as to provide resistance to the slidable motion of the rod through the apertures. Similarly, friction is generated when the rod **214'** slides trough apertures **216'**, **217'** and **218'**. It is to be understood that configuration of the wall element, location of the apertures and number of rods and shape of their cross-section can vary as long as for the frictional forces are generated for each rod in the manner described hereinabove.

It is to be understood that means that provide resistance to slidable movement of the rods disclosed hereinabove can be used separately or in combination with each other. It should also be understood also that any other suitable means could be used for the same purpose.

One example of the use of the device of the invention for the exercising purposes is illustrated in FIG. **4**. As user grasps the housing **12** with thumb, middle and forth fingers of one hand the respective rod **14** which is in its extended condition is pushed by the index finger, so as to achieve a contracted position thereof in which the end portion of the rod is close to the housing. Obviously this movement causes extension of

the rod on the opposite side of the housing. Once the desired amount of movement of the respective rods is achieved, the position of the fingers and thumb may be changed to push the next rod. Instead of using the thumb and fingers for controlling movement of the rods, areas of the hand, such as the palm, in combination with the thumb or one or more fingers can be used, depending on the type of exercise desired. In addition, the housing **12** may be held in one hand while the rods are pushed by the other hand and moved toward the one hand to thereby exercise the muscles associated with the hand, wrist, and arms.

Further to the benefits derived from using the exercise device of the invention, such as increased strength and mobility in the hand and fingers, motivation to exercise may be enhanced by intellectual stimulation which is also resulted in stress relief. For example, a user determines which rods must be inserted into which pairs of apertures, so as to achieve their exposure on one side of the housing and in which order the rods should be inserted through different pairs of apertures in the housing **12** without significant interference from other rods, so as to achieve for example a star-type formation by the rods.

On another hand, areas around each aperture may be painted in different colors so that each color indicates a pair of apertures to support a rod. For example, five colors may be used for the rod formation shown in FIGS. **1**, **2** and **3**. This may be necessary to provide a user with a guide to assemble the device.

In addition to the exercising and stress relief function, the device of the invention is also capable of providing a user with therapeutic or massaging capabilities. This is especially so when the ends of the rods are applied in a therapeutic manner to different parts of a human body. An example of the massaging or therapeutic application of the device of the invention to a palm of the user is being discussed herein below. As best illustrated in FIGS. **2** and **5**, the device of the invention provides the star-like arrangement by the ends of pairs of adjacent rods which are uniformly dispersed along the outer periphery of the housing. Referring now to FIGS. **24-32**, illustrating the therapeutic application of the device of the invention. As pressure is applied by a palm of the user against the extended ends, the rods **14** are being slided within the corresponding apertures **16** (see FIGS. **24** and **25**) in the manner described hereinabove. In view of the resistance to such slidable movement provided by the device, the engagement between the ends of the rods and the palm of the user resulted in therapeutic qualities which cause among other qualities stress dissipation in the respective areas of the palm. This occurs while the rods **14** are advanced in their slidable motion. In addition to the applied pressure, a slight pinch and deformation of skin occurred in the part of the palm engaging the rods. The pinch and skin deformation is mainly a result of the non-parallel orientation of the pairs of the rods **14** as illustrated in FIGS. **26-32**. For clarity, only one pair of the rods **14** is illustrated in these figures.

Initially, when the fully extended rods **14** are applied against the skin of the user (see FIGS. **24**, **26-28**.), the distance between the ends of the rods, identified as $D_{extended}$ (see FIG. **28**) is greater than the distance $D_{contracted}$ between these ends of the rods at their location near the wall of the housing at the end of their slidable journey (see FIGS. **25**, **29-31**). It is clearly illustrated in FIG. **32** that the distance between the ends or tips of the rods **14** is progressively reduced during the slidable motion thereof from the fully extended to a contracted or submerged position. The imaginary line **92** (see FIG. **32**) depicting the distance between the ends of the rods is reduced and also the line is slightly rotated while the rods **14** are advanced in their slidable motion. This gradual reduction of the distance **92** between the ends of the rods **14** and the rotation is resulted in a slight pinch and deformation of an area of the skin situated there between. It is to be understood that therapeutic application of the device of the invention will occur when it is applied to the parts of the body other than palm.

Referring now to FIGS. **33** and **34** illustrating a modified version of the massaging device **100** of the invention. A substantially hollow housing **112** is formed by a substantially cylindrical outer wall **120** which extends between two side walls **122** and **124**. A shaft **126** extends longitudinally within the hollow interior space **128** passing through the openings **132** and **134** in the side walls **122**, **124**. The shaft **126** consists of a central region **125** located within the hollow interior space **128** of the housing and two outer regions or handles **127** extending outwardly there from and adapted to be conveniently positioned within the hands of an operator. A multiplicity of operational apertures **116** are formed within the substantially cylindrical wall **120**, so as to receive the respective rods **114** adapted for slidable motion in the manner described hereinabove. In use an operator while holding the handles **127** by both hands rotationally apply tips of the rods **114** against the skin of the user. In view of the substantial length of the housing **112**, the massaging area of the device typically covers a greater area of the body and generates an enhanced massaging effect compared to the embodiments discussed hereinabove.

While the invention has been taught with specific reference to the above-described embodiments, those skilled in the art will recognize that changes can be made in form and detail without departing from the spirit and the scope of the invention. Thus, the described embodiments are to be considered in all respects only as illustrative and not restrictive. The scope of the invention is, therefore, indicated by the appended claims rather than by the foregoing description. All changes that come within the meaning and range of equivalency of the claims are to be embraced within their scope.

What is claimed is:

1. A method of hand exercising and massaging by means of an apparatus having a substantially hollow housing defined by at least a wall portion formed with at least two pairs of apertures, at least two elongated rods slidably movable within the respective pairs of apertures; said at least two elongate rods positioned at an angle with respect to each other and arranged in such a manner that said rods frictionally engage each other so as to resist the slidable movement of the rods within the respective pairs of apertures, said method comprising the steps of:

positioning said housing within a hand of a user; and

applying longitudinal pressure by the hand on said rods, so as to force said rods to slide within the respective pairs of apertures from an expanded position to a contracted position and to overcome said resistance to the slidable movement.

2. The method according to claim **1**, wherein in said step of applying pressure, the pressure is applied along longitudinal axes of said rods by fingers of said hand resulted in exercising of said fingers.

3. The method according to claim **1**, wherein in said step of applying pressure on said rods, the pressure is applied by a palm of a user resulted in massaging of the palm.

4. The method according to claim **1**, wherein in said step of applying pressure on said rod, the user holds said housing by one hand and said pressure is applied by the other hand of the user.

5. The method according to claim 1, further comprising a step of rotating said housing, so as to change position of the housing within the hand of the user and to expose opposite ends of said rods to the respective pressure.

6. The method according claim 1, wherein said elongate rods are formed of a resilient material, the rods are deformed upon insertion into the respective apertures, so as to provide additional frictional engagement between the rods and said apertures and to generate additional resistance to the slidable movement of the rods within said apertures.

7. The method according to claim 1, wherein said housing is formed so as to support a non-parallel orientation of said rods during their slidable movement.

8. The method according to claim 1, wherein in said step of applying pressure on said rods, said pressure is applied by means of engaging the ends of said elongated rods with a palm of a user, whereby a pinch action is generated to the skin of a the user by ends of the rods upon the slidable movement thereof from the expanded to the contracted position.

9. The method according to claim 1, wherein said at least two elongate rods are arranged within the housing in a non-parallel manner, so that when the pressure is applied by a palm of the user against said rods causing a slidable motion thereof from the expanded to the contracted position thereof a pinch action and deformation of the skin occurs at a part of the palm engaging the rods, so as to provide massaging function to the palm.

10. The method according to claim 1, wherein in said step of applying pressure, the pressure is generated by pressing said rods against skin of a user.

* * * * *