

(No Model.)

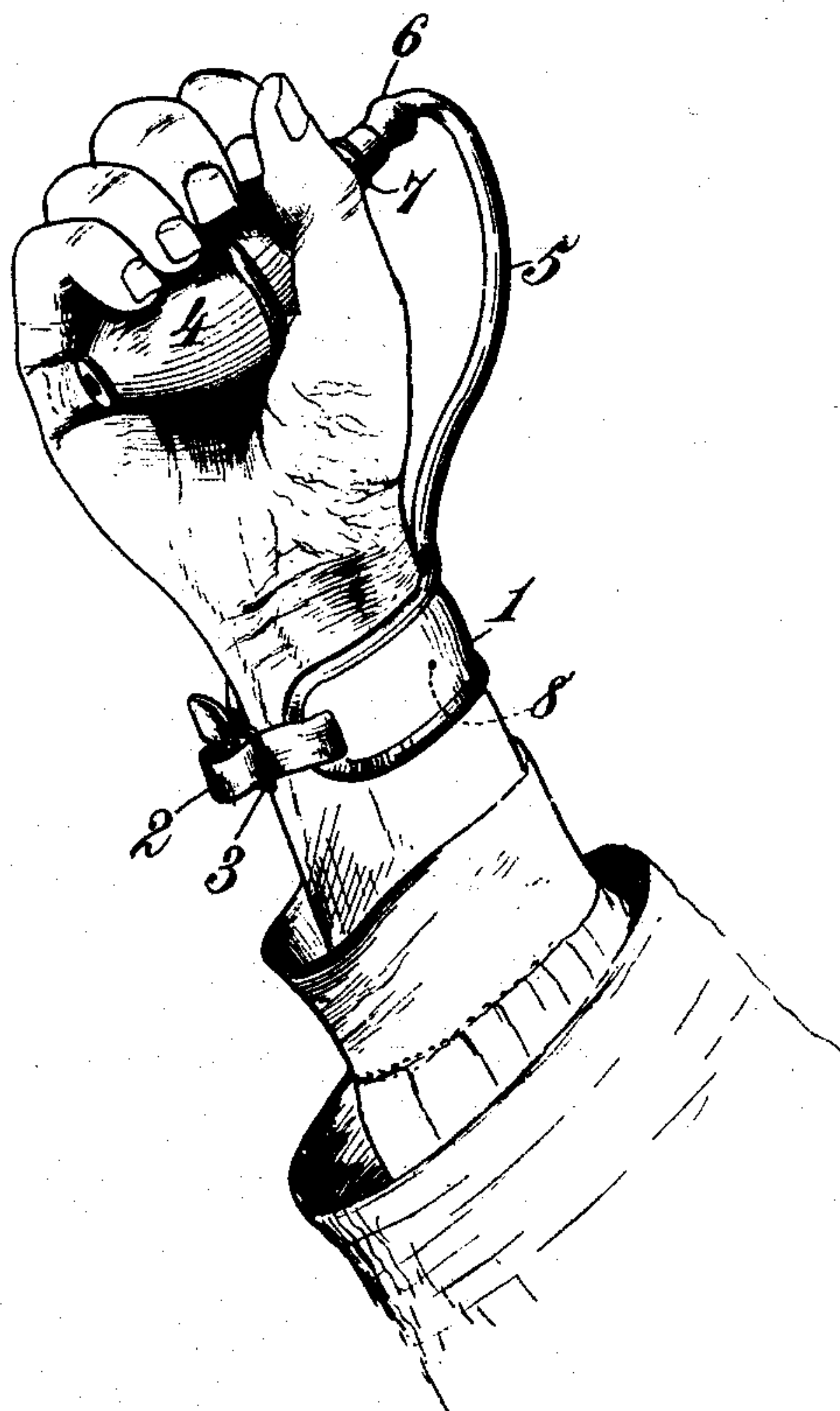
R. BARCLAY.

WRIST AND FINGER EXERCISING APPARATUS.

No. 505,745.

Patented Sept. 26, 1893.

*Fig. 1.*



*Fig. 2.*



*Witnesses.*  
*John G. Smith.*  
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# UNITED STATES PATENT OFFICE.

ROBERT BARCLAY, OF FORT HOWARD, WISCONSIN.

## WRIST AND FINGER EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 505,745, dated September 26, 1893.

Application filed April 29, 1893. Serial No. 472,417. (No model.)

*To all whom it may concern:*

Be it known that I, ROBERT BARCLAY, a citizen of the United States, residing at Fort Howard, in the county of Brown and State of Wisconsin, have invented new and useful Improvements in Finger and Wrist Exercising Appliances, of which the following is a specification.

This invention has for its object to provide  
10 a new and improved exercising appliance, particularly designed to encircle the wrist and be operated by the fingers and thumb for exercising the wrist and fingers to remove stiffness therefrom, cure cramps, such as are  
15 incident to telegraphers, penmen, and others; and to generally act as a remedy for weak wrists and fingers to strengthen the same, and in many cases render them susceptible of use without undue fatigue.

20 To accomplish this object my invention consists essentially in an exercising appliance composed of a hollow band adapted to encircle the wrist, or other part of the body, such as the arm, a hand-pump adapted to be  
25 grasped by the hand, and a tubular connection between the hand-pump and the hollow band, whereby the pump may be operated by the hand to force air into the hollow band.

30 The invention is illustrated by the accompanying drawings, in which—

Figure 1 is a perspective view, showing my invention applied to the wrist and hand of a person, and Fig. 2 is a detail transverse sectional view of the hollow band.

35 In order to enable those skilled in the art to make and use my invention I will now describe the same in detail, referring to the drawings wherein the numeral 1 indicates a hollow band of any material which is flexible  
40 and adapted to be passed around the wrist or arm, and secured in position thereupon. The band is preferably flattened and about one inch in width; but the dimensions may be increased or diminished as desired.

45 The band is provided at one end with a strap 2, and at the opposite end with a buckle 3 for adjusting and tightening or loosening the band on the wrist, as will be obvious. The interior of the band communicates with  
50 a hand-pump 4 through the medium of a tube or tubular connection 5, which is flexible and preferably composed of rubber integral with the wrist-band at its junction therewith. The

extremity 6 of the tube detachably connects with the nipple or mouth 7 of the hand-pump, 55 which latter is composed of an ordinary elastic bulb of that well known type which, when compressed, will force air therefrom. The bulb constituting the hand-pump is so shaped or formed as to be grasped in the hand with 60 the fingers and thumb resting thereupon in such manner that when the fingers and thumb are moved as in opening and closing them air will be forced through the tubular connection into the hollow wrist-band. The hollow 65 band is provided with a perforation 8, such as a needle hole which permits the escape of sufficient air to prevent the band bursting.

The appliance described and shown provides a very simple, efficient, and economical 70 means for exercising the wrist and fingers, and it serves not only to exercise these parts to remove stiffness therefrom and make them supple and elastic, but is also a remedy for cramps, such as are common to telegraphers, 75 penmen, and others.

The device is particularly useful for weak wrists and fingers, and serves to strengthen them, and thus render the same susceptible of prolonged use without undue fatigue. 80

By detachably connecting the extremity 6 of the tube 5 with the nipple or mouth piece 7 of the hand-pump or bulb 4, the latter can be readily removed and replaced so that a new bulb can be applied if occasion demands. 85

While I have illustrated the hollow band applied to the wrist, I do not confine myself thereto, as it can be applied to some other part of the body, for instance a sprained ankle or the arm, where it will have a soothing 90 effect on the pain and reduce swellings.

Having thus described my invention, what I claim is—

The combination of a hollow wrist-band adapted to encircle the wrist, or other part of 95 the body, a hand-pump adapted to be grasped in the hand, and a tubular connection between the hollow band and the hand-pump, substantially as described.

In testimony whereof I have hereunto set 100 my hand in presence of two subscribing witnesses.

ROBERT BARCLAY.

Witnesses:

E. BECKER,  
JOHN WHITNY.