

The invention relates to sports equipment, namely to devices for developing and strengthening the muscles and joints during physical exercises to overcome the counteracting force, in particular to a device for developing the mobility of fingers.

The expander for developing the mobility of fingers consists of a body (1), made hollow, collapsible, with a slot (2) and a socket for the fixating finger (7). Inside the body (1) are installed a carriage (4) with a socket for the trained finger (8), made as a blind hole, and a mechanism for regulating the force applied to the carriage (4), consisting of a hollow plunger (15) with thread (16), made from the outside in the bottom-most part of the plunger (15), which intermeshes with the thread of an annular nut (6), fixed with the possibility of rotation in a notch (5). In the cavity of the plunger (15) is placed a tension spring (11) connected to one of the ends of a cable (9), which through a pulley (10) is fixed with the other end to the carriage (4). The expander is also provided with a carriage movement amplitude controlling device (4), consisting of a rod (17) placed transversely to the slot (2), with the possibility of displacement therealong on a guide (18) and of fixation by means of a spring (21) in the fixing grooves.

Claims: 2

Fig.: 6

