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(57) Abstract :

The present disclosure relates to an apparatus (100) for monitoring the strength of muscles, the apparatus including a frame (102) adapted to be worn by a user around a neck; an inflatable tube (108) provided in the frame; a pressure gauge (110) coupled to the tube, a first support element (106) and second support element (104) adapted to support a first and second part of a head of the user, when the tube is inflated by an air pump (114), and pressure is applied by the user on any of the first support element and the second support element, the pressure being applied by muscles of the user, the inflated tube is accordingly compressed, the pressure gauge is configured to indicate an increased pressure inside the tube applied by the user, the force applied being indicative of strength of the muscles of the user.

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