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A. W. BRAND

EXERCISE CUSHION

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Fig. 1.

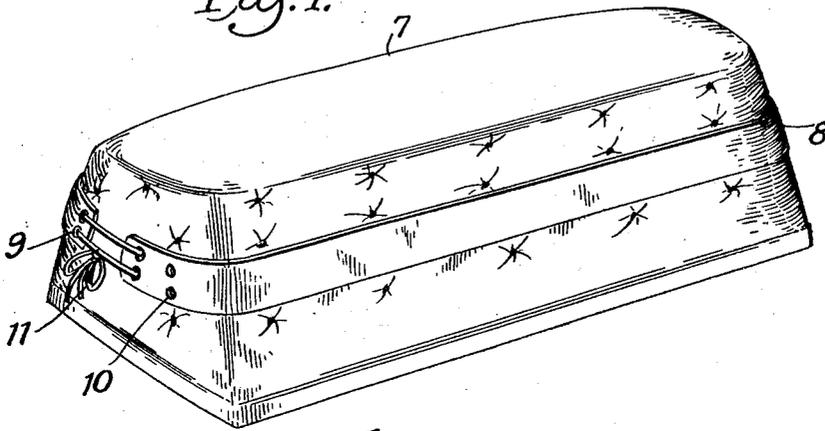


Fig. 2.

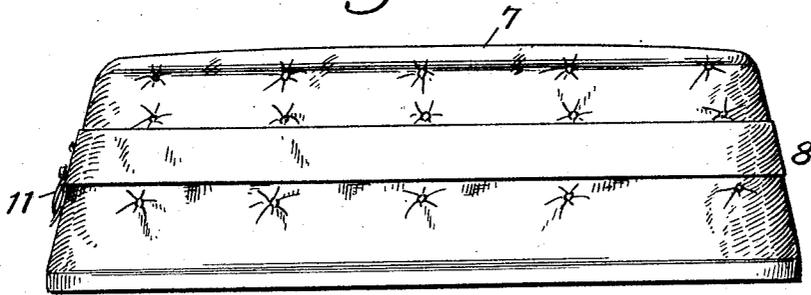
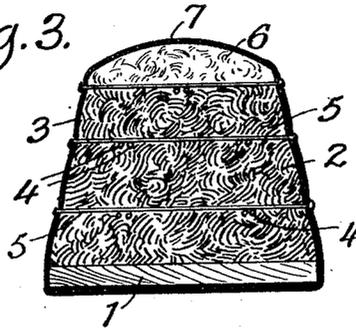


Fig. 3.



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EXERCISE CUSHION.

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This invention relates to exercise cushions, and particularly to a cushion or support adapted to be used by an individual, when in a reclining position, to so adjust and support the body that the respiratory and other organs of the torso will properly and most efficiently function in a natural manner.

An object of my invention is to provide a cushion having more or less solid base and a proper cushion portion which can be used by an individual to obtain a proper positioning and disposition of the bodily weight when the party is reclining, the party lying on the cushion either on the small of the back just above the pelvic region or higher up, up to the shoulder bone tips sidewise on either side, between the hip bone and the false ribs, or face downward, with the cushion at any desired point from the breast bone down to the pelvic bone structure.

A further object is to provide a cushion which can be made of different length, height, and width to suit the particular patient using the same, and which is so constructed that its density can be adjusted to increase and decrease its flexure under pressure.

With the above and other objects in view, which will be apparent to those skilled in the art, this invention includes certain novel features of construction and combinations of parts which will now be set forth.

In the drawings:

Figure 1 is a view in perspective, showing a cushion constructed in accordance with my invention.

Figure 2 is a side elevation.

Figure 3 is a transverse vertical sectional view.

The base 1, which is of wood or other suitable unyielding material, is preferably of rectangular shape, and the body 2 of the cushion is built up on this base of curled hair or other suitable material, so that it takes substantially the shape of a truncated cone, this body being provided with a covering 3 of fabric or other suitable material, and being stitched and tied through longitudinally and horizontally, as indicated at 4 and 5, so that it will retain its form and will be more or less unyielding.

This body portion has a cushion portion 6 constructed thereon and provided with a

covering 7, this cushion top portion being adapted to be in contact with and bear the weight of the body when the cushion is in use.

A strip or belt 8 is shaped to be fitted around the body portion 2, and is provided with lacing openings 9 and 10 in the ends thereof, to receive a lace 11. This belt or strip 8 is adapted to be tightened upon the body portion to confine the same and thus increase its rigidity, and thus adjustments can be made to suit various conditions and requirements in use.

In using my improved exercise cushion, the base 1 will present a rigid portion holding and supporting the cushion in the proper relation and facilitate the rebound action of the body portion when the cushion is used upon a bed, couch or other more or less resilient surface. The top portion 6 prevents harsh contact with the body of the user, and the body portion 2 ascertains the height of elevation and the pressure which will be exerted by the cushion, this body portion being adjusted as to its density through the belt or strip 8. The use of this cushion will compel the patient to automatically partake of deep breathing in inhaling and exhaling, and the pressure against the body will exert a beneficial massaging action.

When my improved cushion is used with children or infants, it may be found desirable to strap the same in place, and the cushion can be placed in proper position to adjust the spine and support the torso so that the lungs will function properly.

For hygienic reasons, it may be found desirable to place an additional covering of fabric or other material over the entire cushion, or such a covering can be fitted over the top portion and be held in place by the belt or strip 8, this supplemental covering being thus readily removable for washing or cleansing.

While I have herein shown and described certain specific embodiments and have mentioned only certain possible uses, it will be appreciated that changes and variations can be made without departing from the spirit and scope of my invention.

I claim:

1. An exercise cushion, comprising a more or less resilient body, and a belt adjustable

upon said body substantially in a plane parallel to the base of the cushion to vary the resiliency thereof.

5 2. An exercise cushion, comprising a substantially rectangular unyielding base, a body portion of cushion material built up on the base to be of substantially truncated cone shape and tied through to preserve this

form and to give rigidity, a topping cushion on the body portion, a covering for the top and body portion, and a belt adjustably fitted around the body portion substantially in a plane parallel to the base of the cushion. 10
In testimony whereof I hereunto affix my signature.

ACHILL W. BRAND.