Sept. 5, 1944. H. E. KUSS 2,357,746

HEADGEAR FOR POSTURE CORRECTION

Filed April 10, 1943

Fig. 1.

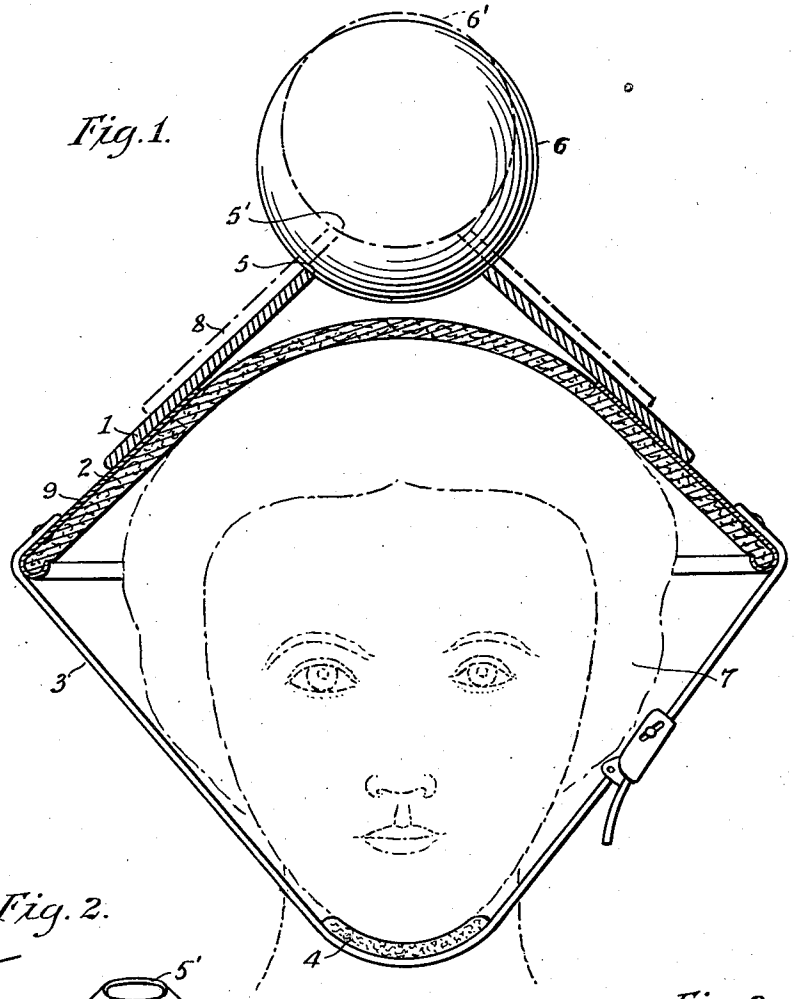


Fig. 2.

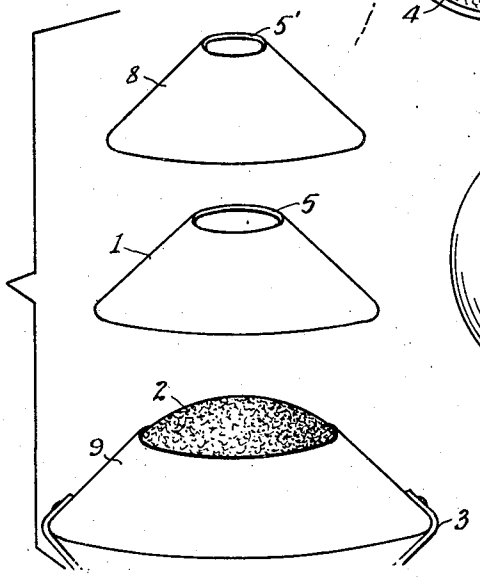
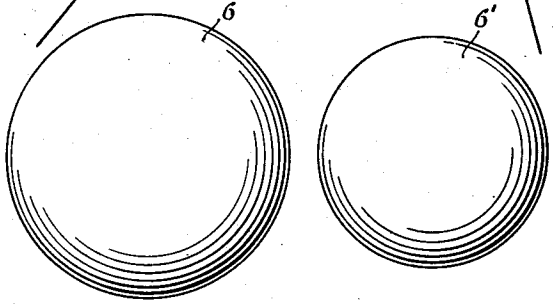


Fig. 3.



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HEADGEAR FOR POSTURE CORRECTION

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5 Claims. (Cl. 272—57)

This invention relates to physical culture and particularly to apparatus for improving the posture and carriage of the body while walking, standing or sitting. The importance of correct posture and carriage in relation to general health and appearance is well known, but correctional measure consisting merely of admonitions or monotonous exercises seldom accomplish their purpose. In order to arouse interest and induce more continuous exercise of the required muscles various games have been evolved, such as balancing a book on the head while walking. Such attempts serve to distract the mind from the specific muscular action involved and naturally tend to induce the erect posture desired. However, the use of a book or similar flat object is not suited to the more active exercises, and also has the disadvantage with beginners that the object falls off too easily. It affords little basis for development of progressive projects with their corresponding sense of achievement.

The objects of the present invention are to provide an improved apparatus for posture correction, as well as a game or pastime; to embody in it a combination of parts making different degrees of difficulty so as to afford various degrees of achievement as an incentive to progress; to protect the face, shoulders and eyes of the user, since glasses are frequently worn; to prevent unnecessarily concentrated loads on the head so as to avoid discomfort which might otherwise tend to terminate the exercise before its purpose was accomplished; and to provide an article of novel configuration and construction suitable for various purposes of amusement and utility.

In the accompanying drawing forming part of this specification,

Fig. 1 is a front elevation, partly in section to show the interior construction, illustrating a typical embodiment of the invention.

Fig. 2 shows the several conical parts separated into their constituent elements, by which different degrees of difficulty are obtained.

Fig. 3 shows balls of different sizes as used with the apparatus.

Similar reference numerals refer to similar parts thruout the various views.

The apparatus consists of a set of nesting head coverings adapted to be strapped on the wearer's head and having sockets of various sizes in which balls or other fairly heavy objects may be carried or balanced with varying degrees of difficulty. In Fig. 1 there is shown such a headgear comprising a basic or primary shell 1 preferably made of strong, stiff, light material such as laminated wood, plastic, or aluminum for example, and preferably having a configuration adapted for nesting similar shapes, such as truncated cones, pyramids, or other forms capable of interlocking. This basic member 1 is provided with a soft lining 2, of any suitable material such as felt or sponge rubber for example, which cushions the load so as to avoid uncomfortable localized pressure on the cranium. If desired this lining 2 may project beyond the rim of the basic member 1 so as to add some further protection. A chin strap 3 padded under the chin at 4 is provided so as to hold the basic member 1 securely on the head of the wearer.

The upper part of the basic member 1 is provided with a socket 5 adapted to receive a ball 6 or other weighted object which the wearer 7 endeavors to balance on his head while he sits, stands, walks or does various gymnastic exercises. The socket 5 is relatively large so that it is not too difficult to carry an object in that manner. In order to provide for progressive physical improvement, stimulate interest and the sense of achievement in overcoming difficulties, and develop greater degrees of proficiency, one or more additional members 8 are provided of such conformation as to fit snugly and securely on the basic member 1. These additional members 8 have progressively smaller sockets 5' so that the difficulty of carrying a ball 6 therein may be progressively increased. The successive members 8 and 1 are shown separated in Fig. 2, and any desired number may be used, though two are generally sufficient.

The development is also carried further by the use of balancing objects of different size such as the larger and smaller balls 6 and 6'. These are shown separately in Fig. 3. The gradations in use can therefore vary from a moderate degree of performance attainable by the average beginner to a relatively high degree of difficulty capable of challenging the interest of a trained athlete.

As the balanced objects may be of considerable weight it is desirable to protect the face and shoulders of the wearer. This may be done by reenforcing the upper side of the felt lining 2 with a metal or plastic sheet 9 to stiffen it, and extending this rim out sufficiently so that the falling object will roll free of the body. The objects to be balanced may be of any suitable shape or material; leather, rubber, or fabric covered balls of a few pounds weight have been found satisfactory.

The sockets 5 and 5' will fit either one of the balls 6 and 6' so that two conical members and

two balls can provide four different combinations and similar additional conical members can further increase the number of combinations to any extent desired. The multiplicity of possible combinations lends the exercise variety and prevents the person from becoming bored.

The preferred form of the apparatus is in general conical, as that is a shape easy to manufacture in any material and light and strong. The absence of joints makes it strong without bracing and reduces the cost.

While I have in the foregoing described a certain specific form of apparatus by way of example, it will be understood that it is merely for purposes of illustration to make clear the principles of the invention, which is not limited to the particular form shown, but is susceptible to various modifications and adaptations in different applications as will be apparent to those skilled in the art, without departing from the scope of the invention as stated in the following claims.

I claim:

1. In an apparatus for exercising the head and neck, the combination of a set of nested head coverings having sockets of different sizes, a balancing object adapted to rest in said sockets when the head on which the apparatus is worn is in an erect position, a cushioned lining for the apparatus, and a chin strap attached to the apparatus for holding it securely on the head of the wearer.

2. An apparatus for posture correction comprising in combination head coverings in the form of truncated cones adapted to nest one above the other, said cones having sockets of different sizes, a ball adapted to rest in said sockets so as to be balanced therein by the wearer with different degrees of difficulty, a soft lining under said head coverings, and a chin strap for fastening the head coverings securely on the head of the wearer.

3. An apparatus for posture correction comprising in combination a rigid primary shell having a socket at its apex, a lining for said shell to fit upon the head of a wearer, a chin strap attached to said shell for holding it securely on the head of the wearer, a detachable secondary rigid shell fitting over the primary shell and having a smaller socket at its apex, and a loose object adapted to be balanced in the selected socket, whereby an erect posture may be developed.

4. An apparatus for posture correction comprising in combination a rigid conical tapered shell having a socket in its apex, a lining for said shell to fit upon the head of a wearer, a chin strap attached to said shell for holding it securely on the head of the wearer, a detachable secondary conical tapered shell fitting over the first mentioned shell and having a smaller socket at its apex, and a ball adapted to be balanced in the selected socket, whereby an erect posture may be developed.

5. An apparatus for posture correction comprising in combination a rigid primary shell having a socket at its apex, a lining for said shell to fit upon the head of a wearer, said lining projecting beyond the rim of the primary shell and having a reenforcing shell to stiffen the projecting portion, a chin strap attached to said shell for holding it securely on the head of the wearer, a detachable secondary rigid shell fitting over the primary shell and having a smaller socket at its apex, and a ball adapted to be balanced in the selected socket, whereby an erect posture may be developed.

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