March 20, 1956 L. G. ZABOY 2,738,975

EXERCISING, RESTING AND RELAXING DEVICE

Filed May 5, 1953

Fig. 1.

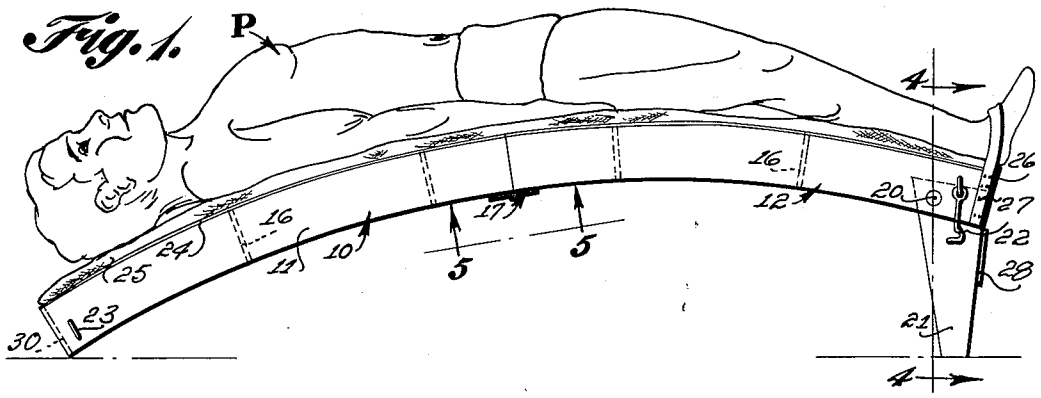


Fig. 2.

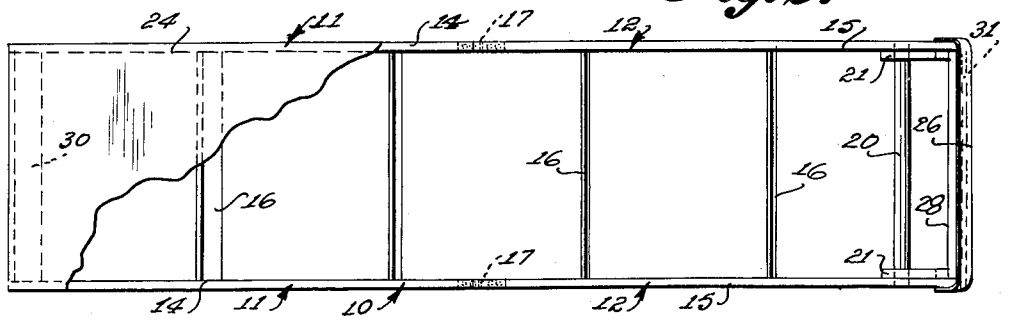


Fig. 3.

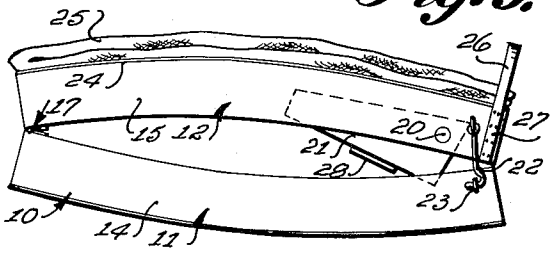


Fig. 4.

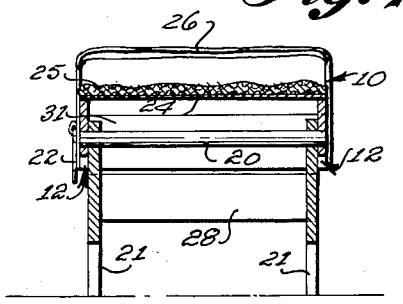
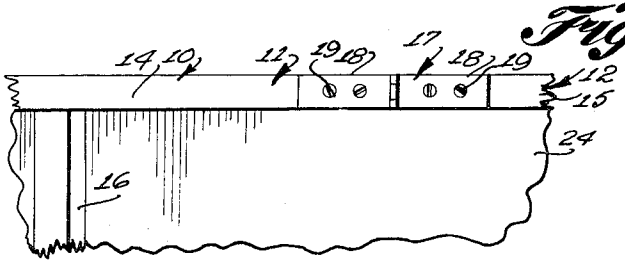


Fig. 5.



INVENTOR.

Louis G. Zaboy.

BY Victor J. Evans & Co.

ATTORNEYS

United States Patent Office 2,738,975 Patented Mar. 20, 1956

2,738,975

EXERCISING, RESTING AND RELAXING DEVICE

Louis G. Zaboy, Los Angeles, Calif.

Application May 5, 1953, Serial No. 353,045

1 Claim. (Cl. 272—58)

This invention relates to a device for use in exercising, relaxing, and resting.

The object of the invention is to provide a device which will improve the health of the user and which will enable the user to readily relax and take exercise thereon.

Another object of the invention is to provide a curved device for relaxing, resting and exercising, there being a means provided for elevating one end of the curved device.

A further object of the invention is to provide a curved exercising, relaxing and resting device which is extremely simple and inexpensive to manufacture.

Other objects and advantages will be apparent during the course of the following description.

In the accompanying drawings, forming a part of this application, and in which like numerals are used to designate like parts throughout the same:

Figure 1 is a side elevational view of the device of the present invention shown supporting a person thereon.

Figure 2 is a top plan view of the device, with parts broken away and in section.

Figure 3 is a side elevational view, showing the device in folded position as when it is not being used.

Figure 4 is a sectional view taken on the line 4—4 of Figure 1.

Figure 5 is a sectional view taken on the line 5—5 of Figure 1.

Referring in detail to the drawings, the numeral **10** designates a curved body member or frame which is adapted to be used for supporting a person such as the person P thereon. The body member **10** includes a pair of curved sections **11** and **12** which are hingedly connected together. The section **11** comprises a pair of spaced parallel bars **14**, and the section **12** comprises a pair of spaced parallel bars **15**. Suitable spaced braces **16** extend between each pair of bars and are secured thereto.

The hinge means for connecting the sections **11** and **12** together shown in detail in Figure 5, and this hinge means comprises plates **18** which are secured to the bars **14** and **15** by suitable securing elements such as screws **19**. By means of the hinge construction **17**, the device may be folded to the position shown in Figure 3 so that it will occupy a minimum amount of space when it is not being used.

A means is provided for elevating or raising one end of the device, and this means comprises a pair of spaced parallel legs **21** which are pivotally mounted on a pin or shaft **20** that extends between the pair of bars **15**. The legs **21** can also be folded up when the device is not being used to the position shown in Figure 3. A hook member **22** is connected to one of the bars **15**, and the hook member **22** is adapted to engage in an eye **23** so as to maintain the parts in their folded position.

Extending across the top of the device is a curved top piece **24** which may be made of wood or other suitable material, and supported on the top piece **24** is a pad **25** of suitable yieldable material such as fiber or foam rubber or the like so that the person using the device can lie thereon in comfort. A flexible strap **26** is secured to the section **12** by suitable securing elements such as nails or screws **27**, and the strap **26** is adapted to be engaged by the user's feet as shown in Figure 1. A crosspiece **28** may extend between the pair of legs **21** and is secured thereto, and braces **30** and **31** can be secured to the ends of the sections **11** and **12**.

From the foregoing it is apparent that a device has been provided which will help the user to relax, rest, and wherein the health of the user will be improved. In use the person's feet may be engaged in the strap **26** and the person can either lie on the curved device as shown in Figure 1 or he or she can do exercises thereon. When the device is being used, the legs **21** elevate the portion of the device on which the feet rest, and when the device is not being used it can be folded to occupy a minimum amount of space as shown in Figure 3.

The top piece **24** can be made of suitable material such as plywood and the ribs **16** provide support for the top piece **24**. If desired the device can be made in one piece instead of having the pair of hinged sections. However, the hinges **17** permit the device to be folded when not being used. The curvature of the device can be varied as desired and the legs **21** enable the body to lie in the healthful position of the feet being higher than the rest of the curve producing a pressure at the upper or dorsal spinal vertebrae to thus raise the rib cage. The stomach muscles are placed under gentle tension and the hips are given a beneficial thrust forward to make for better postural alignment of the entire skeletal structure. The curved device of the present invention with a slant and with the feet raised induces pressure on the primary curve at the dorsal spine to tend to spread the vertebrae beneficially at this point and to "fan" or spread the attached ribs on the vertebrae to elevate the rib cage and lungs contained therein and all of these things are of health promotional value to the body. The secondary curve at the lumbar or lower back region is in conformity with the curve of the device of the present invention to put tension of a beneficial nature on all of the abdominal muscles to enable the abdominal viscera to be pressed into normal position in addition to the pull of gravity to aid in doing this. The second primary curve of the skeletal structure at the sacrum is thrust forward from the normally poised body line making for mild passive exercise of the ligaments, tendons and musculature of these parts.

The present invention permits a better supply of blood to flow to parts of the body by utilizing the pull of gravity whereas in the normal upright position the blood supply of a human being is against the pull of gravity. Further, this device places beneficial pressure on the dorsal vertebrae to tend to separate the vertebrae and free the nerve channels which emit from between these vertebrae and allow for a more normal or helpful nerve supply to their connecting organs. Also, the device will induce the "fanning" or spreading of the rib cage resulting from their attachment to the above mentioned spread vertebrae and this makes for a more vital function of the enclosed organs including the heart, lungs, liver, gall bladder and the like. The result of arching the body backwards can be gleaned from the position one assumes when stretching and yawning indicating that nature endorses this position for healthful purposes. This backward arch places a tension on the structural parts on the front of the greater curve of the arch for example the abdomen, groin and forward portion of the thighs to force the stomach and abdomen to take a position from the navel closer to the backbone. This force can be highly beneficial in cases of constipation and other intestinal ills.

The aforementioned benefits may be derived passively by the nature of the curved device itself and do not

depend on movement or exercise thereon. Thus, the present invention is advantageous over a straight slanting board and the curvature of the present invention is of the utmost importance since it tenses the abdominal muscles, elevates the chest, and thrusts the hips forward.

It is to be understood that the present invention is directed to a curved apparatus wherein the legs of the person are elevated and wherein the back of the patient is arched and the head is lowered.

I claim:

In an exercising, resting and relaxing device, a curved body member comprising a first section and a second section, each of said sections including a pair of spaced parallel curved bars, plates secured to the adjacent ends of said bars for hingedly connecting said first and second sections together, a plurality of spaced parallel ribs extending between said bars and secured thereto, a curved top piece mounted on each of said sections, a yieldable pad supported on said top pieces and extending longitudinally along the top of said device, a horizontally disposed shaft extending between the bars of said second section, a pair of legs pivotally connected to said shaft for maintaining an end of said body member in raised position, a flexible strap secured to the outer end of said second section for engagement with a person's feet, a hook member connected to one of the bars of said second section, an eye member on said first section for engagement with said hook member, a crosspiece extending between said pair of legs and secured thereto, and braces secured to the ends of said sections.

References Cited in the file of this patent

UNITED STATES PATENTS

695,538	De Clairmont	Mar. 18, 1902
1,836,981	Matheson	Dec. 15, 1931
1,904,039	Bruder	Apr. 18, 1933
2,240,228	Schall	Apr. 29, 1941
2,264,046	McClellan	Nov. 25, 1941
2,522,186	McHenry	Sept. 12, 1950
2,533,273	MacGregor	Dec. 12, 1950
2,658,754	Courtney	Nov. 10, 1953