Feb. 29, 1944. J. H. PATON 2,343,204

DEVICE FOR PHYSICALLY IMPROVING THE HUMAN BODY

Filed Jan. 7, 1943

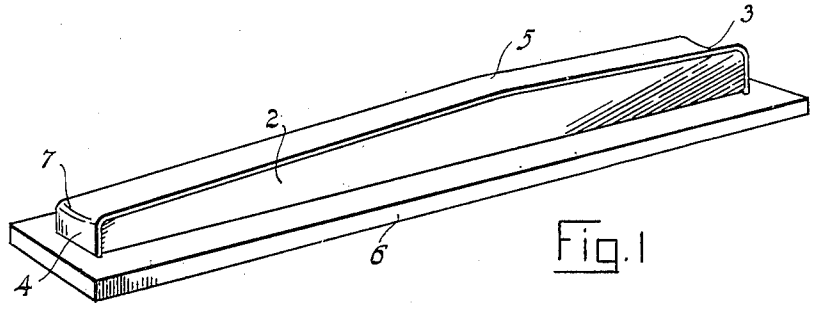


Fig. 1

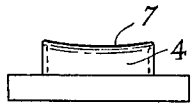


Fig. 2

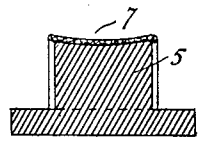


Fig. 3

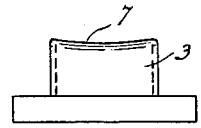


Fig. 4

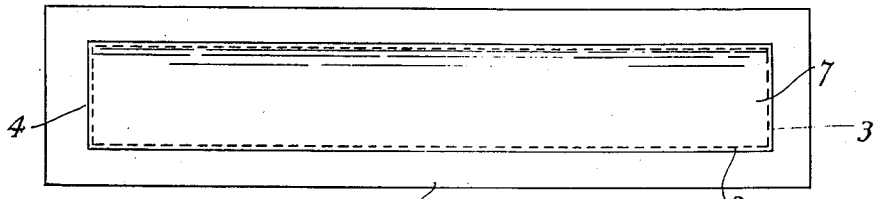


Fig. 5

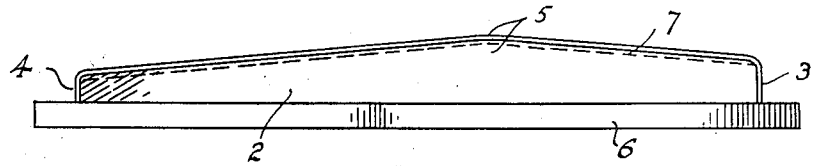


Fig. 6

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Patented Feb. 29, 1944

2,343,204

UNITED STATES PATENT OFFICE

2,343,204

DEVICE FOR PHYSICALLY IMPROVING THE HUMAN BODY

John Harrower Paton, Rosedale Station, Alberta, Canada

Application January 7, 1943, Serial No. 471,631
In Canada August 10, 1942

2 Claims. (Cl. 272—58)

My invention relates to devices that are manually used to promote the physical well being and to improve the muscular and structural anatomy of the human body; and the objects of my invention are to provide an article of solid construction in order to effectively support the vertebral column when the weight of the upper part of the body is placed thereon in a prone position; to obtain from its use beneficial results to those suffering from cervical or neck vertebrae malformations or displacements as well as affections to the lumbar or loin vertebrae, the breast and chest muscular regions, and the various back and shoulder muscles and arm tendons; also by exercising with its use subnormal or weakened muscles to rejuvenate and invigorate the system in a very simple and inexpensive manner, or even to improve the physique of one in perfectly normal state, when one may rest on the said device backbone raised thereon with arms and the shoulders dependent.

The exercising of the shoulders, arms, and adjacent muscles is an important part in the use of this device as a means of regaining and probably recreating muscular strength towards the attainment of normalcy in physical condition of the upper trunk body members, the form of such exercise being left to the judgment and the ability of the individual concerned.

The health of a person using this device may be improved particularly regarding the respiratory and cardiac organs. The prone position is assumed with the face turned upwards and the backbone is fitted into the curved and contoured top 1 of the block 2, the particular shape of which sectional and longitudinal surfaces is an important part of my invention. This shape has been typically illustrated in the accompanying drawing in which Fig. 1 shows a perspective view of the device; Fig. 2 shows the left end view of Fig. 1; Fig. 3 is a cross section of the device at its highest contoured point; Fig. 4 shows the right end view of Fig. 1; Fig. 5 is a plan view; Fig. 6 is a side elevation of the device.

It is to be noted that similar numerals refer to similar parts throughout the several views.

The numeral 3 refers to the head end of the device when placed in position for prone exercising or adjustment of certain body members, and 4 refers to the opposite or tail end of the device. The near middle height at the point 5 is such as will accommodate the natural curvature of the spine or the curvature to be assumed. The head end 3 is approximately of the average height between the maximum height 5 and the low end 4. The block 2 is mounted on a slab 6 of any convenient size or depth to assure stability when under the weight of the body. The top surface of the block 2 is cross sectionally troughed as at 7, the incline and the decline longitudinal surfaces meeting at the highest point 5 in a rounded juncture for the sake of comfort. The body contacting surfaces are lined with thick felt or other suitable material which lining or padding is carried over and attached at each end of the block 2.

As regards the use to which this device may be put, it is laid flat on the floor, preferably with a protective covering thereon, and in the position perspectively shown in Fig. 1, and the exerciser lies prone with face uppermost and with back longitudinally centered along the top of the device from the base of the neck to approximately half way down the spinal column, in which position the arms are exercised, as well as the back and chest muscles.

I claim:

1. A physical culture device comprising a base plate or slab specifically of narrow transverse width in comparison with its length, a solid block mounted on said base plate and conforming in length and width proportionally with said plate but of less superficial area than said plate, and having its upper surface troughed longitudinally to accommodate a lengthwise portion of the human vertebral column and so contoured longitudinally as to have a high point intermediate its ends and thence sloping downwardly towards said ends to accommodate a natural or an unnatural spinal column curvature, and a strip lining surfacing said troughed surface for body protection.

2. A physical exercising device as described for use in invigorating and rectifying the malformed torso members and/or muscles of the human frame, comprising a longitudinally grooved or troughed solid block member mounted on a base plate or slab, said grooved member being for lengthwise reception along the said groove or trough of a portion of the human spinal column when laid in a prone position, the grooved surface being longitudinally graded from a minimum height at its one end to a maximum height at its near middle section, and continued down to an intermediate height in comparison with these two other heights above the said base plate at its other end, and a strip of padding lining the said groove and overlapping the same at all edges.

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