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(54) Titre : APPAREIL DE MASSAGE DE DOS FIXE A UN MONTANT DE PORTE

(54) Title: DOOR JAM BACK MASSAGER

(57) **Abrégé/Abstract:**

A massaging device which is straddled vertical over the casing of a door at an elevated location coincident with a hard-to-reach back area and held in place by the leaning weight of a user moving back and forth and up and down permitting a self-administered back massage About the product · **SECURE LOCK:** Push the product against the jam and push down the locks. · **COMFORTABLE GRIP:** The best suction grab bar handles are made of contoured rubber to promote comfort and prevent slipping · **ADJUSTABLE:** Suction cup design allows you to reposition the bar as necessary. · **STURDY:** Extremely sturdy Supports up to 300 lbs. For use on non-porous, flat surfaces. Including tile, glass, acrylic, and fiberglass. Apply on dry surface

Door Jam Back Massager

Massager is a professional quality massager engineered for repetitive use even in clinical settings. Our custom designed roller contact points are soft and flexible. A plastic handle and suction cups ensure quality and durability. Door Jam Back Massager pro will carries a one year warranty.

Self-administered back massage

ABSTRACT

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About the product

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Door Jam Back Massager

Abstract - Product description

The Door Jam Back Massager is a complete first of its kind being door jam mounted designed for self-massage. The professional quality massage system allows you to relieve lower and upper back pain by using as much or as little pressure as you'd like. Door Jam Back Massager sticks to any smooth surface and allows you to pinpoint sore and tight muscles, chronic tension and relieve neck and back pain through self-massage. The massager can be placed at any height to achieve a deep-tissue massage in the standing position, or seated with an exercise ball.

Door Jam Back Massager massager is designed for the neck and back, but great for any back part of the body. The unique design combines rollers that penetrates aching muscles. It is the perfect massager for the home, chiropractic offices, physical therapy clinics, gyms, sports facilities, ergonomics specialists, or the workplace. Infact.. it is great to take with you on a vacation. Door Jam Back

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a back area of a user contributes to maximizing the self-administered massaging service of said massaging device.

DESCRIPTION

The present invention relates generally to a massaging device and, more particularly, to the use of a massaging device for the self-administration of a massage to a difficult to reach back areas.

BACKGROUND OF THE INVENTION Field of Invention

Subluxations of the vertebrae in diverse regions are known to be associated with or occur concomitantly with headaches, neck pain, neck muscle spasms, upper, mid and lower back pain to mention but a few cause and effect circumstances, and understandably has given rise to scientific chiropractic care because of the effectiveness of spinal/structural adjustments of the human body in promoting health where other methods have failed. A masseuse-administered massage is a popular practice. So also is a self-administered massage which is the particular focus of the mode of use of the massaging device of the invention.

An ability to self-administer a massage is already well known in the patented literature. It, of necessity, requires providing a support for a massaging device and thus allowing the user to make massaging contact with the supported device. Examples of supported massaging devices for self-administered massages are U.S. Pat. No. 4,520,798 for "Self Acupressure Method" issued to Lewis on Jun. 4, 1985 and U.S. Pat. No. 5,174,282 for "Massage Apparatus" issued to Bieggi on Dec. 29, 1992, to mention but a few. In the '798 Lewis patent, the massaging device is supported on a wall by brackets interconnected between the wall and the massaging device wherein the brackets are embodied with joints providing degrees of movement to facilitate the positioning of a massaging surface relative to selected back areas of the user receiving the massage.

In the '282 Bieggi patent, the setup is greatly simplified by the suspension of the massaging device from the top edge of a door and the user undergoing body movements while pressing against the suspended massaging device.

While the simplification of the support provided by Bieggi to that of Lewis is noteworthy, it is not entirely satisfactory because the bodily movements of the user, particularly laterally of the massaging surface, urges the device in corresponding lateral movement and when this occurs there is diminished relative movement at the interface of the user's back and the massaging surface and relative movement is, of course, determinative of the effectiveness of the massage being administered.

SUMMARY OF THE INVENTION

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Door Jam Back Massager

Broadly, it is an object of the present invention to provide a supported massaging device contributing to an effective self-administered massage overcoming the foregoing and other shortcomings of the prior art.

More particularly, it is an object to operatively position a massaging device for use in an open doorway and maintain this position stationary during massaging use by using to advantage the leaning pressure applied by the user against the massaging surface, so that maximum relative movement at the critical surface interface of the user and the massage-applying surface occurs, to corresponding maximize the massaging benefit, all as will be better understood as the description proceeds.

BRIEF DESCRIPTION OF THE DRAWINGS

The description of the invention which follows, together with the accompanying drawings should not be construed as limiting the invention to the example shown and described, because those skilled in the art to which this invention appertains will be able to devise other forms thereof within the ambit of the appended claims.

FIG. 1 is a frontal elevation view of a massaging device fastend to the door jam as according to the present invention in use in a doorway in its operative position on a doorway doorstop and held in place by the suction cups, able to withstand upto 250 lbs of weight coupled with the leaning weight of a user;

FIGS. 2, Suction cup

Moving parts: Fig 3 Handle

Rollers: 4 & 5 & 6 & 7 are parts of the product (rollers wood or plastic)

DESCRIPTION OF THE PREFERRED EMBODIMENT

Back massaging devices are already well known as exemplified by the prior patents previously noted and are of various constructions. However, not known and underlying the present invention, is the recognition that an open doorway having a vertically oriented doorstop can advantageously be used as the site of the massage, and the massaging device held in place on the doorstop at a desired elevation coinciding with the region of the back of the user receiving the massage and, most significant, wherein the massaging device is held in place at said elevation with suction cups & by the force applied by the leaning in the direction of the force by the user against the massaging device. That is, the massaging device appropriately

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constructed as will be subsequently described to have a back-massaging function, is positioned by the user reaching back and placing the device in straddling relation, as at , again as will be subsequently explained, to the doorstop , and leaning against the massaging device . Next, person bracing himself with his hands against the opposite door jamb or frame , possibly even increasing the leaning force , the user with knee flexuring will move up and down in opposite directions to correspondingly move the back region being massaged up and down over the fixed / stationary held massaging device at the elevation, thus achieving a massaging function at the interface of the massaging device and the back region.

To change to a lower region for massaging, simply unlatch the suction cups of picture 2 and reattach it as deemed fit.

For completeness sake it is noted in conjunction with that typically the construction of a doorway embodied with a doorstop includes connected studs and assembled between sheet rock panels and and cooperating clam shell moldings and appropriately attached to the door jam. Mounted vertically and centrally at the inner surface of the doorframe is the doorstop which typically is provided in the standard size of 4 inches wide.

As best shown in detail in Figure 1 a preferred embodiment of the massaging device is rectangular in shape, being upto 24 inches x upto 5 inches, providing a massaging function with semi-circular projections, 4 or 5 in number on each side, individually and collectively designated, the centers of which are spaced upto 1 inch apart, and extending forwardly of the device front surface. On the device rear surface are the suction cups that can hold pressure of about 250 lbs.

The preferred construction material of the body of the massaging device is plastic and or wood and includes a construction material of a soft rubber for suction, which optionally can be used to hold the device against the door frame when the user's torso, as previously described, moves up and down in the opposite directions. Said device can also be attached to a wall that has a wood stud / beam directly behind it to allow a suction force that would adhere to the pressure.

While the apparatus for practicing the within inventive method, as well as said method herein shown and disclosed in detail is fully capable of attaining the objects and providing the advantages hereinbefore stated, it is to be understood that it is merely illustrative of the presently preferred embodiment of the invention and that no limitations are intended to the detail of construction.

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Door Jam Back Massager

CLAIMS(1)

1. A self-administered back massage method practiced in a transverse plane of a doorway or against a wall and applied to an individual by leaning contact against a semi-spherical configured massaging device, an improvement consisting of a method of facilitating and establishing said leaning contact between said massaging device and a selected back area of said individual is oriented transversely to the plane of the doorway / wall thereby increasing the massaging pressure applied at the interface of the device and the selected area of the individual, said method comprising the steps of:

- a) providing a positioning site for a back massage device, said site including a door frame having two opposite side walls bounding there between a vertical plane of a doorway opening and including a door stop,
- b) providing a massaging device comprising a base having a front and rear surface, a plurality of semi-spherical projections extending from a front surface of said base, a vertical notch in said base rear surface consisting of a cooperating pair of side walls bounding a positioning recess there between,
- c) positioning said massaging device in a transverse relation to a vertically oriented rectangular strip disposed flat against said one side door jamb of said door frame and having projected in said positioning recess a vertical strip normally serving as a stop for a pivotal traverse of a door mounted in said doorway opening plane limiting said massaging device to linear tracking movement along said door stop vertical strip and prohibited by abutment of said recess side walls against said door stop vertical strip from partaking of movement in transverse relation to said linear tracking,
- d) positioning an individual in said plane of said doorway,
- e) establishing leaning engagement of an individual against said positioned massaging device as outlined in step (c),
- f) instructing an individual to supplement said established leaning engagement by pushing against the opposite side wall of said doorway to cause linear movement of the individual in the direction of said massaging device, whereby said linear movement contributes to adjusting the position of said massaging device to a back area of a user and said absence of said transverse movement as might result from transverse bodily movements while maintaining said engagement without slippage at an interface of said semi-spherical configurations of said massaging device with

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IMAGES(7)

FIG. 1

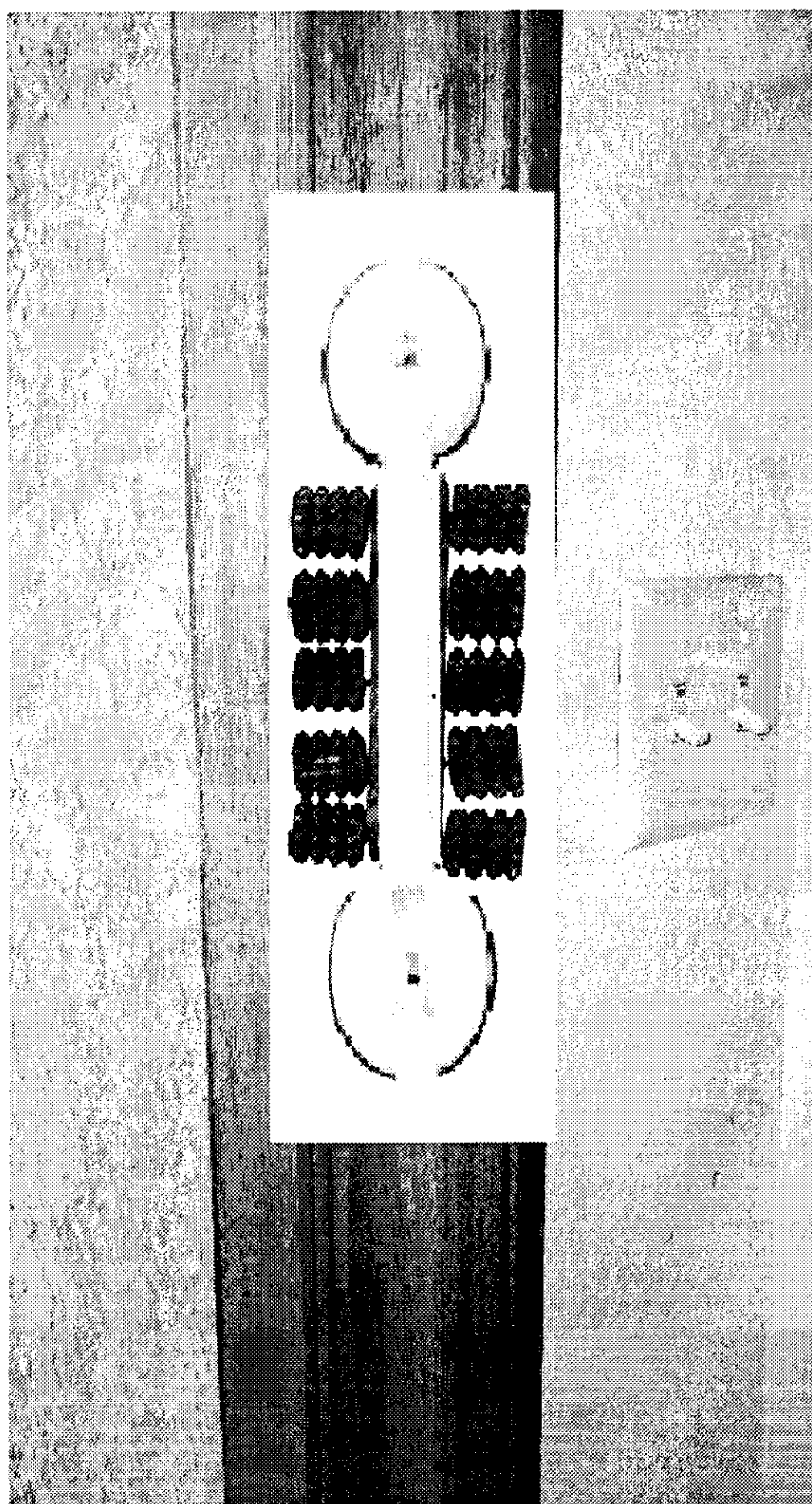
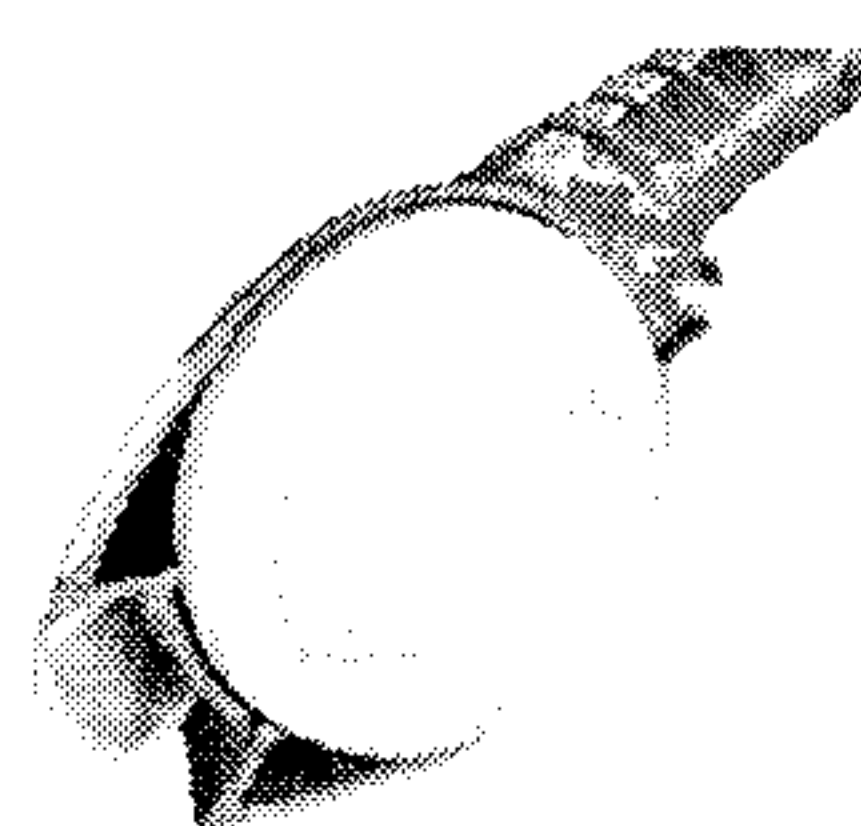


Fig 2

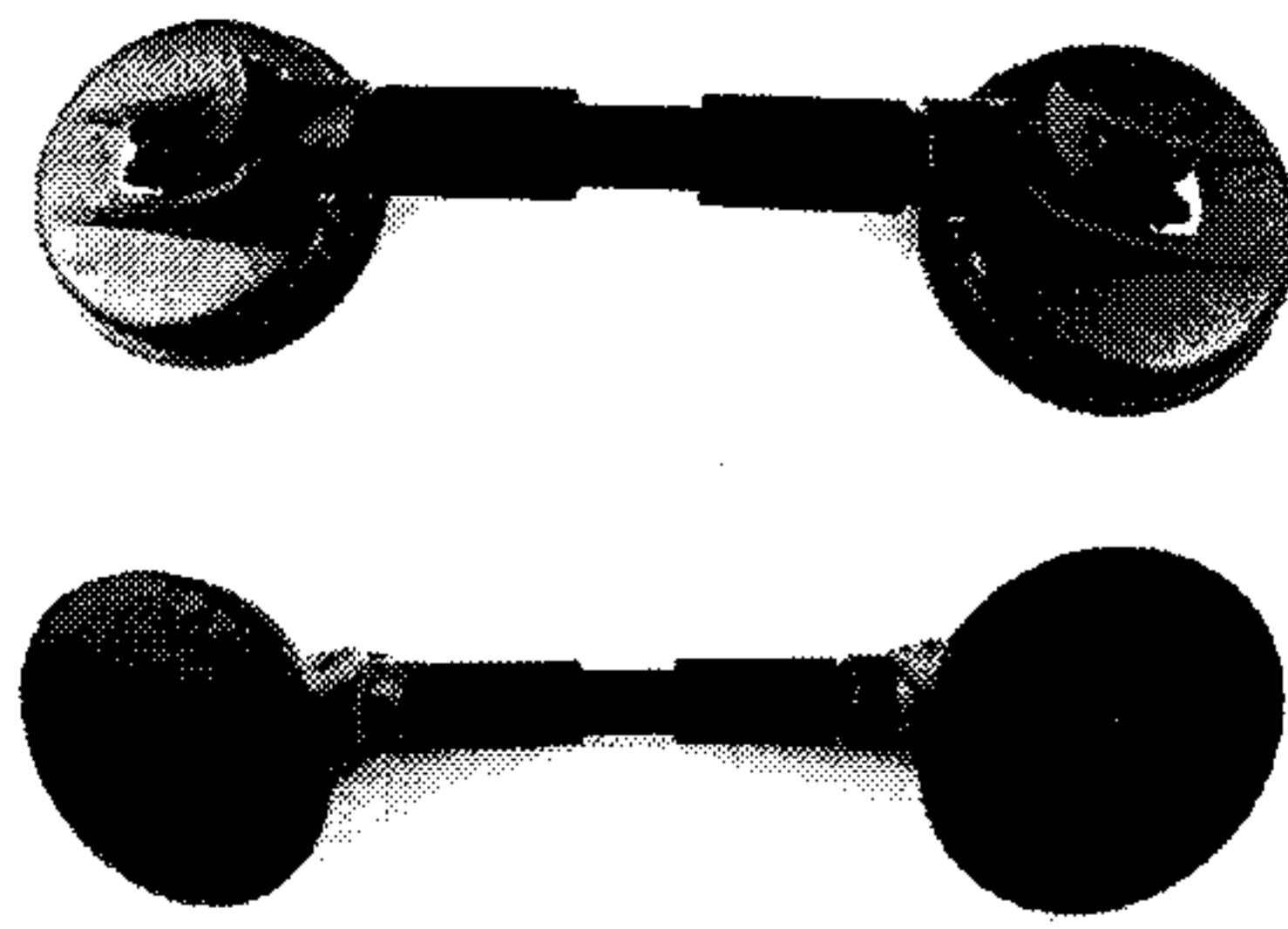


suction cup

Parts Expandable bar Fig 3

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Rollers - made of wood, foam or plastic

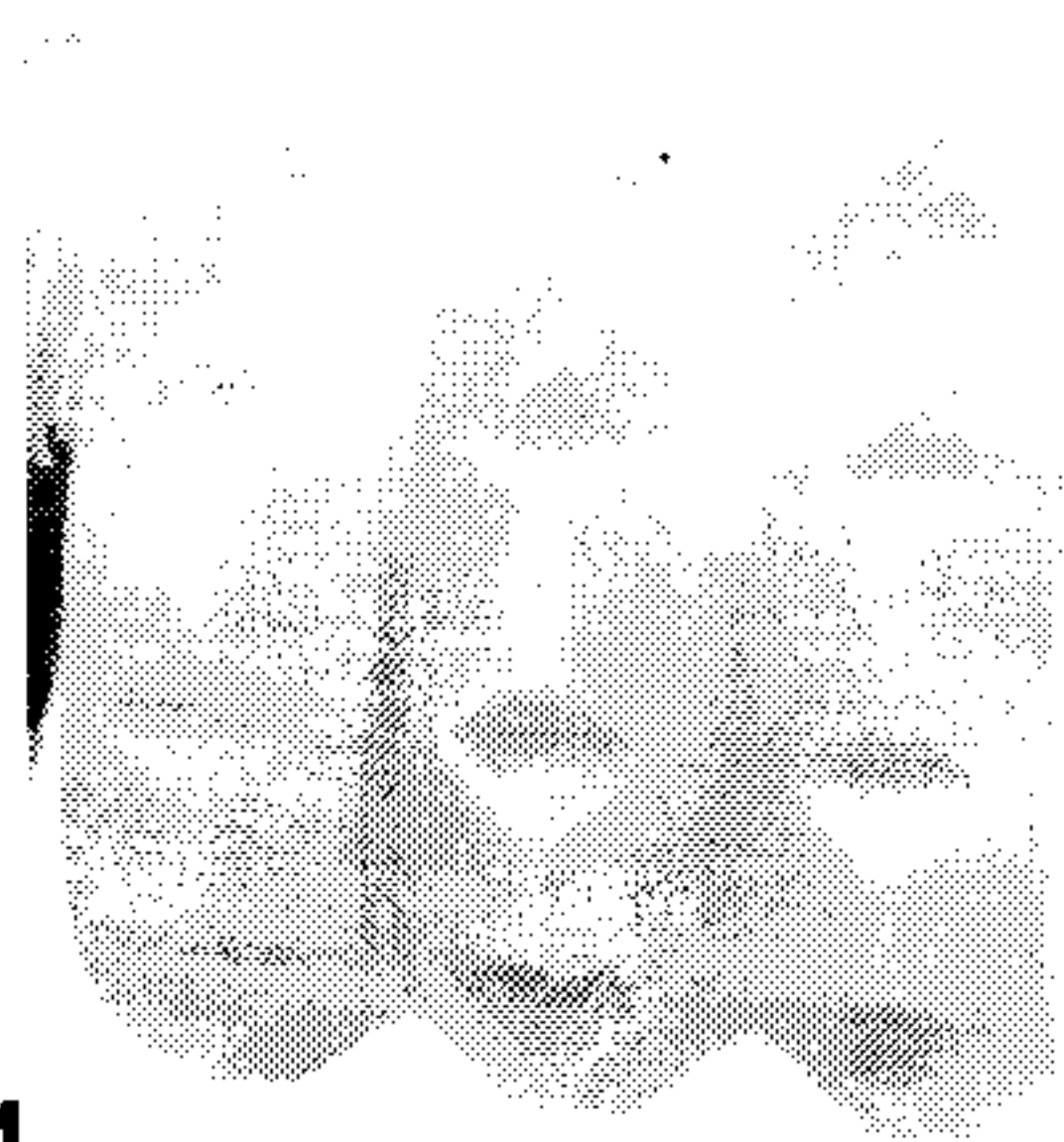


FIG 4



FIG 5

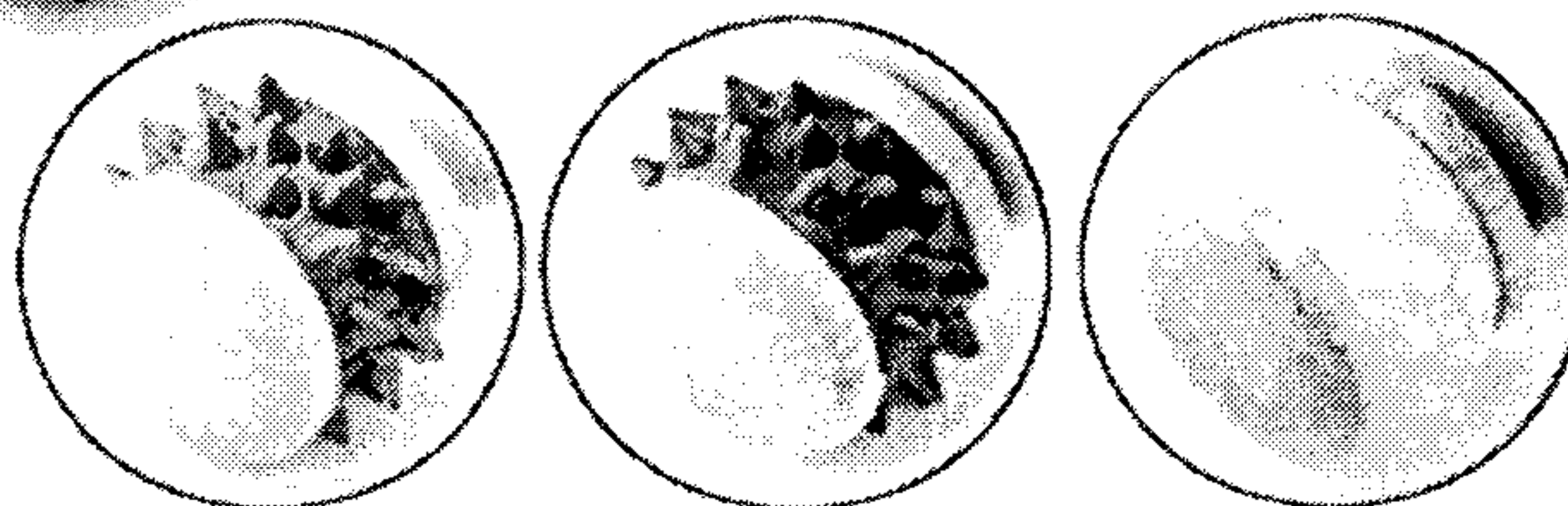


FIG 6



FIG 7

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