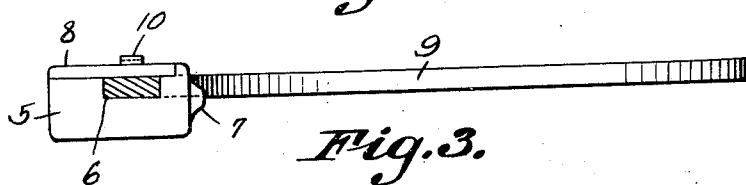
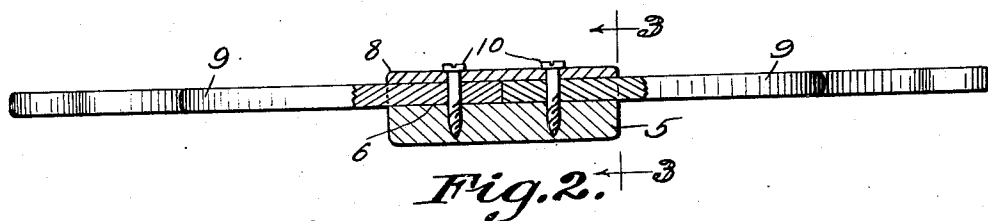
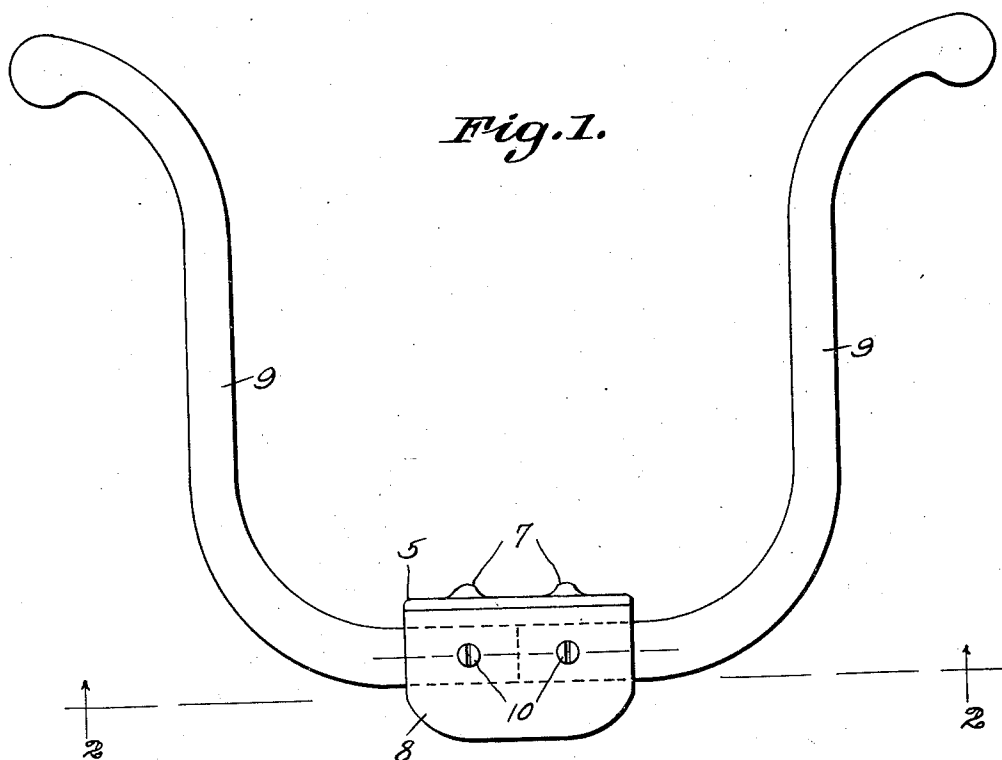


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B. HABERER
APPLIANCE FOR THE SPINE
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UNITED STATES PATENT OFFICE

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APPLIANCE FOR THE SPINE

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1 Claim. (Cl. 128—69)

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This invention relates to exercising devices, and particularly to devices of this character designed to provide needed exercise of the spinal column.

An important object of the invention is to provide a device which will supply valuable assistance to a person finding need of arching the spinal column backward, thereby maintaining flexibility of the backbone.

Another important object of the invention is to provide a device of this character which will retain in proper functioning condition the intervertebral discs, and the muscles and ligaments related to the spinal column, due to vibrations directed thereto by the device.

Still another important object of the invention is to provide such a device which can be self-applied and yet fulfill all the needs of an appliance for backward arching of the spinal column.

With the foregoing and other objects in view which will appear as the description proceeds, the invention consists of certain novel details of construction and combinations of parts hereinafter more fully described and pointed out in the claim, it being understood that changes may be made in the construction and arrangement of parts without departing from the spirit of the invention as claimed.

Referring to the drawing

Figure 1 is a top plan view of the device.

Figure 2 is a sectional view therethrough, taken on line 2—2, looking in the direction of the arrows.

Figure 3 is a sectional view therethrough, taken on line 3—3 looking in the direction of the arrows.

Referring to the drawing in detail, the invention embodies a substantially U-shaped body portion 5, having curved portions to fit the back of the person using the device, and having outwardly extending rounded enlargements 7 fixedly attached to its face in spaced relation to each other.

The upper surface of the body portion 5 is formed so as to accommodate a flat top piece 8, which longitudinally is of the same dimensions as the body portion, and has similarly curved corners at the back, but which in width is slightly less than the body portion, said top piece being adapted for positioning against the upper length of the face of the body portion. The upper surface of the body portion 5 is further formed with a rectangular groove 6 extending longitudinally of its ends.

The invention further embodies spaced handles 9, curving forwardly and outwardly from either side of the body portion 5, and flared outwardly at their ends providing grips for the hand.

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The bases of said handles 9 are adapted for positioning within the groove 6, said bases also being adapted for positioning against each other intermediate the ends of the groove.

Referring to the construction of the invention, the handles 9 are positioned as hereinbefore described, within the groove 6, the top piece 8 then being positioned over the groove. The top piece 8 and handles 9 are then immovably secured to the body portion 5 by screws 10 or like securing means.

In use, the body portion 5 is positioned against the user's back, the handles 9 facing forwardly and being gripped at their ends in the user's hands. By simple manipulation of the handles, the user is able to position the enlargements 7 on either side of his spinal column. The user then exerts forward pressure on the handles 9, such action having the effect of arching the spine rearwardly thereby providing the required back exercise. In addition, the user may, if he desires, apply vibration in manipulation of the device, thereby providing added exercise for the back.

What is claimed is:

A device for exercising the human body, comprising a body portion of substantially U-shaped form, rounded enlargements fixedly attached to the face of the body portion, the enlargements disposed in spaced relation to each other and adapted to be positioned against the spinal column, spaced handles forwardly and outwardly curved from the body portion, having outwardly flared ends providing a grip, the body portion having a rectangular groove in its upper surface, extending longitudinally of its ends, the bases of the handles adapted for positioning within the groove, a top piece adapted to be positioned over said groove, and means for immovably securing said body portion, handles, and top piece in fixed association.

BERT HABERER.

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