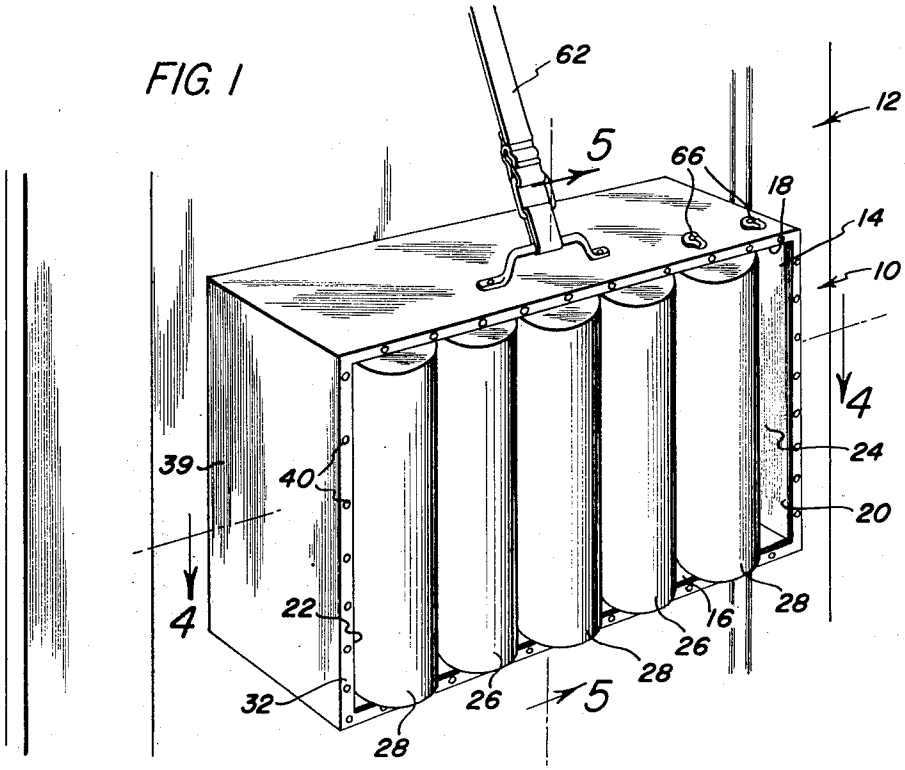
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MASSAGE AND EXERCISING APPARATUS

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FIG. 1



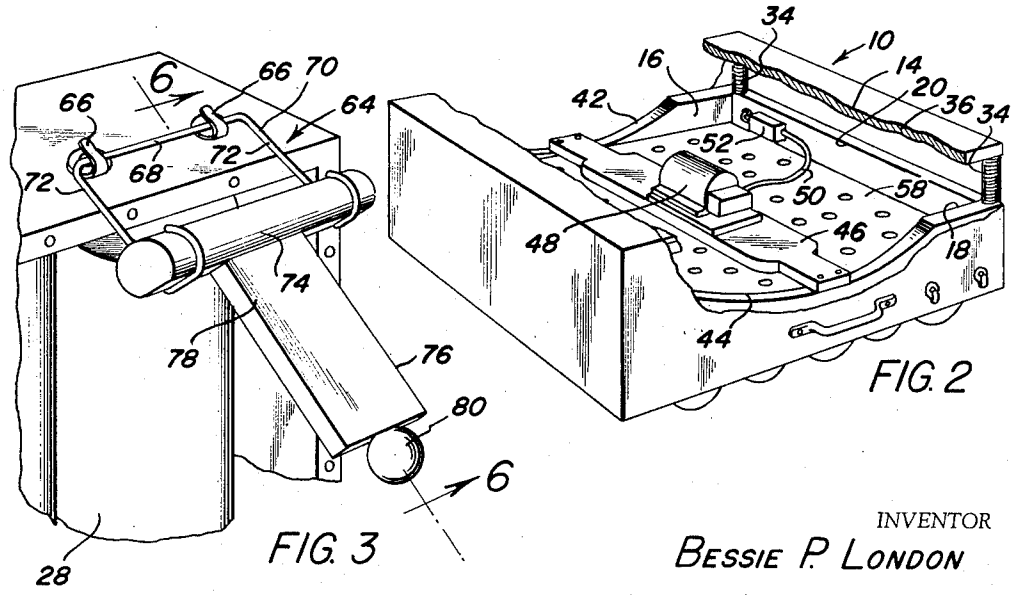


FIG. 2

FIG. 3

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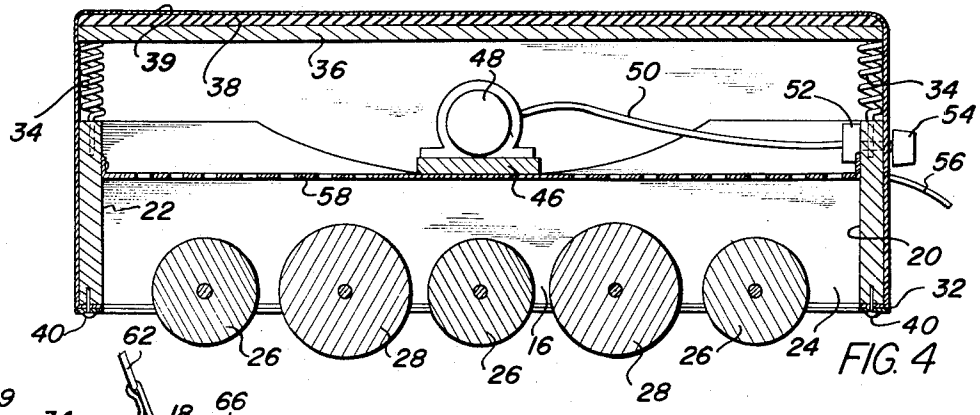


FIG. 4

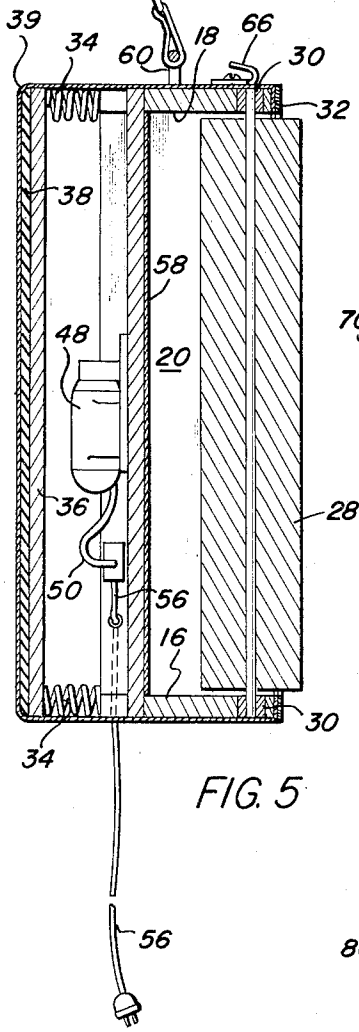


FIG. 5

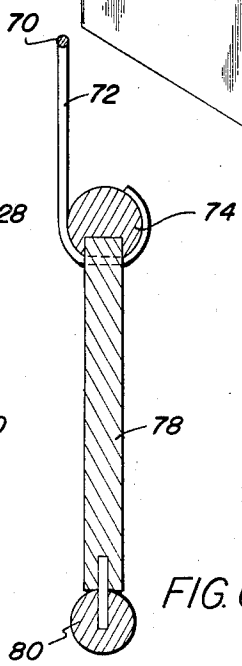


FIG. 6

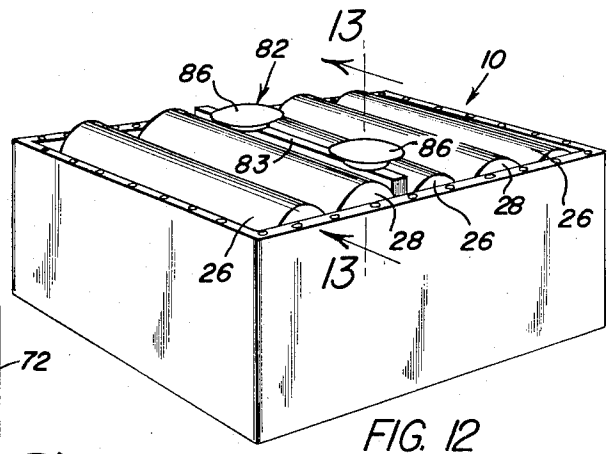


FIG. 12

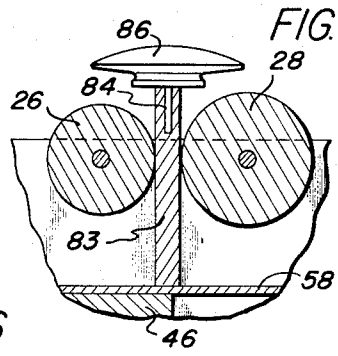


FIG. 13

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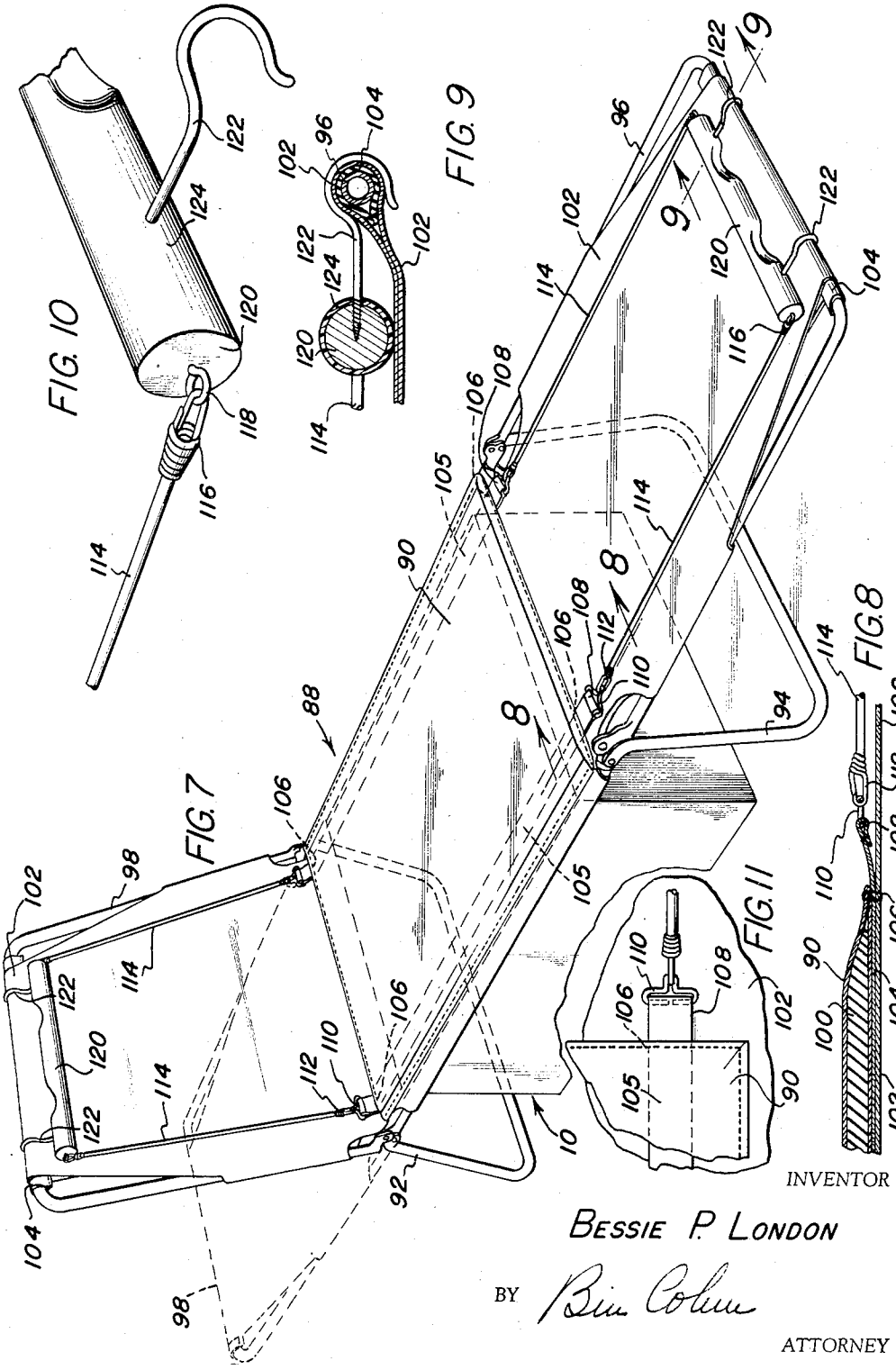
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MASSAGE AND EXERCISING APPARATUS

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United States Patent Office 3,120,953 Patented Feb. 11, 1964

3,120,953

MASSAGE AND EXERCISING APPARATUS

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Filed July 22, 1958, Ser. No. 750,173
6 Claims. (Cl. 272—58)

The present invention relates to new and useful massaging and exercising apparatus and comprises improvements over applicant's Letters Patent 2,328,156, issued August 13, 1953, and 2,819,714, issued January 14, 1958.

In the patents referred to above there is disclosed massaging apparatus for massaging portions of the human anatomy for reducing and eliminating corpulency and fatty tissues in addition to promoting healthy muscular development and blood circulation.

In addition to the advantages afforded in the patents mentioned above, the present invention includes means for imposing vibration in the apparatus through the medium of power operated means as well as means especially adapted for massaging particular portions of the user's anatomy.

Thus the primary object of the present invention is to provide an improved massaging apparatus which is power operated, of relatively simple construction, easily used and highly practical and satisfactory for the purpose intended.

A further object of the invention is to provide an exercising cot facilitating the conditioning of certain portions of the anatomy independently and in combination with power operated massaging apparatus.

More specifically, an additional object of the invention is to provide a foldable cot including adjustable wings positionable in a horizontal or substantially vertical position, the cot being of a height to optionally have positioned therebeneath a power operated vibrator for relaxing a person reposed thereon; the cot includes means facilitating active stretching exercises performed by pulling with one's arms or legs against portions anchored on the cot or by applying pressure with one's arms or legs against resilient means resisting the application of pressure whereby such stretching and application of pressure conditions the various muscles of a user, especially those of the abdomen.

Other objects and advantages of the present invention will appear from the following detailed description taken in conjunction with the accompanying drawings showing a preferred embodiment of the invention.

FIGURE 1 is a perspective view of the power operated massaging apparatus mounted for use of a fragmentary portion of a door;

FIGURE 2 is a perspective view of the apparatus with portions broken away to disclose structural details;

FIGURE 3 is an enlarged fragmentary perspective view showing an attachment for the apparatus which is used for massaging the tissue of a user's under-chin, face, neck, scalp, etc. areas;

FIGURE 4 is an enlarged section taken substantially on line 4—4 of FIGURE 1;

FIGURE 5 is an enlarged section taken substantially on line 5—5 of FIGURE 1;

FIGURE 6 is an enlarged section taken substantially on line 6—6 of FIGURE 3;

FIGURE 7 is a perspective view showing the massaging apparatus in a position of use with an exercising cot;

FIGURE 8 is an enlarged fragmentary section taken on line 8—8 of FIGURE 7;

FIGURE 9 is an enlarged fragmentary section on line 9—9 of FIGURE 7;

FIGURE 10 is an enlarged fragmentary perspective view of a portion of FIGURE 7;

FIGURE 11 is an enlarged fragmentary plan view of a portion of FIGURE 7;

FIGURE 12 is a perspective view of the massaging apparatus showing the side opposite that shown in FIGURE 2, and the manner in which a foot massaging attachment is utilized therewith; and

FIGURE 13 is an enlarged fragmentary section taken on line 13—13 of FIGURE 12.

Referring to FIGURES 1, 2, 4 and 5, a preferred embodiment of the power operated massaging apparatus is indicated generally at 10 and is shown in FIGURE 1 in one operative position in which the apparatus is hung from a conventional door indicated generally at 12. The apparatus comprises a frame 14 of any suitable material, wood, plastic, etc. comprising right angularly related opposed sides 16, 18, 20 and 22. The frame opens at one side 24 and alternately varying diametered, parallel rollers 26 and 28 are journaled in bearings 30 between opposed sides 16 and 18. The rollers extend beyond the edge 32 of the frame as clearly seen in FIGURES 4 and 5 and provide an uneven surface for engagement by a user as described in detail in applicant's previously mentioned patents.

Secured to and extending from the corners of the frame 14 opposite the edge 32 are compression springs 34 having the corners of a panel 36 secured thereto. The outer surface of the panel is padded by a sheet of resilient material 38 and a flexible cover material 39 extends over the panel, the outer surface of the sides of the frame and is secured to the edge 32 by means of suitable fasteners 40.

The edges of the sides 18 and 16 of the frame beneath the panel 36 include arcuate cut-out portions 42 and 44, respectively, to which are secured opposite ends of a support element 46. Mounted on the support element 46 is a conventional power operated vibrator 48 connected by leads 50 to a variable current control rheostat 52 conveniently mounted on the inner surface of side 20 of the frame. The rheostat is controlled by a knob 54 accessible on the outside of the side 20 and the rheostat will be connected by leads 56 to a suitable source of electrical current. The vibrator will impart vibrations to the frame and rollers, and the frequency of vibration can be controlled by adjusting the rheostat via the control knob.

Extending transversely beneath the rollers is a flexible sheet of apertured material 58 which is secured to the inner surfaces of the sides of the frame, and which serves to improve the appearance of the apparatus as well as to deaden the sound of the vibrator.

A handle 60 extends from a central portion of side 18 of the frame and serves as a means for hanging the apparatus from an adjustable strap 62, as well as a handle to facilitate transporting the apparatus. The apparatus will be hung from the door 12 with the rollers disposed vertically as shown in FIGURE 1, the rollers being adjusted to the height of a user's buttocks. Vigorous movement of one's hips and buttocks across the rollers will aid in the reduction of fatty tissue and improve blood circulation. The vibrator can be optionally used while exercising, and the compression springs 34 will afford a cushioned shock to the user since the panel 36 will be disposed adjacent the door.

The apparatus may also be disposed in a horizontal position with the rollers up, and a user may seat himself thereon and vigorously move his buttocks across the rollers with or without the vibrator in operation. By inverting the apparatus, the rollers 28 may support an individual seated on the panel 36 and the vibrator may be operated to impart a penetrating vibration to relieve tired muscles and improve blood circulation to the buttocks area. The latter mentioned use of the apparatus may be termed as the "passive" use of the same, wherein actual exercising combined with vibration may be termed as "active" or "dynamic" use thereof.

When the apparatus is hung from the door an attachment indicated generally at 64 in FIGURE 3 may be utilized to massage and impart vibrations to one's underchin, neck, face or scalp areas. A pair of spaced, aligned hooks 66 are secured on the outer surface of side 18 of the frame and removably receive the bight portion 68 of a U-shaped element 70 which includes legs 72 terminally secured to a transverse portion 74 of a T-shaped massaging element 76. The element 76 includes at the end of a leg 78 a sphere element 80 to engage those areas to be massaged. The attachment 64 may be readily removed from the hooks 66 when not being used.

Another attachment utilized with the massaging apparatus is indicated generally at 82, see FIGURES 12 and 13, and is utilized for the purpose of supplying vibrations to the undersurface of a user's feet. The foot relaxing attachment 82 comprises a support strip 83 extendable between an adjacent pair of rollers 26 and 28 and resting at its bottom edge partially on a portion of the support element 46. The support strip has secured by means of pins 84 a pair of spaced convex surfaced foot engageable elements 86 upon whcih one's feet will be disposed. Vibrations are transmitted to the user's feet to promote blood circulation and relax tired muscles.

Considering FIGURES 7–11 an exercising cot 88 is shown in combination with the power operated exercising apparatus described in detail. The exercising cot may be used independently of the apparatus 10 and will be of a height whereby a person on the cot will be partially supported by the apparatus 10.

The cot 88 comprises a central support portion 90 supported on foldable legs 92 and 94. The massaging apparatus may be disposed between the legs. Pivotally connected to opposite ends of the central portion 90 are adjustable end wings 96 and 98 which may be disposed in coplanar relation as shown or one or the other of the wings may be disposed in a substantially vertical position.

The central portion 90 is suitably padded as shown at 100 in FIGURE 8 and a cover material 102 overlies the central portion and ends of the cot. The ends of the wings may include a resilient padding material 104 thereabout over which the cover material 102 is secured. A pair of elongated straps 105 are secured at opposite sides of the central portion 90 within the padding 100 and are transversely stitched at 106 to the padding. The straps terminate in loops 108 detachably retaining a connector eye element 110. The elements 110 are connected by a cooperating detachable connection 112 secured to one end of a flexible cord 114. Opposite ends of the cords 114 extending from each end of the central portion 90 are connected by detachable connections 116 to an eye element 118 extending from opposite ends of rods 120.

The rods have extending from the intermediate portions aligned hook elements 122 which are detachably engaged over opposite ends of the wings as shown in FIGURE 7. The rods 120 may include a resilient covering 124 if desired.

A person using the cot may lie on his stomach, his back or be seated and without moving receive the soothing and beneficial effect of the massaging apparatus 10. With or without the vibrator operating, the user may lie on the cot with his feet elevated and supported by wing 98. He may then grip the rod 120 on the wing 96 and by pulling on the rod as if to pull it toward himself, stretch his arms and relax them. Additionally, while in this position, the user may detach this same rod and alternately place the cords under tension. Both wings may be disposed horizontally, and one's feet may be placed against one rod and the other may be pulled upon, or both rods may be detached and the cords may be tensioned. The cords may be detached at the connectors 110 and stored if desired. When tension is applied to the cords the straps 105 which will be of a substantially nonstretchable material will transmit tension therethrough to obviate damage to the stitching 106. The cushioned ends of the wings

permit the disposal of one's heels thereover when stretching by gripping on opposite end rod and pulling down thereon.

The active physical exercising plus the power vibration massage afforded by the cushioned bumping, spanking action when the apparatus is hung over a door, increases blood circulation as well as gently but firmly obtaining for the user a reduction in weight. Normally dormant muscles which have become flabby are brought into use and are made more firm to help reduce body measurements.

The cot may be used exclusively for relaxing by lying thereon and operating the vibrator. By participating in the stretching or pulling exercises, with or without vibrations, the users seldom used abdominal muscles (where fat tends to concentrate) will be brought into action to aid the firming of the same with a resulting reduction in girth and improvement in the user's physique.

From the above description it is readily apparent that the present apparatus is well designed to accomplish the objects and advantages set forth. It is obvious that various changes and modifications may be made in the details of construction and design of the above specifically designed embodiment of the invention without departing from the spirit thereof, such changes being restricted only by the scope of the following claims.

Having thus described the invention, what is claimed is:

1. An exercising cot comprising a central support portion, wing portions extending from each end of said central support portion and defining with said central support portion a cot upon which a person may recline, said wing portions having rigid rods at the outer ends thereof, exercising rods detachably secured to said wing rods, and elastic cords extending from said central portion to said exercising rods.

2. An exercising cot as set forth in claim 1 in which said central portion of the cot is padded, elongated substantially non-elastic strap secured along edge portions of the cot, said straps extending at opposite ends beyond the ends of said central portion, and detachable connectors extending between the ends of each strap and the end of a flexible cord.

3. An exercising cot as set forth in claim 1 in which said straps are fixedly secured to the central portion of the cot by stitching, whereby tension applied to said elastic cords is transmitted directly to said straps to obviate injury to the stitching.

4. An exercising cot as set forth in claim 1 in which one end of said elastic cords is detachably connected to opposite sides of the central portion of the cot adjacent the ends thereof, the other ends of said elastic cords being detachably connected to end portions of said exercising rods.

5. An exercising cot as set forth in claim 4 in which said rods include a pair of aligned hooks extending from intermediate portions thereof for removable receipt over the ends of the adjustable wings.

6. An exercising cot as set forth in claim 1 in which said wings and central portion of the cot include a one-piece cover secured thereto, a resilient padding overlying said central portion, longitudinally extending straps secured at opposite sides of and extending beyond ends of said central portions of the cot, and means detachably connecting the straps at their terminal ends to an elastic cord.

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