June 9, 1942. J. W. COLE 2,285,494

SPINE STRETCHER

Filed April 22, 1941

Fig. 1.

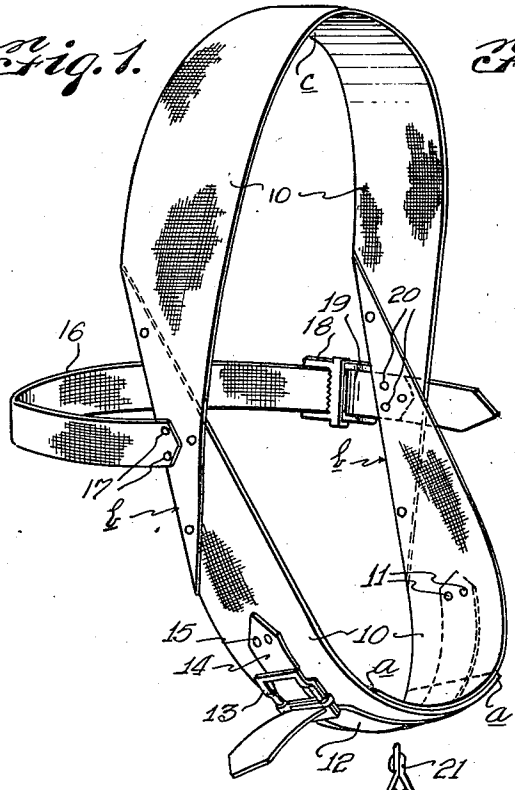


Fig. 2.

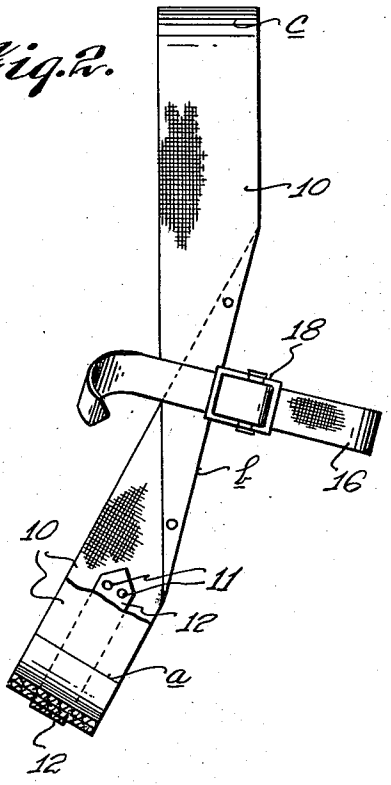
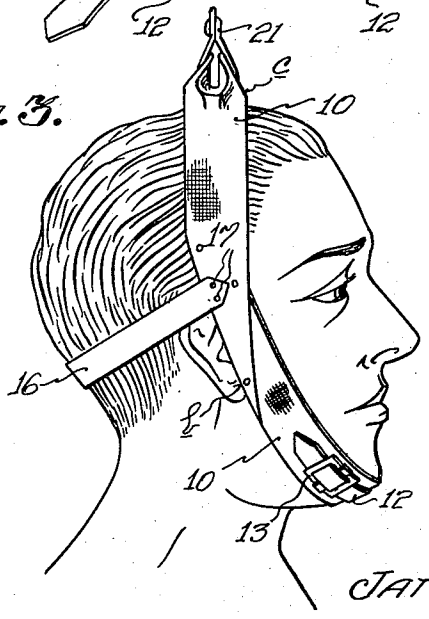


Fig. 3.



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SPINE STRETCHER

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1 Claim. (Cl. 128—75)

This invention relates to medical and surgical appliances and it has particular reference to an appliance for stretching the spine.

The principal object of the invention is to provide an appliance whose construction is such that it may be conveniently and comfortably adjusted to the head, with a portion thereof underlying the chin and another portion underlying the occipital whereby an upward pull upon the appliance will be equally distributed and will separate the vertebrae of the spine to relieve pressure of the vertebrae on the interposing nerves.

Another object of the invention is to provide a device of the character specified of economical manufacture, especially designed for individual use in the home for stretching the spine to relieve nervous tension resulting from sedentary pursuits or from other causes.

Another object of the invention is to provide for its adjustment to conform to heads of various shapes and sizes.

With the foregoing objects as paramount, the invention has particular reference to its salient features of construction and arrangement of parts which will become manifest as the description proceeds, taken in connection with the accompanying drawing, wherein:

Figure 1 is a perspective view of an appliance constructed according to the present invention.

Figure 2 is an elevational view of the side opposite that shown in Figure 1, and

Figure 3 shows the invention applied.

Continuing with a more detailed description of the drawing, the reference numeral 10 denotes a strap comprised preferably of woven textile fabric and at points spaced from its ends *a*, the strap is turned upon itself obliquely along lines *b* so that the lower portion or ends *a* of the strap will be disposed at an angle with respect to the major axis of the middle portion thereof. By thus shaping the strap, the middle portion, identified at *c*, will overlie the top of the head, as illustrated in Figure 3, while the ends *a* are overlapped under the chin, as shown.

Connected by means of rivets 11 at a point spaced from one end of the strap 10 is a narrower strap 12 of the same material, whose free end is passed under the overlapped ends of strap 10 and secured by means of a buckle, or its equivalent, 13, the latter being affixed adjacent the opposite end of strap 10 by a tab 14, held by rivets 15.

In order that the pull exerted on the strap 10 will be in direct alignment with the spinal column, a second narrow strap 16 is provided to underlie the occipital or base of the skull. This strap has one end secured by rivets 17 to strap 10 at one fold therein, with its opposite end retained by buckle 18 carried by the tab 19, which latter is secured at the opposite fold to strap 10 by rivets 20.

After the appliance has been adjusted to the head in the manner exemplified in Figure 3, a strap or cord 21 is looped under the strap 10 at the top and passed over a bar or like structure (not shown) above the head of the subject, who is preferably in a standing position. The subject then holds the head in a relaxed position while exerting a moderate pull on the end of the strap overreaching the overhead structure which centers the pull directly over the spinal column. It is apparent therefore that as the pull is transmitted to the appliance, such pull will be equally distributed to the chin and rear portion of the skull to concentrate over the spine. By thus stretching the spinal column, the nerves will be relieved of vertebrae pressure and much nervous discomfort from many causes is alleviated.

Manifestly, the construction as shown and described is capable of some modification and such modification as may be construed to fall within the scope and meaning of the appended claim is also considered to be within the spirit and intent of the invention.

What is claimed is:

An appliance arranged to be adjusted to the head for exerting a longitudinal pull upon the spine, comprising a strap folded obliquely upon itself at points spaced equidistantly from its ends, means for retaining the folded portions against displacement, said strap having its ends overlapping to underlie the chin point of the wearer, a second and narrower strap having one end affixed to said first strap adjacent one end of the latter and extending across the overlapped ends of said first strap, means to adjustably connect the end of said second strap adjacent the opposite end of said first strap, a third strap having one end affixed to said first strap at one oblique fold and to the companion oblique fold by adjustable means whereby to underlie the back of the wearer's head and means for supporting said first strap above the wearer's head.

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