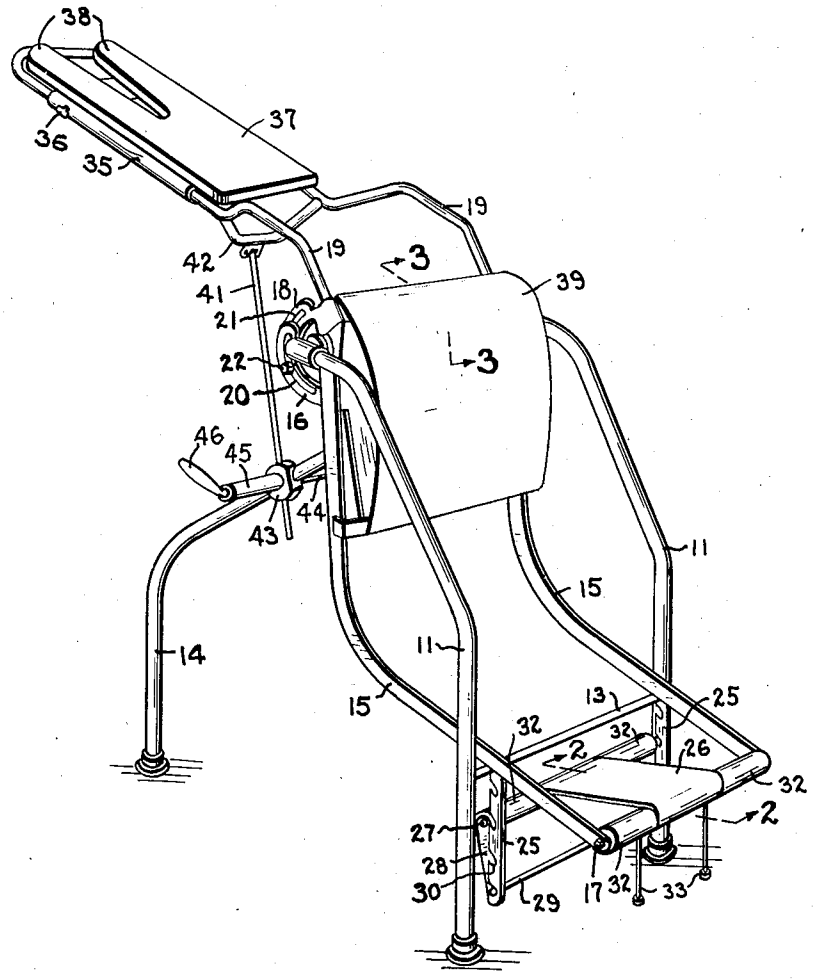
Jan. 14, 1941. D. E. SWOFFORD 2,228,793

REST TABLE

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Fig. 1.



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Fig. 2.

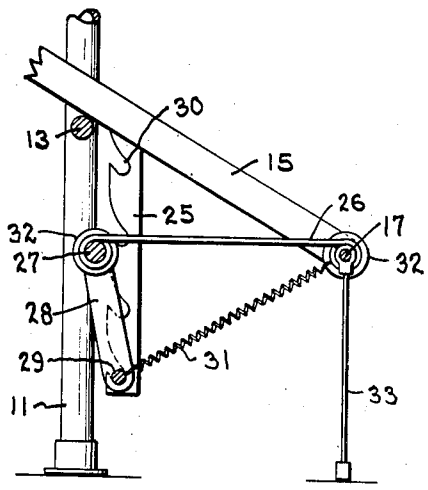


Fig. 3.

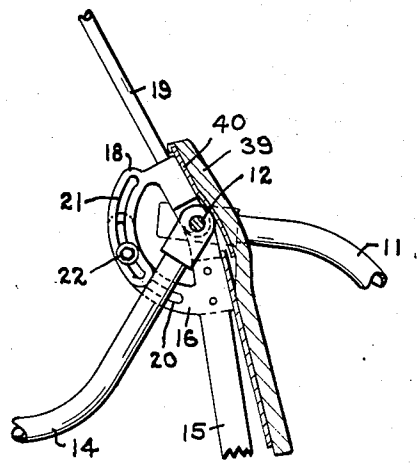
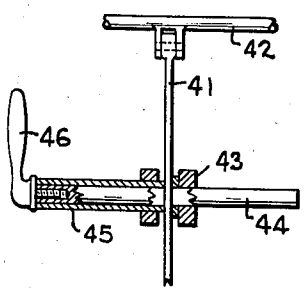


Fig. 4.



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UNITED STATES PATENT OFFICE

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REST TABLE

Daniel E. Swofford, Cincinnati, Ohio

Application August 20, 1938, Serial No. 225,969

4 Claims. (Cl. 272—58)

My invention relates to a new and improved rest table on which the person using the table can rest in a semi-inverted position. The table is also beneficial as an exercising table, as the user can raise or lower the body while in an inverted knee-chest posture and otherwise exercise various parts of the body while in such position. Further the table is very useful in the treatment of bone displacements, as the body rests in an inverted knee-chest position, wherein the maximum beneficial pull of gravity in the reverse order is present and the table is correctly proportioned to each segment of the spine and pelvis.

The object of my invention is to provide a table with a pivoted balanced support adjustable to various positions. A further object is to provide a clamp for holding the support in adjusted position. A still further object is to provide adjustment for varying the angular position of the head rest relative to the foot rest. A still further object is to provide an adjustable foot rest.

My invention will be further readily understood from the following description and claims, and from the drawings, in which latter;

Fig. 1 is a perspective view of my improved table.

Fig. 2 is a detail section of the foot rest, taken in the plane of the line 2—2 of Fig. 1.

Fig. 3 is a detail section, taken in the plane of the line 3—3 of Fig. 1.

Fig. 4 is a detail section of the clamp.

My improved table comprises a pair of forward legs 11 being connected together by rods 12 and 13. A leg 14 secured to the rod 12 is centrally positioned and extends rearwardly. Bars 15 have brackets 16 secured to their upper ends and pivoted on the rod 12. A cross-rod 17 secures the lower ends of the bars together. Brackets 18 are also pivoted about the rod 12, from these brackets the head rest bars 19 extend. The brackets 16 and 18 have cooperating segments provided with elongated slots 20 and 21, which when the desired relative position of the head rest and foot rest is obtained can be locked together by the clamp bolts 22.

Downwardly extending bars 25 are secured to the bars 15. A rigid foot rest 26 is connected to the rod 17 and to a rod 27. A pair of links 28 pivoted to the rod 27 have a cross-rod 29 arranged to engage notches 30 in the bars 25. A spring 31 holds the rod 29 in engagement with the notches. The rod 27 is supported by the rigid foot rest 26 and the links 28 are movable on the rod 27 whereby the rod 29 can be engaged in any of the notches 30 to change the angular position of the foot rest. Thus the foot rest can be raised or lowered to accommodate people of various heights. Foot rests 32 are on the rods. The rod 13 forms a limit stop for the downward movement of the bars 15 and to further prevent an overbalancing of the table, when standing on the foot rests, pivoted legs 33 are attached to the rod 17.

An adjustable head carriage 35 is slidable on the bars 19 and can be clamped in position on the bars by means of the thumb screw 36. A pad 37 having extending ends 38 is received on the carriage and arranged for the user of the table to place his head between the extending ends.

A pad 39 is fixed to a shield 40 over the pivot rod 12. The pads 37 and 39 may be air pads or any suitable pad to support the body and head of the user.

A rod 41, hinged to a cross bar 42 extends downwardly and is arranged to be clamped in a bracket 43 on the rear leg. The clamp comprises a hand bar 44 through which the rod extends and slides therein. A sleeve 45 received over one end of the hand bar can be clamped against the rod by the hand clamp 46 to lock the table in any desired position.

In using the table, a person stands on the foot rest and leans forward over the pad 39, placing his head between the ends 38 of the pad 37. This places the body in a knee-chest position with a natural gravity pull on the body. While in such position various swimming and other exercises may be indulged in, or by grasping the hand bar 44 and releasing the clamp 46 the entire body supporting structure of the table can be rocked about the pivot rod 12 to invert the body, or place the body in any position within the limits of the rod 41.

Having thus fully described my invention, what I claim as new and desire to secure by Letters Patent, is:

1. A rest table for supporting a body comprising a supporting structure, a transverse pivot rod on said structure, a head rest pivoted on said rod, a foot rest pivoted on said rod, a pair of segments extending from each of said rests adjacent to said pivot rod, means for clamping said segments together permitting angular adjustment of said rests relative to each other and combined movement on said rod, and a pad over said rod for inverted positioning of the body on said table.

2. A rest table for supporting a body comprising a supporting structure, a transverse pivot rod on said structure, a head rest pivoted on said rod, a foot rest pivoted on said rod, a pair of segments extending from each of said rests adjacent to said pivot rod, means for clamping said

segments together permitting angular adjustment of said rests relative to each other and combined movement on said rod, a pad over said rod for inverted positioning of the body on said table, and a handle extending from said supporting structure to permit manual rocking of said rests about said pivot rod.

3. A rest table for supporting a body comprising a supporting structure, a transverse pivot rod on said structure, a head rest pivoted on said rod, a foot rest pivoted on said rod, a pair of segments extending from each of said rests adjacent to said pivot rod, means for clamping said segments together permitting angular adjustment of said rests relative to each other and combined movement on said rod, a pad over said rod for inverted positioning of the body on said table, a handle extending from said supporting structure to permit manual rocking of said rests about said pivot rod, a rod fastened to said head rest extending through said handle, and a clamp on said handle for locking said last rod in adjusted position.

4. A rest table for supporting a body comprising a supporting structure, a transverse pivot rod on said structure, a head rest pivoted on said rod, a foot rest pivoted on said rod, means for adjusting the angular position of said foot rest, a pair of segments extending from each of said rests adjacent to said pivot rod, means for clamping said segments together permitting angular adjustment of said rests and combined movement on said rod, and a pad over said rod for inverted positioning of the body on said table.

DANIEL E. SWOFFORD.