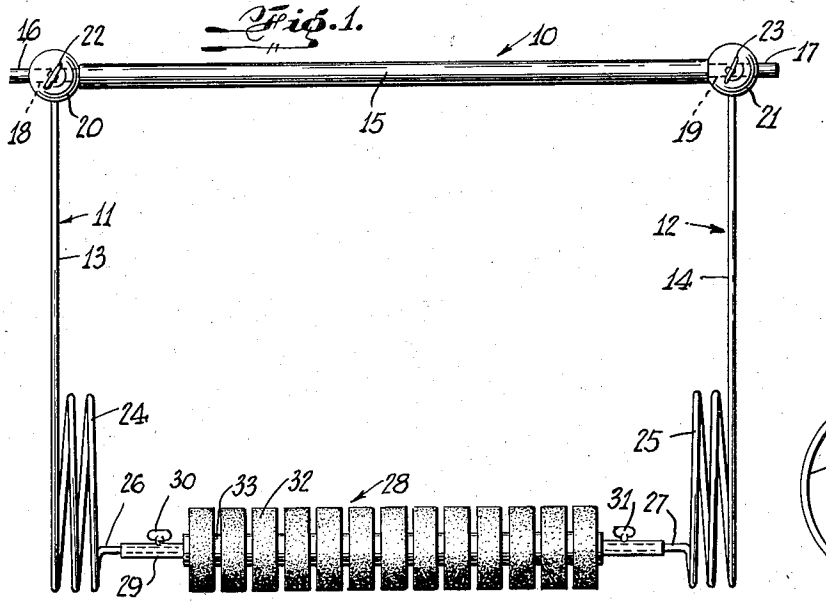
Dec. 4, 1951 J. C. JOHNSTON ET AL 2,577,129

BACK EXERCISING AND MASSAGING DEVICE

Filed Dec. 30, 1949

Fig. 1.



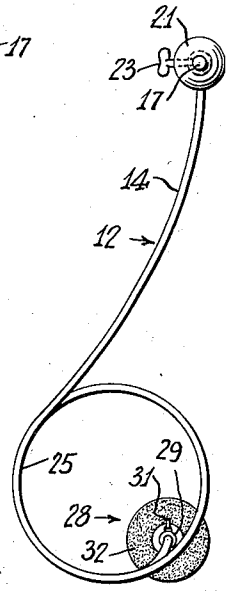


Fig. 2.

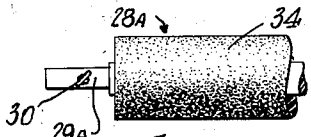


Fig. 3.

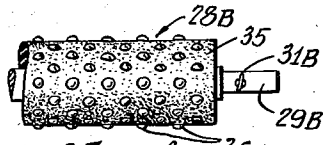


Fig. 4.

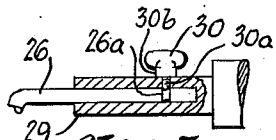
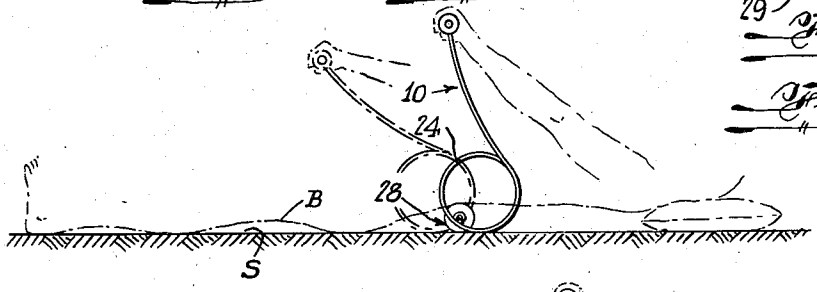


Fig. 7.

Fig. 5.



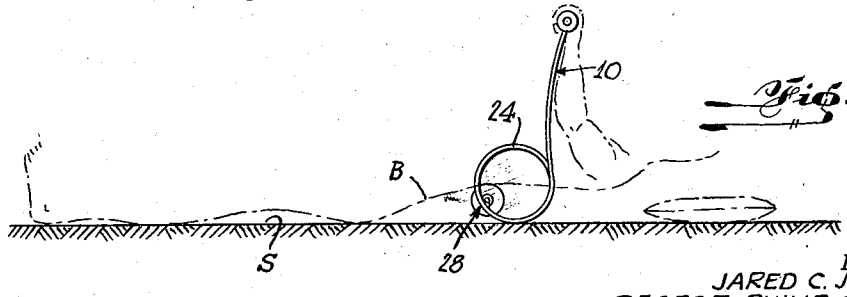


Fig. 6.

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BACK EXERCISING AND MASSAGING DEVICE

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9 Claims. (Cl. 128—57)

1

This invention relates to massaging or reducing devices, and more particularly to a device for massaging a person's back.

An object of this invention is to provide a massaging device for massaging a person's back so constructed as to permit operation of the device by the person being treated.

Another object of this invention is to provide a back massaging device manipulated by the person being massaged and applying a rolling varying pressure to selected areas of the back.

A further object of this invention is to provide a resilient roller engageable under the back of a person in a supine position and supported within a frame constructed so that rocking of the frame will apply a rolling pressure to areas of the back and so that the device will creep upwardly along the back during successive rocking of the frame.

Still another object of this invention is to provide a resilient massaging roller engageable under the back of a person in a supine position and supported in a frame constructed so that rocking of the frame in one direction will raise the roller for applying a rolling pressure to the back, particularly the spinal column, and so that successive rocking of the frame will effect a creeping movement towards the upper portion of the back to thereby massage the entire back.

A still further object of this invention is to provide a back massaging device operable by the person being treated, by an attendant, or by some motive power other than human manipulation.

Finally, an object of this invention is to provide a massaging device of the character described which is simple and sturdy in construction, and easily operated to thereby permit its widest possible use.

With the above, and other objects, features, and advantages, as will hereinafter appear as the description proceeds, in view, this invention resides in the combination, arrangement, and details of construction disclosed in the specification taken with the drawing, and then more particularly pointed out in the appended claims.

In the accompanying drawing, wherein like reference numerals designate like parts throughout,

Figure 1 is a rear elevational view of a massaging device constructed according to this invention,

2

Figure 2 is a side elevational view of the device illustrated in Figure 1,

Figure 3 is a fragmentary front view of a modified roller for a massaging device according to this invention,

Figure 4 is a fragmentary front view of another modification of a roller for the device according to this invention,

Figure 5 is a side elevational view of the massaging device in use and showing one step in its operation,

Figure 6 is a view similar to Figure 5 showing another step in the operation of the device, and

Figure 7 is a detail sectional view of a portion of the device where the roller connects with a shaft.

Referring to the drawing, and initially to Figures 1 and 2 thereof, a preferred embodiment of a massaging device constructed according to this invention is there illustrated and generally indicated by the reference numeral 10. The massaging device includes a pair of side frame members 11 and 12. Each of the side frame members 11 and 12 is formed of a resilient metal rod or the like having a slightly curved upright or standard portion 13 and 14, respectively. An elongated handle 15 extends between the top ends of the uprights 13 and 14. The handle is shown formed with end portions 16 and 17 of reduced diameter extending through the bores 18 and 19 formed in the ball-shaped members 20 and 21, respectively, fixed to the top ends of the uprights 13 and 14. Set screws 22 and 23 extend into the members 20 and 21 for clamping the respective ends 16 and 17 of the handle 15. Coiled resilient members 24 and 25 are formed on the lower ends of the uprights 13 and 14, and the free ends of the coiled members are bent inwardly to provide stub shafts 26 and 27, respectively, for supporting a massaging roller in a manner hereinafter described. As seen in Figure 2, the stub shafts 26 and 27 extend from a point on the coiled member substantially diametrically opposed to the points at which the respective uprights 13 and 14 are tangential thereto.

A resilient roller, generally indicated by the reference numeral 28, includes an elongated tubular shaft 29 open at the opposite ends for re-

ceiving the stub shafts 26 and 27 therein. Set screws 30 and 31 extend through the opposite end portions of the shaft 29 for clamping the shaft 29 in groove 26a (Fig. 7) to the stub shafts 26 and 27 of the opposite frame members. Set screw 30 (and similarly 31) has the threaded shank 30a and shoulder 30b. A plurality of longitudinally spaced apart resilient disc members 32 are rotatably disposed upon the shaft 29 and have the spacers, or washers 33, interposed between successive disc members for retaining the latter in spaced apart relationship. The discs 32 may be formed of any resilient material, such as, sponge rubber, either natural or synthetic, or other materials having similar characteristics.

In Figure 3, a modification of the roller is illustrated and indicated by the numeral 28A. The roller 28A includes a similar tubular open ended fixed shaft 29A having set screws 30A (and 31A at the other end, which is not shown) for securing the roller to the side frame members. An elongated cylindrical soft resilient body 34, formed of sponge rubber or other similar material, is rotatably mounted on the shaft 29A.

In Figure 4, still another modification of the roller, referred to by the numeral 28B, is there shown. The roller 28B includes the usual tubular shaft 29B having securing set screws 31B for attachment to the stub shafts 26 and 27, and an elongated cylindrical soft resilient body 35, formed of sponge rubber, or the like, and having longitudinally and circumferentially spaced apart projections 36 extending from the surface thereof.

In the use and operation of the massaging device constructed according to this invention, the operation being the same for the several types of rollers employed, the person to be massaged lies down in a supine or flat position with the roller 28 positioned under the small or lower portion of his back B and the handle 15 disposed above his abdomen or thorax. The massaging device is so disposed initially that the uprights 13 and 14 raise from the sides of the coils 24 and 25 disposed closest to the head of the person. That is, the roller 28 will be disposed towards the feet of the operator, and in contact with the relatively hard surface S upon which the person lies, as illustrated in Figure 5. The person may then reach up and grasp the handle 15, and pull the handle towards his head, thereby rocking the device on the lower curved portions of the coil members 24 and 25. Such rocking of the massaging device 10, will raise the roller 28 as shown in Figure 6, for applying a rolling pressure to the back of the person, particularly the spinal column. The pull on the handle 15 is then relaxed, and the roller 28 will then descend into contact with the surface S. Successive rocking of the massaging device, by alternately pulling on the handle 15 thereof, and releasing such pull, will result in the gradual creeping of the roller and the side frames in the direction of the pulling force, so that substantially the entire area of the back will be massaged. Such creeping occurs during both the pulling and relaxing phases of the operation of the device. When a pulling force is exerted on the handle 15, the roller will engage the back for rolling therealong, and the bottom surfaces of the coiled members 24 and 25 engaging the relatively hard surface S will slip a short distance on that hard surface in the direction of the force. When the pull on the handle 15 is relaxed, the resistance to rolling between the back B and the soft resilient roller 28 will be greater than the resistance to slipping between the bottom of the coiled members 24 and 25 and the relatively hard surface S which the latter engage. Therefore, the roller will maintain substantially its position relative to the body, and will descend in a vertical line to the surface S, with the coil members 24 and 25 slipping relative to that surface. The roller 28, by applying an intermittent rolling pressure, or kneading effect, will substantially simulate the action of a skilled masseur, and the beneficial results of such massage will be obtained.

While the operation of the device has been described with the person being massaged manipulating or rocking the device 10, it is readily apparent, that someone other than the person being massaged could effect the rocking of the device. It is also anticipated that the rocking of the device could be effected by connection to a reciprocating linkage driven by other than human manipulation.

While specific embodiments of this invention have been disclosed and described, it is understood that modifications and changes in the construction thereof may be resorted to without departing from the scope of this invention. It is therefore desired that the invention be accorded a scope commensurate with the advance achieved in the art, which scope is defined by the appended claims.

What is claimed is:

1. A massaging device comprising a pair of opposite side frames, each of said side frames terminating at the lower end in a coiled portion, a handle secured between the top ends of said side frames, and a resilient roller carried between said coiled portions and adapted to be raised when said side frames are rocked in one direction on said coiled portions for applying a rolling pressure to the back of a person lying upon said roller.

2. A massaging device according to claim 1, wherein said roller includes a fixed shaft secured to said coiled portions, and a plurality of longitudinally spaced apart resilient discs rotatably carried by said shaft.

3. A massaging device according to claim 1, wherein said roller includes a fixed shaft secured at the opposite ends thereof to said coiled portions, and a resilient elongated cylindrical body rotatably carried by said shaft.

4. A massaging device according to claim 1 wherein said roller includes a fixed shaft secured at the opposite ends thereof to said coiled portions, and a resilient elongated body rotatably carried by said shaft and formed with longitudinally and circumferentially spaced apart projections extending from the surface thereof.

5. A massaging device comprising a pair of resilient side frame members each formed with a coiled lower portion, a handle member having the opposite ends thereof secured to the tops of said side frame members, an inwardly extending stub shaft formed on the end of each of said coiled portions and offset relative to said top ends of said side frames, and a resilient roller having the opposite ends secured to said stub shafts whereby said roller will be raised for applying a rolling pressure to the back of a person lying thereon when said side frame members are rocked in one direction on said coiled portions.

6. A massaging device according to claim 5, wherein said roller includes a plurality of longitudinally spaced apart rotatable resilient discs.

7. A massaging device according to claim 5,

wherein said resilient roller includes a rotatable elongated resilient cylindrical body.

8. A massaging device according to claim 7, wherein said cylindrical body is formed with a plurality of longitudinally and circumferentially spaced apart projections extending from the surface thereof.

9. A massaging device comprising a pair of opposite side frames, each of said side frames terminating at the lower end in a coiled portion, and a resilient roller carried between said coiled portions and adapted to be raised when said side frames are rocked in one direction on said coiled portions for applying a rolling pressure to the back of a person lying upon said roller.

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