This invention provides a portable two-pillow system that gently elevates the lumbar, thoracic and cervical spine to promote posture, alignment and pain relief from either a seated, reclined or horizontal position. Both the crescent-shaped neck pillow and the “straight up” design of the lumbar/thoracic pillow are constructed using soft fill materials, including but not limited to polyester fiber. Removable/washable covers and a convenient travel bag are also included within the content of this patent.
Back Treatment System
(Covers Shown Separately)

- Figure No. 1 -
Posture Diagram

**Repetitive Forward Posture**
- Contracted scapula
- Flexes lumbar
- Strains thoracic & contracts cervical curvatures

**Continued Unhealthy Posture**
- Prolonged misalignment can cause pain in neck, back, hips, foot & joints

**Healthy Ergonomic Posture**
- Aligns ears, shoulders, hips, knees & ankles

The lasting effects of poor posture can have serious impact on organ function, joint performance, digestive health and overall well being.

- Figure No. 2 -
Pillow Placement & Instructions

- Maximum posture benefits from horizontal placement.
- Center thoracic column, then adjust cushions for individual comfort.
- Begin from a bent knee position, and allow body to gradually relax before assuming a full leg extension.
- Experiment with arm placement for effectiveness (palms up, palms down, extended from sides, stretched overhead, hands on head).
- Standard treatment lasts 5-10 minutes, with maximum treatment limited to no more than one hour.

**Figure No. 3**

<table>
<thead>
<tr>
<th>HOME:</th>
<th>CAR:</th>
<th>WORK:</th>
<th>RECREATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Mattress</td>
<td>* Commuting</td>
<td>* High Back Chairs</td>
<td>* Stretching &amp; Cool Down</td>
</tr>
<tr>
<td>* Sofa</td>
<td>* Traveling</td>
<td>* Work Best</td>
<td>* Camping</td>
</tr>
<tr>
<td>* Recliner</td>
<td>* Front or Back</td>
<td></td>
<td>* After-the-Ride</td>
</tr>
<tr>
<td>* Floor</td>
<td></td>
<td></td>
<td>Back Care</td>
</tr>
</tbody>
</table>
Body Pillow Design

- Figure No. 4 -
Neck Pillow

Fill Tab

Stitching

- Figure No. 5 -
BODY PILLOW COVERING

- Figure No. 6 -
Crescent Pillow Covering

#4
Stitch (3) Layers

#3
Cut (3) Layers

#2
(2) Folds

#1
Hem Both Ends

- Figure No. 7 -
Carrying Case

- Figure No. 8 -
Back Treatment System
Additional Embodiments Include Air, Water and Gel Fill Material
STRAIGHT UP BACK TREATMENT

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] U.S. Pat. No. 4,876,755 (Parrish)—Total Back Support
[0002] U.S. Pat. No. 7,413,250 (Connolly, Blair)—Back Support
[0004] U.S. Pat. No. 4,887,326 (O’Brien, Leishman, O’Brien)—Suboccipital Pillow

BACKGROUND OF INVENTION

[0005] 1. Field
[0006] The present invention embodies the field of human back support relating to lumbar, thoracic and cervical posture. This portable system adapts easily to a variety of environments and can be used in combination with a variety of seating apparatus or virtually any horizontal surface, as applicable.

[0007] 2. Background
[0008] Back health has been an issue since humans first stood upright, and with contemporary lifestyles becoming more sedentary and repetitive, we are more prone to injury than ever before.

[0009] Many of our daily activities require a forward arm position, which strains the highly kinetic structure of our human skeletal system. With the spine at our core, and intrinsically connected, proper back care is essential to our health and well-being. Lifting, reaching, sitting and even lying down all cause an extension (or protraction) of the scapula, the shoulders, the clavicle and the muscular structure, drawing forward the rib cage and collapsing the chest.

[0010] The consequence to the spine involves every aspect. An exaggerated curving of the neck results in cervical lordosis, while the thoracic and lumbar portions are thrust into a hyper-kyphotic (exaggerated thoracic curve) and a hypo-lordotic (reduced lumbar curve), all of which stand in direct contradiction with optimum posture. (See FIG. 2)

[0011] The rewards of good posture are endless, and include maximizing performance of internal organs, efficiency of muscle function and ability to achieve full lung capacity. Therefore, it is beneficial to provide a soft, yet portable system that gently supports all portions of the spine, promotes scapular retraction and encourages alignment and optimal posture. (See FIG. 3)

[0012] Softness, particularly with regard to the thoracic column, is a key element of this design. Those suffering with severe pain can often be too sensitized to benefit from the rigid or semi-rigid support that is presently offered. These systems are designed to benefit normal spines from a seated position, yet do not accommodate curvatures or horizontal use. The simplicity of use, the variety of conditions and the complete portability of this system differentiate this creation from potential counterparts.

[0013] U.S. Pat. No. 4,876,755 (Parrish)—Total Back Support

[0015] Another distinguishing element involves the tapered crescent shape of the cervical pillow. Other designs specify a relatively uniform thickness throughout, and/or provide access for adjusting the level of fill. In contrast, this split circle configuration holds the pillow in place, while the tapered ends allow the user to fold, shape and rotate the pillow to achieve the desired effect.

[0016] U.S. Pat. No. 6,230,349 (Silver, Wolf)—Travel Pillow

SUMMARY

[0018] This portable two-pillow system gently elevates the lumbar, thoracic and cervical spine, encouraging scapular retraction and promoting healthy posture, alignment and pain relief from a seated, reclined or horizontal position.

[0019] The crescent-shaped neck pillow and the “straight up” design of the lumbar/thoracic pillow are constructed using only soft fill materials. The supple construction of the thoracic column supports the spine directly, while reinforcing the natural curvatures for proper alignment.

[0020] This invention distinguishes itself from other scapular retraction devices as follows:

[0021] 1) Portability (folds into a travel bag)
[0022] 2) Versatility (seated, reclined or horizontal)
[0023] 3) Density of Fill Material (soft versus rigid or semi-rigid construction)
[0024] 4) Design Simplicity (no straps or attachments)

Portability:

[0025] The “Straight Up” lumbar/thoracic pillow collapses by gathering the three legs together and pressing the central portion to the base of the travel bag, while the crescent neck pillow conveniently folds into the top section, which secures with a drawstring closure. Mobility adds an entirely new dimension to back care. The factor of convenience lends itself greatly toward prevention, as well as allowing for expanded activity among chronic pain sufferers. In addition to seated and reclined, virtually any horizontal surface, from the ground to floors and mattresses, can accommodate use of this design.

Versatility:

[0026] This invention is adaptable to a variety of applications from home to car, and work to play. While maximum posture will be achieved horizontally using the two-pillow combination, this system can also be utilized from a seated or reclining position. Although designed for use in combination, either pillow can be used independently, with adjustment for personal comfort. Ease of use and compact storage enable a smooth transition between environments.

Density of Fill Material:

[0027] Existing back support systems utilize a dense or rigid foam. Using a soft fill material allows for gentle self-alignment of the body, regardless of existing curvatures. The “Straight Up” design adapts to a variety of fillings and exterior coverings (i.e., air, water, gel, bead, pellet, foam, fiber, fabric and any other organic and/or inorganic fabric or material).

Simplicity of Design:

[0028] The absence of straps and/or harnesses eliminates the need for installation or any associated challenges. A soft-
bodied construction replaces typically bulky or rigid apparatus for light-weight transport and convenient storage. Bridging the gap between prevention and recovery, this invention establishes a baseline for healthy back care.

BRIEF DESCRIPTION OF DRAWINGS

[0029] FIG. 1: Back Treatment System
[0030] Represents the complete two-pillow embodiment, with side views and carrying bag.
[0031] FIG. 2: Posture Diagram
[0032] Depicts the effects of posture over time.
[0033] FIG. 3: Pillow Placement & Instructions
[0034] Reflects proper pillow positioning and instructions for use.
[0035] FIG. 4: Body Pillow Design
[0036] Illustrates the specifications for constructing the body pillow.
[0037] FIG. 5: Neck Pillow Design
[0038] Demonstrates the specifications for creating the crescent cervical pillow.
[0039] FIG. 6: Body Pillow Covering
[0040] Features the technical specifications for assembling the separate body pillow covering.
[0041] FIG. 7: Neck Pillow Covering
[0042] Displays the specific details for generating the crescent pillow covering.
[0043] FIG. 8: Carrying Case
[0044] Indicates construction for assembly of the convenient travel bag.
[0045] FIG. 9: Additional Embodiments
[0046] This design represents potential embodiments of the back treatment system using a variety of soft fills and coverings.

DETAILED DESCRIPTION

[0047] A. Begin with FIG. 4, Body Pillow Design.
[0048] 1) Maintaining natural fold, cut fabric to shape “A.”
[0049] 2) Snipping through both layers, make (4) identical cuts, as indicated.
[0050] 3) Holding layers together, fold edges 1, 3 and 5 forward over edges 2, 4 and 6 and pin.
[0051] 4) Repeat with edges 7 through 12.
[0052] 5) Roll ends for hemming and pin in place.
[0053] 6) Stitch edges.
[0054] 7) Reverse cover to right side.
[0055] 8) Stitch end #4.
[0056] 9) Stuff lumbar and lower thoracic with soft fill material.
[0057] 10) Stitch end #3.
[0059] 12) Stitch together ends #1 and #2.

B. FIG. 5, Neck Pillow Design

[0061] 2) Leaving the Fill Tab open, stitch together B1 and B2.
[0062] 3) Stuff with soft fill material.
[0063] 4) Stitch Fill Tab.

C. FIG. 6, Body Pillow Covering

[0064] 1) Folded in half, cut fabric to shape “C.”
[0065] 2) Snipping through both layers, make (4) identical cuts, as indicated.
[0066] 3) Open fabric and cut shape “C” into “CF” and “CB,” as indicated.
[0067] 4) Hem CF long edge 1 (fold twice).
[0068] 5) Hem CB long edge 2 (fold once), then fold again and pin to hide hemline.
[0069] 6) Position CB right side up.
[0070] 7) Cover CB with CF, right side down, taking care to match the edges.
[0071] 8) Fold CF long edge to match CB long edge and pin.
[0072] 9) Holding layers together, fold edges 7, 8 and 9 forward over edges 1, 2 and 3 and pin.
[0073] 10) Repeat with edges 10, 11 and 12 over edges 4, 5 and 6.
[0075] 12) Stitch ends 2 to 6 and 3 to 6.
[0076] 13) Stitch together outer thirds of long edges 1 and 2, leaving the center section open for pillow insertion.

D. FIG. 7, Neck Pillow Covering

[0079] 2) Fold as indicated.
[0080] 3) Cut (3) layers of fabric into shape “D.”
[0081] 4) Stitch as indicated.

E. FIG. 8, Carrying Case

[0084] 2) Holding layers together, fold outer edges forward, press and pin.
[0085] 3) Fold down remaining open edge, providing ample fabric to accommodate drawstring.
[0086] 4) Stitch as indicated.
[0087] 5) Insert drawstring.
[0088] 6) Fold lengthwise.
[0089] 7) Stitch together outer edges, allowing a gap for the drawstring.
[0090] 8) Stitch bottom seam and reverse.

F. FIG. 9, Additional Embodiments

[0091] 1) Select appropriate fabric or material to accommodate air, water, gel or other soft fill material, organic or inorganic.
[0092] 2) Install fill valve.
[0093] 3) Seal edges.

1 claim:
1) A soft pillow structure consisting of two separate pillows that reinforce each of the spine's natural curvatures (cervical, thoracic, lumbar and sacral): the body pillow combines a lumbar cushion with a thoracic column in one contiguous form and the cervical pillow is designed to fold and form into a variety of shapes to accommodate individual preference.
2) A method for promoting posture, alignment and pain relief in a person from a seated, reclined or horizontal position: by positioning the top of the lumbar cushion of the body pillow at or below the person's lumbar curvature to support...
the lumbar/sacral portion of the spine, aligning the soft thoracic column with the upper spine to allow scapular retraction, and then combining the neck pillow to provide gentle traction and encourage both posture and alignment; by isolating the major muscle groups, the body pillow restricts the progression of pain as the body relaxes around the unique pillow structure; by utilizing a soft fill material, the thoracic column can absorb individual variances in spinal construction by gently accommodating curvatures without restriction to the vertebrae, providing the benefit of scapular retraction and of releasing the ribcage to promote optimum posture and natural alignment.

3) A portable multi-pillow back system that transports easily using a convenient travel bag and adapts to a variety of environments and surfaces, including home, travel, work and recreation.

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