

[54] **TREATMENT AND EXERCISE  
APPARATUS APPLYING TENSION TO  
THE BACKBONE OF A USER AND  
BODY MASSAGE**

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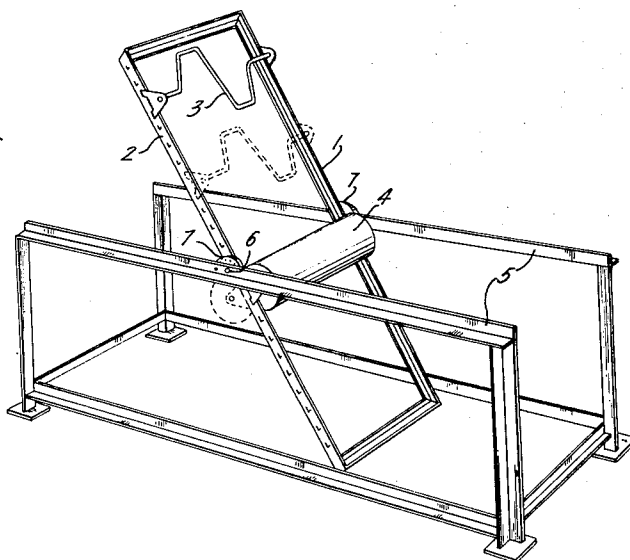
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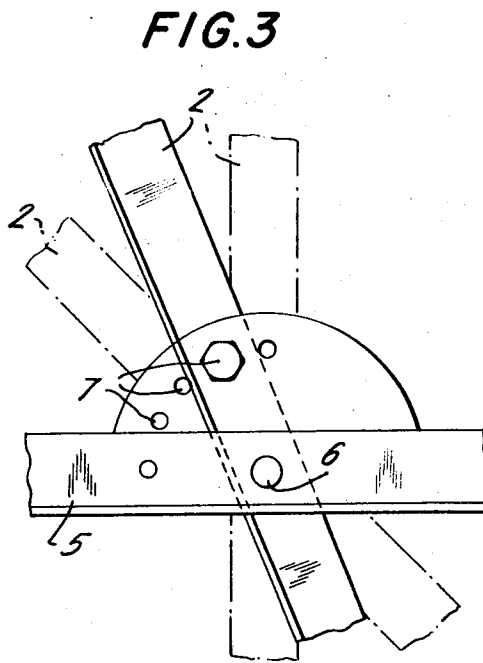
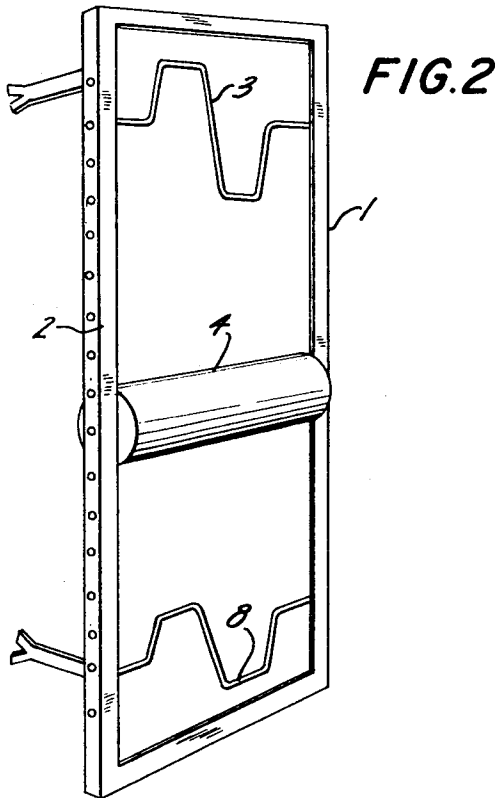
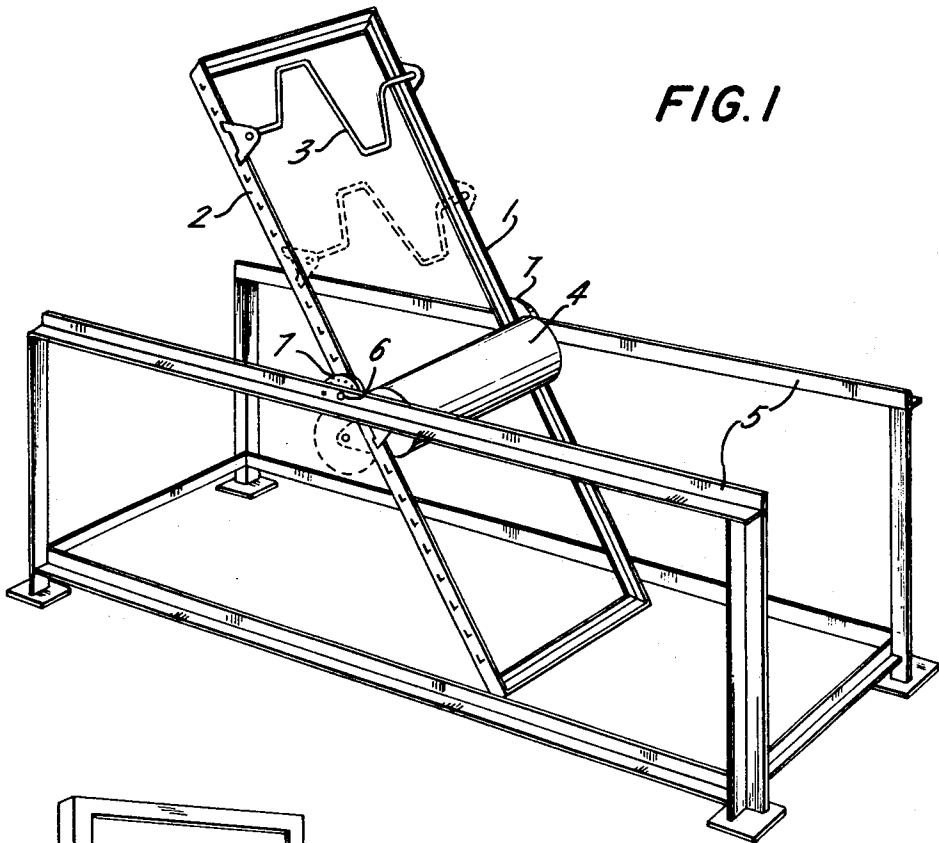
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[57] **ABSTRACT**

A treatment and exerciser apparatus for stretching the backbone of a user while applying a beneficial massage to the user's body. The apparatus has two longitudinally extending bars laterally spaced from each other. A massage-applying roll is pivotally supported on the bars extending between them for supporting the body of the user. A foot rest constructed either as a fixed transverse bar or as a pivotally mounted pedal bar with two pedals or stirrups is provided axially spaced from the roll and transversely of the bars. A pivotally mounted handle bar having two hand grips for rotating it about an axis transverse to the bars with the arms outstretched parallel to the user of the apparatus is provided so the user stretches his backbone and applies a massage to the upper parts of the back or to his stomach depending upon his position and the axial position of the roll.

**7 Claims, 3 Drawing Figures**





## TREATMENT AND EXERCISE APPARATUS APPLYING TENSION TO THE BACKBONE OF A USER AND BODY MASSAGE

### BACKGROUND OF THE INVENTION

This invention relates generally to body treatment and exercise apparatus and more particularly to an apparatus for stretching the backbone of a user and strengthening body muscles.

### DESCRIPTION OF PRIOR ART

Traction apparatus for applying tension to the backbone of a human being are known. Most of these apparatus apply a stretching force to the backbone by holding the body securely and applying tension forces, for example with weights and the like. These known devices are solely treatment devices and do not provide for any exercising of the body that would tend to strengthen the muscles that provide for supporting the backbone in its proper position.

### SUMMARY OF THE INVENTION

It is a principal object of the present invention to provide a treatment and exerciser apparatus for stretching the backbone of the user and simultaneously applying a beneficial massage to the body as well as exercise to body muscles.

The apparatus according to the invention has two longitudinally extending bars laterally spaced from each other and extending parallel or in the same general direction. A massage-applying roll is pivotally mounted about an axis extending transversely of the two longitudinal bars or members and acts as a body-support member and applies a massage to the upper regions or parts of the back or to the stomach depending upon the axial position in which the roll is disposed and the position of the user overlying it. The apparatus is provided with a foot rest extending transversely between the longitudinal members or bars which may be constructed in fixed position such as the end member of a frame of which the two longitudinal members are the longer side members or as a rotationally mounted pedal bar or arrangement having two pedals or stirrups. A handle bar is mounted rotationally about an axis that extends transversely of the longitudinal members and has two hand grips for rotating the handle bar about the axis by the user with arms outstretched parallel to the body or parallel to the longitudinal members. The manipulation of the handle bar causes body movement for stretching the backbone of the user while simultaneously exercising the muscles strengthening the support of the backbone and applying a massage to the body of the user depending upon the relative axial position of the massage-roll on the two bars.

The apparatus may be supported vertically on a wall or on a support frame on which the longitudinal members can be pivotally mounted so that the entire arrangement can be moved to any desired position from the vertical to the horizontal and intermediate positions depending upon the desired position of the user and the desired affect of his own body weight in the treatment.

### BRIEF DESCRIPTION OF THE DRAWINGS

Other objects and advantages of the treatment and exerciser apparatus in accordance with the invention will appear from the following descriptions of an example of the invention, and the novel features will be particularly pointed out in the appended claims, specification and drawings in which:

FIG. 1 is a perspective view of an apparatus according to the invention;

FIG. 2 is a perspective view of a second embodiment of an apparatus according to the invention; and

FIG. 3 is a fragmentary detailed view of a part of the assembly illustrated in FIG. 1.

### DESCRIPTION OF THE PREFERRED EMBODIMENTS

The embodiment of the invention illustrated in FIG. 1 has two longitudinal bars or members 1, 2 disposed parallel to each other and laterally spaced from each other. In the arrangement illustrated the two longitudinal members are constructed as the longitudinal or longer sides of a frame. A rotationally mounted handle bar 3 is pivotally mounted on the frame for rotation about an axis extending transversely of the two longitudinal members 1, 2 and can be moved, as shown in broken lines, to different axial positions axially of the elongated or longitudinal bars 1, 2. A transverse frame member at the opposite end of the frame provides a foot rest for a user of the apparatus. Intermediate this foot rest and the handle bar is disposed a massage-applying roll 4 which is pivotally mounted for rotation about an axis transversely of the two longitudinal members. This roll can be likewise moved axially relative to the longitudinal members in order to support the body of the user either in the region of the stomach or the upper part of the back or shoulders depending on the position of the user. The massage-applying roll is mounted on supports that can be moved so that major circumferential portion of the roll is on either one side of the frame or the other, either on the upper side or on the lower side as illustrated on broken lines in FIG. 1. The mounts can be mounted so the axis of rotation of the roll is either in one of two planes on opposite sides of a plane including the two bars 1, 2.

The assembly above described is pivotally supported on a support frame 5 so that it can be placed in a vertical position or substantially different angular positions between the vertical and the horizontal depending upon the desired treatment as later described. In order to control the position of the assembly the frame is provided with a flange having openings 7 arranged in an angular or arcuate arrangement. A corresponding opening is provided in the two longitudinal members so that when the openings are aligned with those of the flange mounts a pin may be projected through the openings fixing the angular position of the assembly relative to the vertical or horizontal positions as shown in FIGS. 1 and 3. The frame can likewise be disposed horizontally or vertically.

A second embodiment of the invention is illustrated in FIG. 2. In this embodiment the same reference numerals are used to describe corresponding parts of the construction illustrated in FIG. 1. A frame having the two longitudinal long side members 1, 2 as before

described is illustrated in this construction. A handle bar 3 pivotally mounted for rotation directly between the two longitudinal members is illustrated in this case and the massage-applying roll 4 is likewise mounted directly on the longitudinal bars or sides of the frame. In this construction the handle bar and axis of rotation of the massage-applying roll are of equal dimension so that they can be disposed axially spaced from each other any desired distance in accordance with the size of the user. In this construction a foot pedal bar provides a foot rest and has two foot pedals or stirrups. The foot pedal bar 8 can likewise be moved to different axial positions in the same manner as the handle bar 3 and the roll 4.

In order to use either of the two apparatus the user extends himself between the foot rest overlying the massage-applying roll 4 and grips the handle bar with arms outstretched parallel to the body or parallel to the longitudinal members 1, 2 and rotates the handle bar. This manipulation applies tension or backbone stretching forces to the backbone while the user overlies the massage-applying roll. Moreover, the movement causes the application of massage to the part of the body of the user in contact with the massage-applying roll 4.

Generally the massage-applying roll 4 should be placed to engage the upper part of the back in the area of the shoulders or in the area of the stomach depending upon the desired treatment.

In the apparatus illustrated in FIG. 2 the entire assembly is mounted in a vertical position, for example on a wall. In the embodiment illustrated in FIG. 1 the entire frame assembly can be positioned either in a vertical position as illustrated in FIG. 2 or an inclined position as illustrated in FIG. 1 and can be moved to a completely horizontal position is desired. It can be seen that depending upon the relative axial position of the massage-applying roll and the handle bar as well as the position of the axis of the roll 4 relative to the frame as illustrated in the construction in FIG. 1 the backstretching force applied will vary. For example, the extent to which the body of the user rests on the roll will vary as well as the extent of the stretching and the extent with which the user's own weight bears on the roll can be a function of the tilted position of the frame and the extent that the user supports himself on the handle bar. Moreover, in the illustration shown in solid lines in FIG. 1 it can be seen that if the user is disposed overlying the massage-applying roll 4 with his stomach there is likewise a different set of tension forces applied in stretching or elongating the backbone of the user. Moreover, the extent of actuation of the handle bars

and the foot pedal bar will vary the exercise of the muscles and the stretching.

What I claim and desire to secure by Letters Patent is:

1. Treatment and exerciser apparatus for simultaneously applying tension to the backbone of a user and applying a massage comprising, a pair of longitudinal members laterally spaced extending in the same general direction, a body support roll pivotal about an axis extending transversely of said longitudinal members and disposed for supporting the body of a user between said longitudinal members and applying a massage thereto, foot rest means axially spaced from said roll extending transversely between said longitudinal members on which the user places both feet, a handle bar mounted rotationally for rotating about an axis extending transversely of said longitudinal members and having two hand grips for rotating the handle bar about said axis by the user of said apparatus, said handle bar being disposed axially spaced from said roll so that the user has the arms outstretched parallel to the body while supported on said roll during manipulation of said handle bar.

2. Treatment and exerciser apparatus according to claim 1, in which said longitudinal members are side members of a frame, and said foot rest means comprises an end member on said frame.

3. Treatment and exerciser apparatus according to claim 1, including support means pivotally supporting said longitudinal members for positioning them at different angular positions relative to the vertical and horizontal and to dispose said longitudinal members horizontally and vertically.

4. Treatment and exerciser apparatus according to claim 1, in which said foot rest means comprises rotationally mounted pedals actuated in use by the feet of the user.

5. Treatment and exerciser apparatus according to claim 1, including means mounting the handle bar pivotally at different positions axially of the longitudinal members.

6. Treatment and exerciser apparatus according to claim 1, including means mounting the massage-applying roll pivotally at different positions axially of the longitudinal members.

7. Treatment and exerciser apparatus according to claim 1, including means mounting the massage-applying roll pivotally at different positions axially of the longitudinal members and the axis of rotation thereof in planes on opposite sides of a plane containing both longitudinal members.

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