Jan. 18, 1927. 1,614,641

J. R. ANDERSON

SPINE STRETCHER

Filed April 18, 1925

Fig. 1

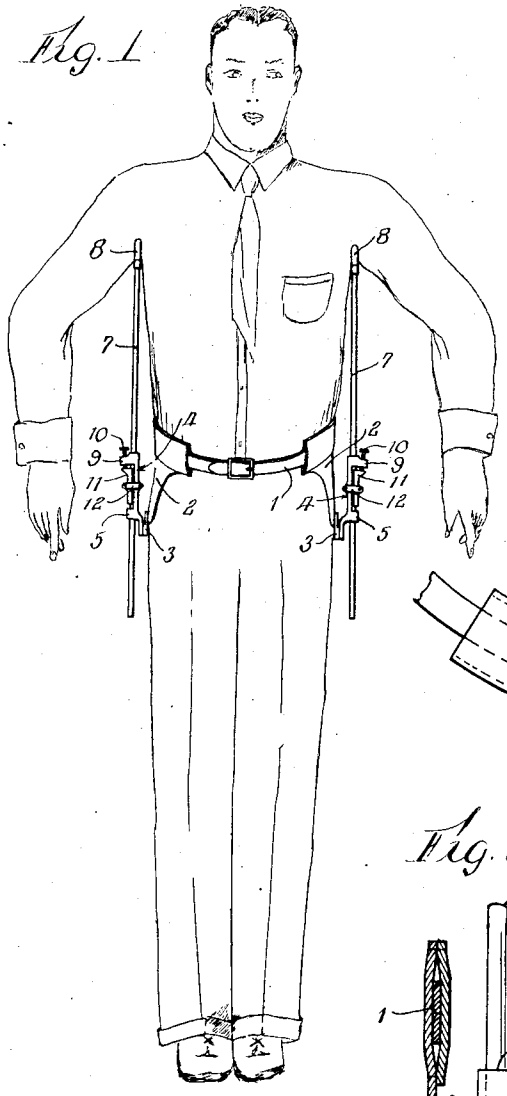


Fig. 2

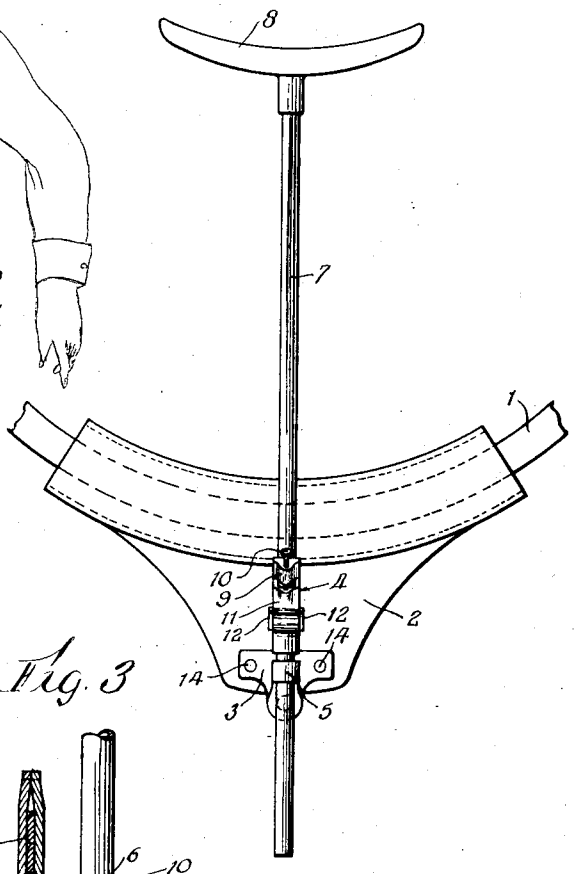


Fig. 3

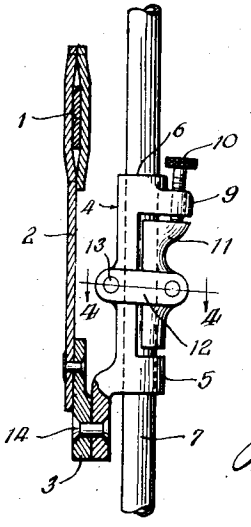
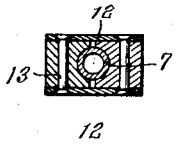


Fig. 4



Inventor:
John R. Anderson
By: Wm. O. Bell
Atty.

Patented Jan. 18, 1927. 1,614,641

UNITED STATES PATENT OFFICE.

JOHN R. ANDERSON, OF MOLINE, ILLINOIS.

SPINE STRETCHER.

Application filed April 18, 1925. Serial No. 24,041.

This invention relates to a novel and improved form of exercising device particularly adapted for exercises of the spine and back, and has for its principal object to provide a device which may be used to stretch the spine and exercise both the spine and the muscles of the back to thereby achieve the beneficial results obtained from an osteopathic treatment, or from a massage. Such treatments are beneficial in many cases, but involve expense and my device provides means for approximating the same results in a simple and inexpensive manner.

Another object of the invention is to provide a device of the above character, which may be readily applied by the person using the same and without the necessity of even removing wearing apparel.

In the accompanying drawing, in which I have shown a selected embodiment of my invention:

Fig. 1 is a front view of a person wearing my invention.

Fig. 2 is a side elevation showing approximately one half of the exerciser.

Fig. 3 is a fragmentary elevation taken at right angles to that shown in Fig. 2, and

Fig. 4 is a section on the line 4—4 of Fig. 3.

Referring now to the drawings, the numeral 1 designates a belt, which may be worn by the person using my invention, and slidably mounted on the belt is a pair of supports 2. These supports are of suitable form to rest on the hips, as plainly shown in Fig. 1, and may be padded in any suitable manner as may be desired, to avoid discomfort. Secured to the lower extremities of the supports are brackets 3 having pivotally mounted thereon the clamps 4. These clamps may be of any suitable form, but as shown here each clamp comprises spaced sleeves 5 and 6 through which slides the stem 7 bearing the arm rest 8 at the upper end thereof. The sleeve 6 is provided with a lug 9 in which is threaded the adjusting screw 10, contacting with one end of a clamping mmber 11 pivoted to links 12, which links are pivoted at 13 on the back of the clamp.

In operation the exerciser may be placed on the body, as shown in Fig. 1, and the stems 7 adjusted so as to bring the arm rests 8 to position beneath the arm pits and preferably so as to cause a hunching of the shoulders and a consequent straightening and stretching of the spine. The mere wearing of the device in this position for a short while is beneficial, but the benefits are increased by the wearer twisting his body about the waist. This action will result in additional stretching and staightening of the spine as well as in a stretching and exercising of the muscles of the back, closely approximating the action resulting from a massage or other treatment of the back. This twisting is readily permitted by means of the pivotal connection 14 between the bracket and the clamp.

From the above it will be apparent that I have provided a spine exerciser the use of which will be very beneficial and yet which is extremely simple in use, involving no substantial effort on the part of the user, and which can be readily adjusted for use by persons of various heights and girths. By the use of my invention a person may give himself the equivalent of an expensive treatment and may do so at any time it may be convenient to himself and without even the removal of his clothing.

I am aware that changes in the form, construction and arrangement of parts may be made without departing from the spirit and without sacrificing the advantages of the invention and I reserve the right to make all such changes as fairly fall within the scope of the following claims:

I claim:

1. A spine exerciser comprising a belt adapted to be worn by the operator, clamps on said belt at the sides thereof, stems slidably arranged in said clamps and carrying arm rests at their upper ends, and means for securing the stems in adjusted position in the clamps, said clamps being pivotally mounted on the belt to swing in substantially perpendicular planes.

2. A spine exerciser comprising a belt, clamps pivotally mounted on the belt at the sides thereof, said clamps comprising spaced sleeves, stems slidably arranged in said sleeves and carrying arm rests at their upper ends, and means on the clamps between the sleeves for frictionally securing the stems in adjusted position in the sleeves.

3. A spine exerciser comprising a belt, clamps pivotally mounted on the belt at the sides thereof to swing in substantially perpendicular planes, said clamps comprising spaced sleeves, stems slidably arranged in said sleeves and carrying arm rests on their

upper ends, clamping members, means pivotally mounting said members on said clamps, and means for holding said members in adjusted position on the stems and relative to said clamps.

4. A spine exerciser comprising a belt, clamps pivotally mounted on the belt to swing in substantially perpedicular planes, stems slidable in said clamps and carrying arm rests at their upper end, each of said clamps comprising a sleeve member and a realtively movable clamping member linked to the sleeve member, said sleeve member and said clamping member engaging the stem on opposite sides thereof, and an adjusting screw operating through the sleeve member upon the clamping member to hold the clamping member in adjusted position.

JOHN R. ANDERSON.