

(No Model.)

L. SCHAFFER.

APPLIANCE FOR SELF MASSAGE.

No. 376,968.

Patented Jan. 24, 1888.

Fig. 1

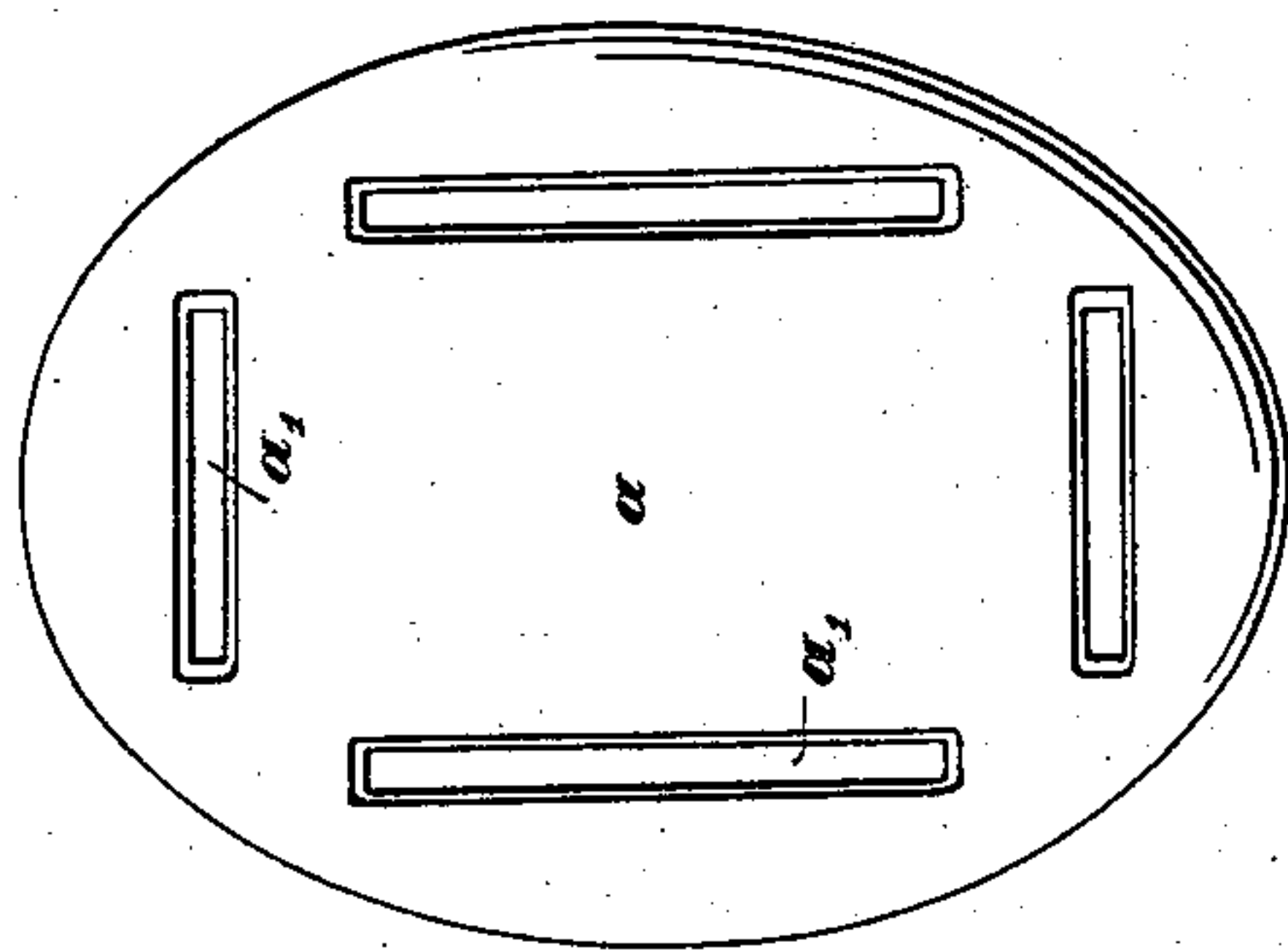


Fig. 1b

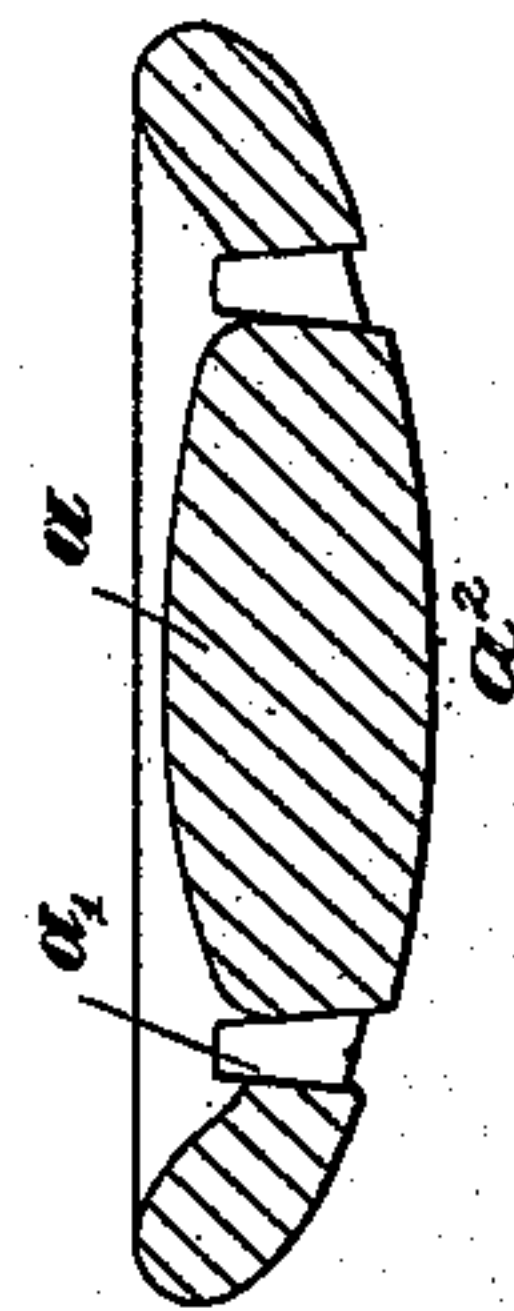


Fig. 1a

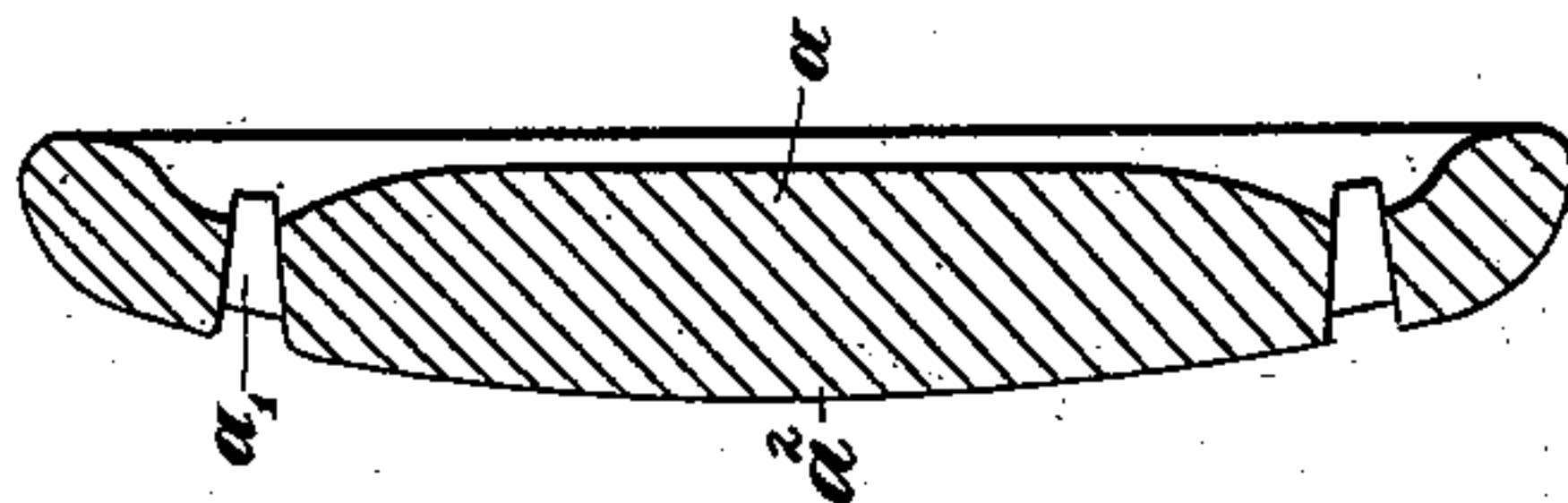
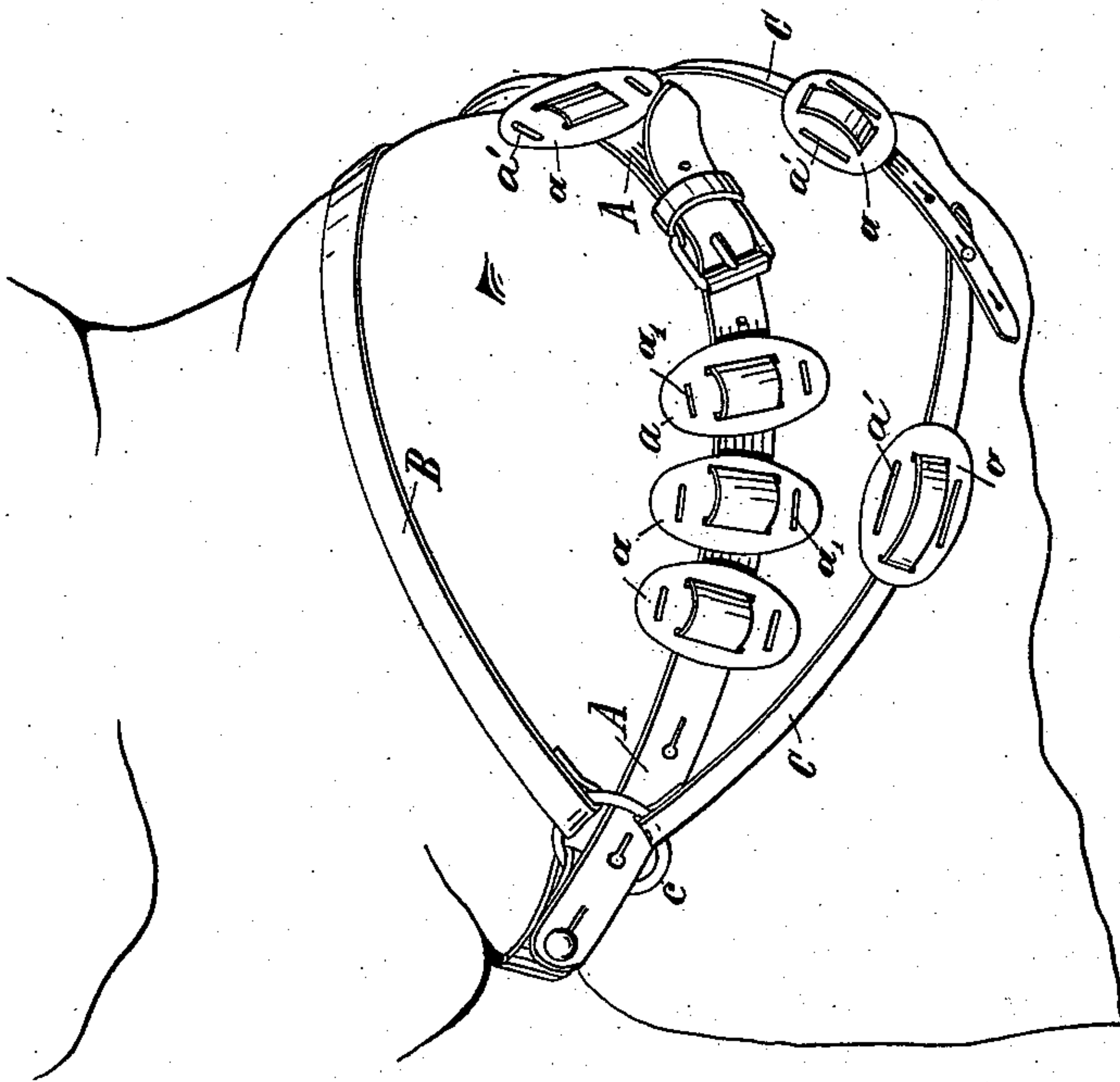


Fig. 2



Attest:
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UNITED STATES PATENT OFFICE.

LÜDWIG SCHAFFER, OF VIENNA, AUSTRIA-HUNGARY.

APPLIANCE FOR SELF-MASSAGE.

SPECIFICATION forming part of Letters Patent No. 376,968, dated January 24, 1888.

Application filed April 6, 1887. Serial No. 233,948. (No model.) Patented in Germany January 14, 1887, No. 40,670; in France March 7, 1887, No. 182,034; in Belgium March 16, 1887, No. 76,730, and in Austria-Hungary March 26, 1887, No. 5,959 and No. 10,217.

To all whom it may concern:

Be it known that I, LÜDWIG SCHAFFER, surgeon-major in the Austrian army, a subject of the Emperor of Austria, residing at Vienna, in the Province of Lower Austria, in the Empire of Austria-Hungary, have invented certain new and useful Improvements in Appliances for Self-Massage, (for which Letters Patent have been granted in Austria-Hungary, No. 5,959 and No. 10,217, dated March 26, 1887; in Germany, No. 40,670, dated January 14, 1887; in France, No. 182,034, dated March 7, 1887; in Belgium, No. 76,730, dated March 16, 1887;) and I do hereby declare the following to be a full, clear, and exact description of the invention, such as will enable others skilled in the art to which it appertains to make and use the same, reference being had to the accompanying drawings, and to letters or figures of reference marked thereon, which form a part of this specification.

Referring to the drawings, Figure 1 is a front face view, and Figs. 1^a and 1^b longitudinal central sections, of the weights employed in carrying out my invention. Fig. 2 shows the device in its application to the abdomen.

This invention has for its object to provide a device or an apparatus for self-massage, and more particularly designed for the cure of abdominal obesity or to counteract the tendency to abdominal obesity; and it consists in the means for attaining these results, substantially as hereinafter described, and as set forth in the claims.

I have found that abdominal obesity may be cured or that the tendency to abdominal obesity may be counteracted by exciting the abdominal muscles and preferably maintaining them in a normal state of excitement. I have discovered that this muscular excitement can be produced by applying weight to the muscles, which weight in conjunction with friction, be it ever so slight, results in a species of massage that tends to excite the abdominal muscles, thereby promoting digestion and a greater activity in the alimentary canal. To attain this I have devised the appliances illustrated in the accompanying drawings.

A indicates the main or abdominal band or belt, which may be of any suitable material

and provided with means for adjusting it to the abdomen of the wearer and securing the same in position, and *a a* indicate weights or metallic plates, preferably of soft cast-iron and tinned or otherwise protected against oxidation. These weights are preferably made of elliptical or ellipsoidal form and with a convex bearing-face, *a*². They are each provided with four slots, *a'*, so that they may be adjusted to position on the band, and so that their position may be reversed. The said weights may be also made concavo-convex, as shown in the sections, Figs. 1^a and 1^b.

In cases where the obesity is markedly developed, I employ a brace-strap, B, preferably of an elastic or sufficiently yielding fabric to allow a slight motion of the belt A and to support said belt and prevent it from slipping over the abdomen. In such cases I also preferably employ additional weights for the lower muscles of the abdomen, strung on an auxiliary belt or band, C, that is connected to rings *c* or any other suitable fastening device secured to the main belt or band A, which ring or other fastening device also serves to retain the ends of the elastic brace or stay strap or band B. In practice, and according to the degree of obesity, I have found that weights or plates *a*, ranging in weight from one hundred to three hundred grams, will answer the purpose; and as many of these as may be required, or as the particular case under treatment may demand, are strung on the belt A, or on said belt and the belt C, as shown in Fig. 2. The number of these weights—that is to say, the degree of pressure to which the muscles are subjected—must be determined by the nature of each case treated. From two to six or more of these weights may be strung on the main belt A, and two to four on the auxiliary belt C, as the case may require.

Having described my invention, what I claim is—

1. The herein-described appliance for self-massage, comprising an abdominal band and a series of metallic ponderous bodies secured thereto and adapted to exert by gravity pressure upon individual abdominal muscles, substantially as and for the purpose specified.

2. The herein-described appliance for self-

massage, comprising an abdominal band and a series of weights secured thereto and adjustable thereon, substantially as and for the purpose specified.

- 5 3. The herein-described appliance for self-massage, comprising an abdominal band and a series of weights secured thereto, and an auxiliary band, C, arranged to encompass the lower portion of the abdomen, and weights secured
10 to said band, substantially as and for the purpose specified.

4. The herein-described appliance for self-

massage, comprising an abdominal band having a series of weights secured thereto and adjustable thereon, and an auxiliary band or 15 strap passing around the lower portion of the abdomen and having weights adjustable thereon, as and for the purpose specified.

In testimony whereof I affix my signature in presence of two witnesses.

LÜDWIG SCHAFFER.

Witnesses:

EDUARD TYBERN,
EDMUND JUSSEN.