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2,628,613

POSTURE CORRECTOR

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Fig. 1.

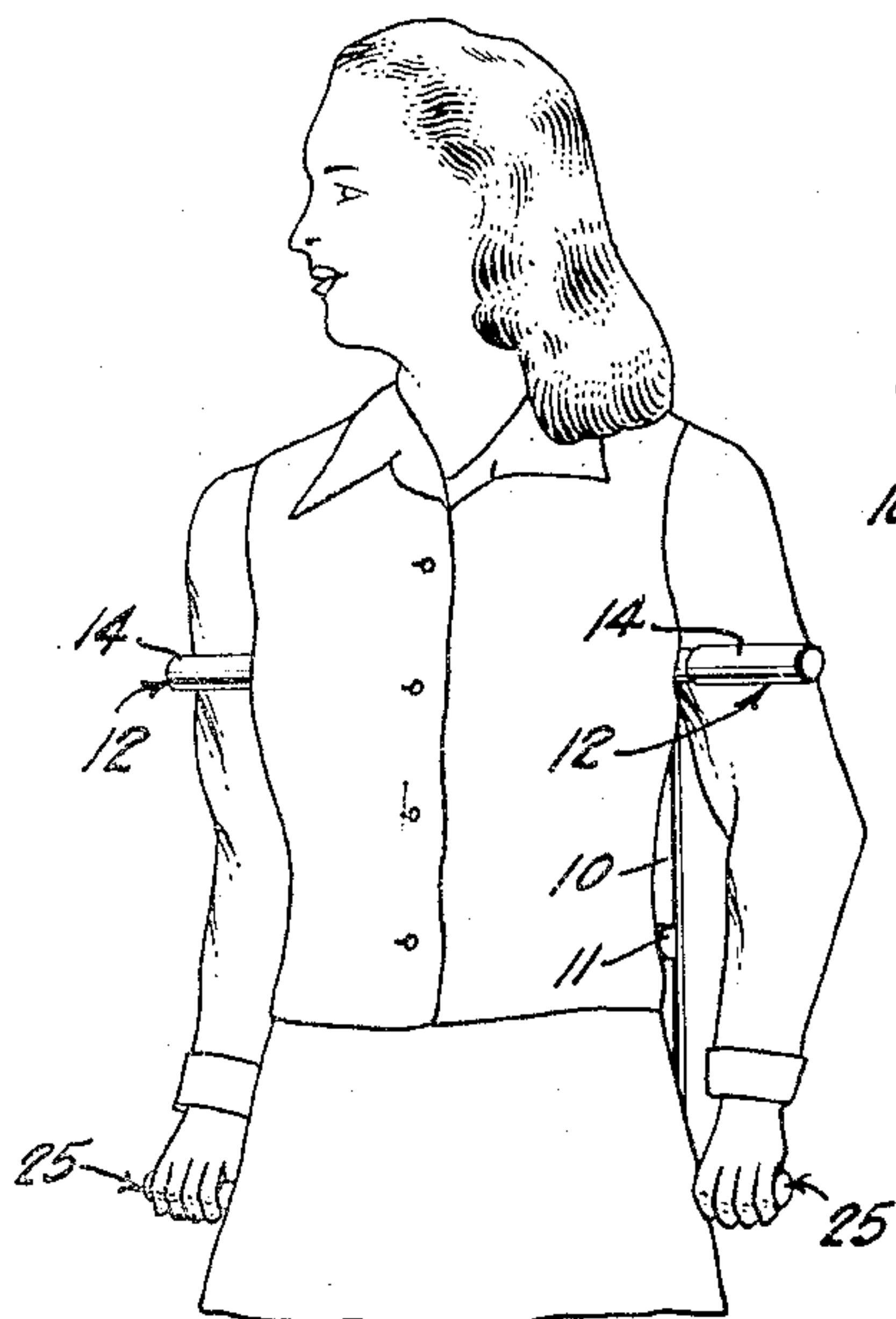


Fig. 2.

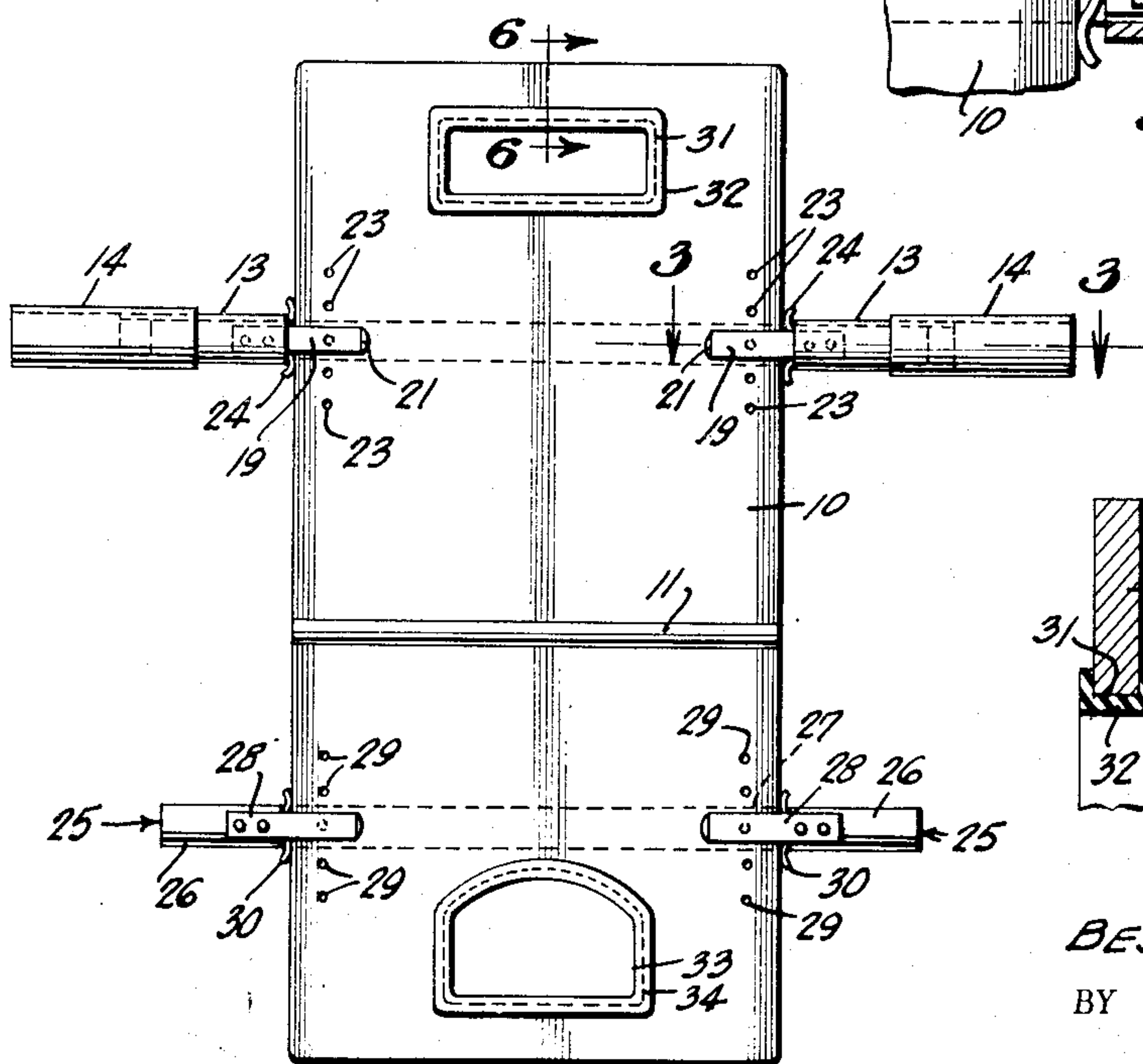


Fig. 3.

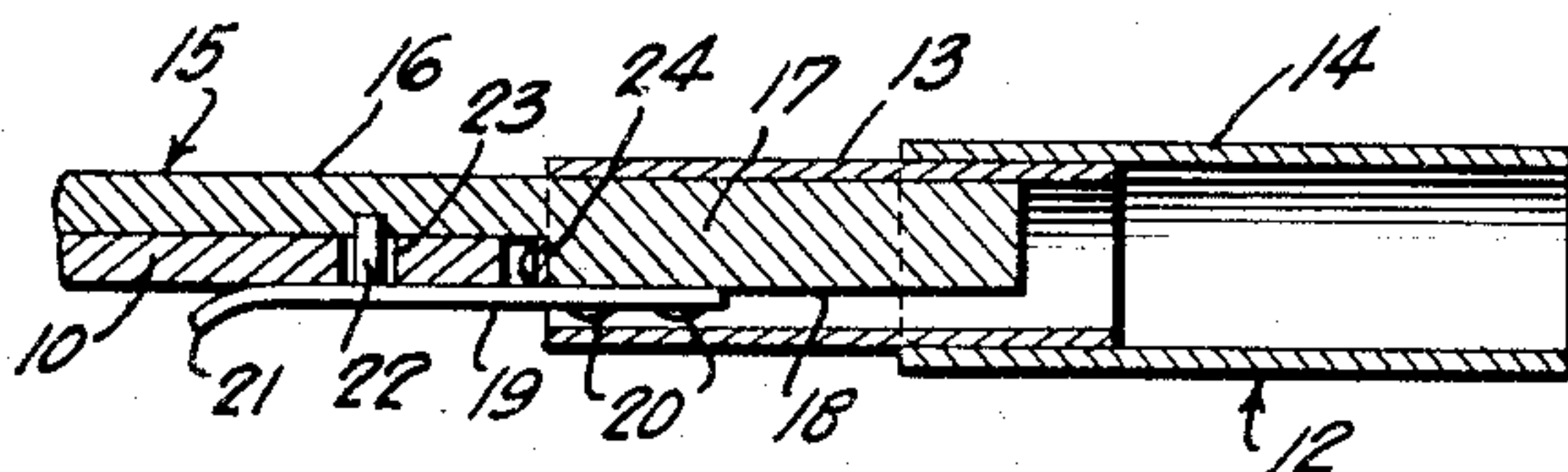


Fig. 4.

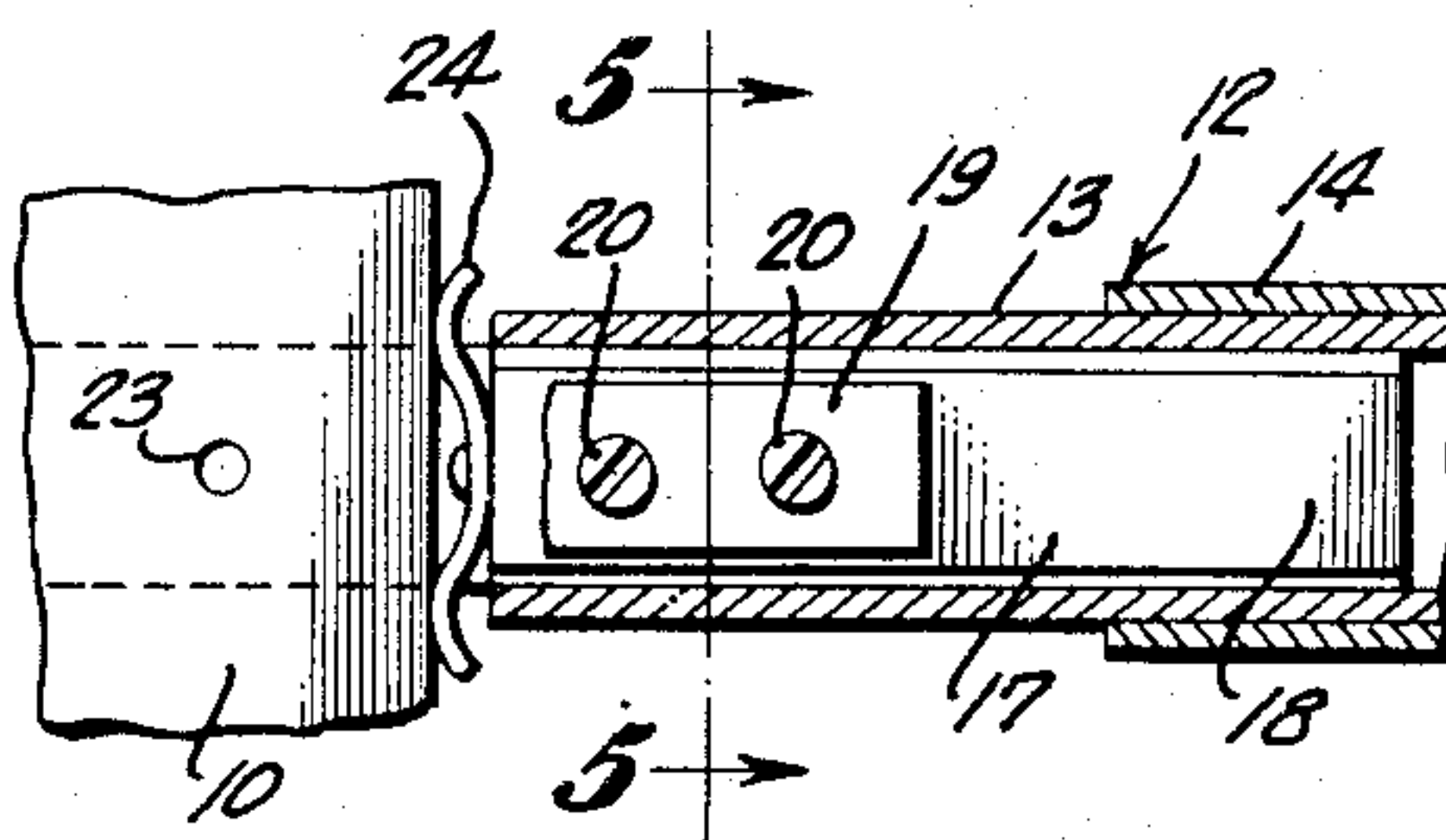


Fig. 5.

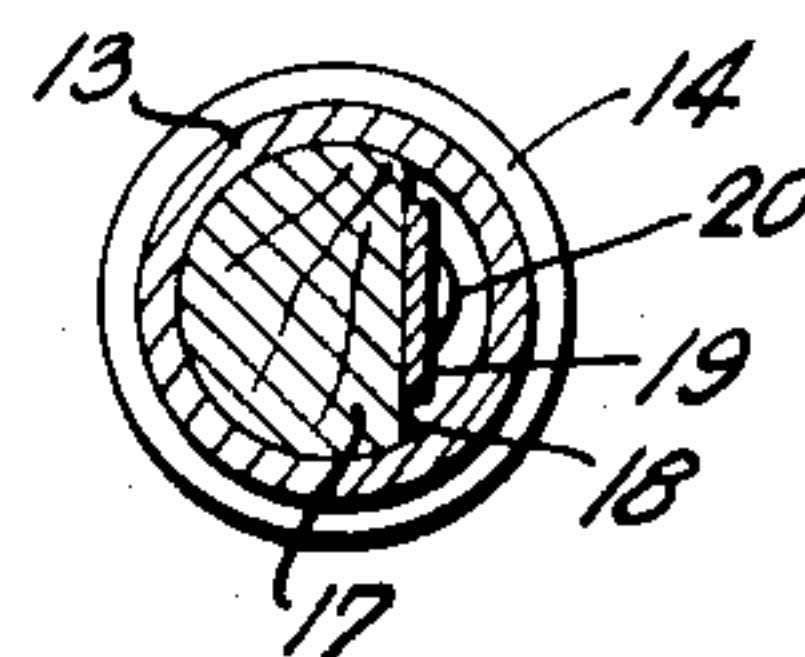
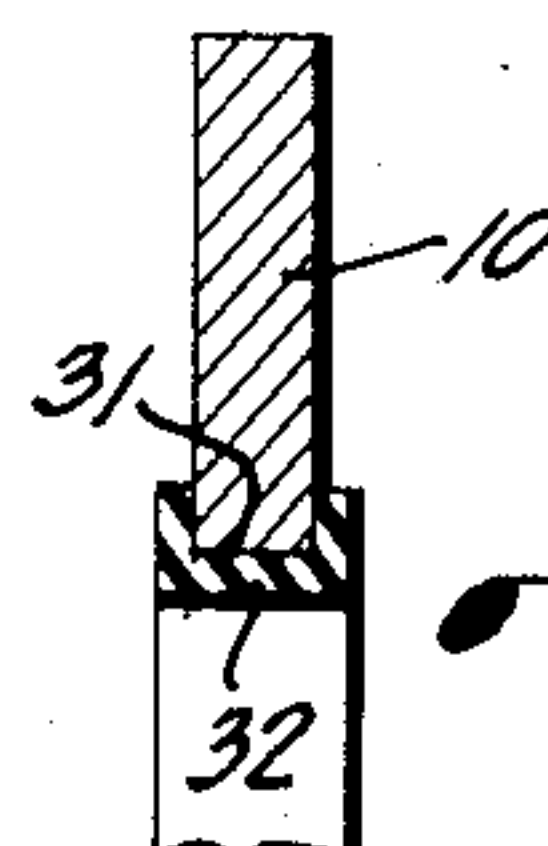


Fig. 6.



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POSTURE CORRECTOR

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4 Claims. (Cl. 128—78)

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This invention relates to physical culture and particularly to apparatus for improving the posture and carriage of the body while walking or standing.

This importance of correct posture and carriage in relation to general health and appearance is well known, but correctional measures consisting of monotonous exercises seldom accomplish their purpose. Heretofore, the most common way of inducing correct posture has been to stand against a vertical wall with the back of the body pressing against the wall. This exercise is quite monotonous and is, for the most part, unsuccessful in achieving its purpose. A further form of exercise in common use involves balancing a book or similar object on the head while walking. However, the use of a book or similar object is not suited to the more active exercises, and also has the disadvantage with beginners that the object falls off too easily.

My present invention contemplates a posture corrector in the form of a flat, rigid board to be worn on the back of the wearer, functioning in the same manner as the wall previously described but being portable whereby the wearer can walk up and down while carrying the device. The flat member has extensions protruding therefrom adapted to extend under the arms of the wearer and handle members to be grasped by the wearer to facilitate the carrying of the device. Both the extensions and handle members are adjustable to vary the size of the device for persons of varying size.

In addition to being useful as a posture corrector, the device can be used to strengthen the back muscles and also as an exerciser for the muscles of the legs and feet as will be pointed out in the specification.

With the foregoing and other objects in view, the invention will be more fully described hereinafter, and will be more particularly pointed out in the appended claims.

In the drawing, wherein like numerals refer to like or corresponding parts throughout the several views,

Figure 1 is a perspective view showing the manner in which the device is worn on the back of a person.

Figure 2 is a front elevation of the apparatus forming the subject matter of the present invention.

Figure 3 is a sectional view taken on the line 3—3 of Figure 2.

Figure 4 is an enlarged detail view of one of the extension members with parts shown in section.

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Figure 5 is a transverse sectional view taken on the line 5—5 of Figure 4, and

Figure 6 is a vertical sectional view taken on the line 6—6 of Figure 2.

Referring to the drawing, the apparatus comprises a rectangular shaped board 10 formed of suitable rigid material, such as plywood, plastic or lightweight cast metal. The member 10, although shown in the form of a rectangular member, may be of any desired shape and is of such length as to extend from the shoulder to a point slightly below the hips of a normal sized person, and of such width as to extend across the shoulders of a normal sized person. Slightly below the median line of the board 10, a rib 11 extends across the width of the device and locates that portion of the device against the waist of the wearer.

As seen in Figures 1 and 2, a pair of extensions protrude from each side of the board 10 and extend between the arms of the wearer thereby causing the shoulders to be thrown back. The extensions, indicated generally by the numeral 12, comprise a pair of telescoping tubes 13, 14 carried by a supporting strip 15. The strip 15 comprises a flat portion 16 slightly longer than the width of the backing member 10, and terminates at both ends in cylindrical portions 17 of such diameter as to fit snugly within the tube 13. Each cylindrical portion 17 is provided with a flattened surface 18, and a locking member 19 of spring steel has one end secured to said surface by screws 20. The other end of the locking member is slightly bent at 21 to provide a finger grasp for the locking member. A detent 22 projects from the inner surface of the locking member for a purpose to be described.

It will be readily apparent from the foregoing description that the construction of the extensions provides for longitudinal adjustment of these extensions whereby they can be extended or shortened to accommodate persons with wide or narrow shoulders. The supporting strip is also mounted on the backing member 10 for vertical adjustment and this is accomplished by providing a series of vertically spaced openings 23 adjacent opposite edges of the backing member 10. These openings are of such size as to receive the locking detent 22. Thus, the locking detent can be removed from its opening by grasping portions 21 and bending the locking member away from member 10 and sliding the supporting strip vertically until the locking detent is opposite the desired opening. Release of the locking member will cause the detent to enter the desired opening and lock the supporting strip in position. A

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curved friction spring 24 is fastened to the inner surface of each of the cylindrical portions 17 and is adapted to bear against the corresponding edge of the backing member 10 to prevent any wobbling of the supporting strip 15.

Adjacent the lower end of the device are handles 25 to be grasped by the user of the posture corrector to firmly hold the device in position. The handles are formed as cylindrical extensions 26 of a flat strip 27 adapted to lie against a rear surface of the backing board 10. These handles are also vertically adjustable in the same manner as extensions 12. The cylindrical extensions 26 carry locking members 28 similar to locking members 19 and having locking detents coacting with vertically spaced openings 29. The manner of adjusting the height of the handles 25 is similar to the manner described in connection with the adjustment of extensions 12. A friction spring 30 is provided between the handles and the edge of the backing member and functions in the same manner as friction spring 24.

An opening 31 is provided at the upper end of the backing member 10, and an annular rubber cushioning element 32 frames said opening as shown in Figure 6. A second opening 33 is formed at the lower end of the backing member and is also framed by a cushioning element 34. The two openings and cushioning elements have specific functions which will be pointed out below.

The use of the present apparatus as a posture corrector will be readily apparent from the above description. After proper adjustment of the arm extensions and the handles, the apparatus is placed against the back of the user in the manner shown in Figure 1. It will be evident that the backing member presses firmly against the back of the user and forces the shoulders back insuring a correct upright posture. The user can stand in position or walk up and down the room while obtaining the beneficial results of the exercise.

A further use of the present apparatus is as an exerciser for the back and shoulder muscles. This is accomplished by grasping the device with the hands at the two openings and extending it at arms' length over the head similar to an exercising wand.

A further use of the present apparatus is for exercising the foot and leg muscles. This is done by resting the lower edge of the device on the floor, inserting the hand in the upper opening 31, and the foot in the lower opening 33. Then by exerting an upward pull on the board, both the foot and leg muscles are exercised. The element 34 serves as a cushioning device for the foot.

While I have in the foregoing described a certain specific form of apparatus by way of example,

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it will be understood that it is merely for purposes of illustration to make clear the principles of the invention, which is not limited to the particular form shown, but is susceptible to various modifications and adaptations in different applications as will be apparent to those skilled in the art, without departing from the scope of the invention as stated in the following claims.

Having thus described the invention, what is claimed is:

1. An apparatus for posture correction comprising a substantially flat, rigid member of such size as to cover the back and hips of a normal sized person, rigid means extending from the edges of the member and in the plane thereof for fitting under the arms of a person and handles extending from the member adjacent the lower portion thereof.

2. An apparatus for posture correction comprising a flat rectangular board adapted to be placed against the back of a person, rigid means extending from the side edges of the board and in the plane thereof for fitting under the arms, handles extending from the board adjacent the lower portion thereof, and a rib on said board substantially midway between the means and the handles.

3. An apparatus for posture correction comprising a flat rectangular board adapted to be placed against the back of a person, rigid means extending from the side edges of the board and in the plane thereof for fitting under the arms, handles extending from the board adjacent the lower portion thereof, and openings provided in the board adjacent the upper and lower edges thereof.

4. An apparatus for posture correction comprising a flat rectangular board adapted to be placed against the back of a person, rigid means extending from the side edges of the board and in the plane thereof for fitting under the arms, handles extending from the board adjacent the lower portion thereof, openings provided in the board adjacent the upper and lower edges thereof, and resilient cushioning elements framing said openings.

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