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STRETCHING APPARATUS
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Fig. 1

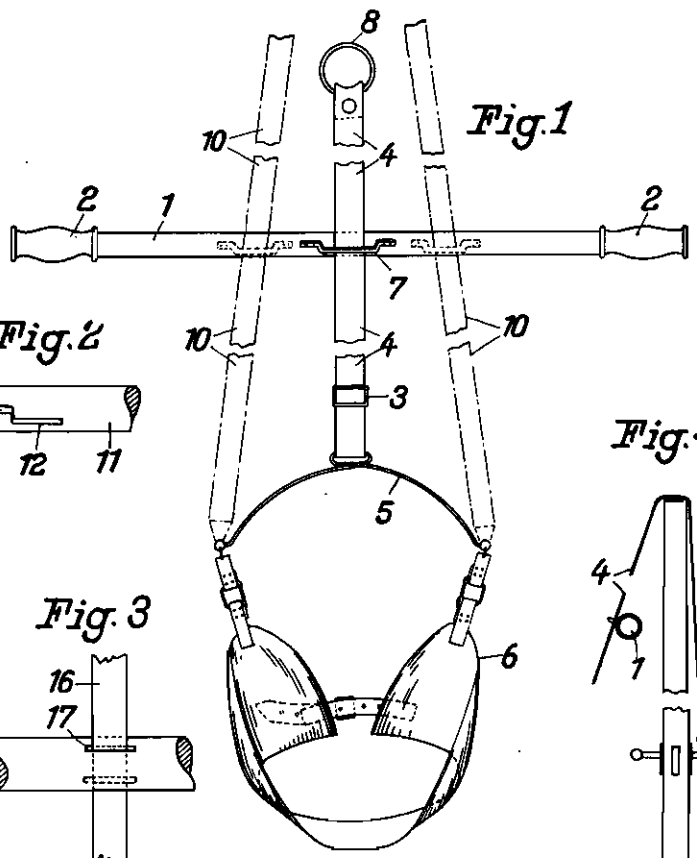

Fig. 2

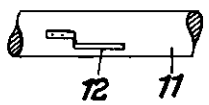

Fig. 4

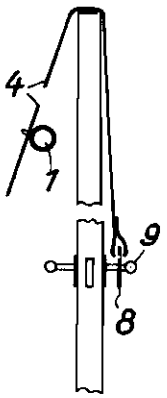

Fig. 3

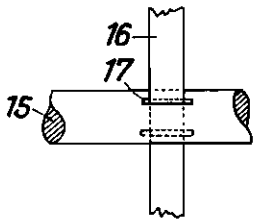

Fig. 8

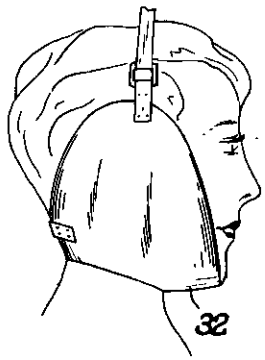

Fig. 7

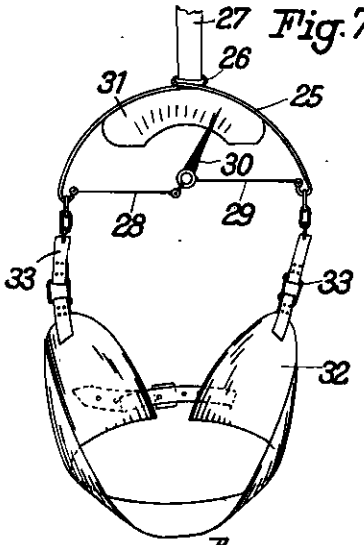

Fig. 5

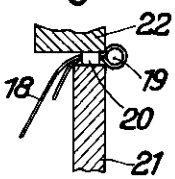

Fig. 6

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STRETCHING APPARATUS

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The present invention relates to an apparatus for stretching a human's body and for improving the tallness and the hold of the body. Apparatus of this kind are known in which drawing or pulling means, for instance bands or ropes, attaching the head to a special head-rest of a practicing person are wound upon a rod by rotating or turning the latter. The ends of these bands are fixed to the rotatable rod and therefore, the length of the bands or ropes may be adapted to the tallness of the practicing person or to the desired holding of the arms of this person only by more or less winding the one or the other set of bands or ropes upon the rod before starting the treatment. This adjustment, however, is somewhat complicated particularly if the entire apparatus is suspended from a hook arranged relatively high.

To obviate these drawbacks and to obtain a particular convenient adjustment, the apparatus for stretching a human's body is, in accordance with the present invention, so constructed that the drawing or pulling means, preferably consisting of a single band or rope or of several juxta-positioned bands or ropes is uninterruptedly led to the suspension device, formed for example by a ring, and is connected to the rotatable rod in such a manner, that the latter may freely be displaced relatively to the drawing or pulling means.

In a rather simple manner this may be obtained by guiding the drawing or pulling means in a closed or open cramp fixed to the rotatable rod or in a slot provided in the rotatable rod. On turning or rotating the rod both parts of the band are wound up one over the other. If the drawing or pulling means consists of a single band, it may be connected to the head-rest in such a manner that a band each is led from its end and connected to the lateral members of the head-rest. When practicing these bands are tensioned and thereby pressed against the sides of the head which is felt by many practicing persons to be disagreeable. This inconvenience may be obviated by connecting the drawing or pulling means to the head-rest by means of a stirrup. Preferably a resilient stirrup is used, whereby a soft starting of the strain during practicing is ensured and an over-straining of the body of the practicing person is prevented. The resiliency of the stirrup may, moreover, be utilized to control, by effecting measurings, the tension acting upon the body, by making the stirrup a portion of a measuring apparatus operating in accordance with the principle of a spring balance. To obtain this purpose besides the head-rest two rods or the like may be connected to the ends of the stirrup at the free ends of which a pointer adapted to move over a scale is rotatably arranged.

Further details of the invention may be seen from the following specification and the drawing which shows some constructions according to the invention by way of example.

In this drawing:

Fig. 1 is a general view of an apparatus for stretching a human's body,

Figs. 2 and 3 show two modified constructions of connecting the drawing or pulling means to a rotatable rod,

Fig. 4 illustrates a manner of fixing an apparatus according to the invention to a door,

Figs. 5 and 6 show another manner of fixing the apparatus to a door,

Fig. 7 shows the construction of the stirrup as measuring apparatus, and

Fig. 8 is a side view of the head-rest.

The apparatus for stretching a human's body shown in Fig. 1 consists of a rotatable rod 1 provided with handles 2, a band 4, the length of which may be adjusted by means of a buckle 3 and a head-rest 6 connected to the band 4 by way of a stirrup 5 of steel. The band 4 is guided in a cramp 7 which in the present case is closed and fixed to the rotatable rod 1. Provided at the free ends of the band 4 is a ring or an annular ear 8 by means of which the band 4 may be suspended from a door handle 9 as shown in Fig. 4 or from a hook fixed in the wall.

Instead of a single band 4 two bands 10 fixed to the ends of the head-rest 6 may be provided in which case eventually the stirrup 5 may be omitted. As shown in Fig. 2 the guide cramp 12 fixed to the rotatable rod 11 may be open or as shown in Fig. 3. The rotatable rod 15 may be provided with a slot 17 receiving the band 16. As may be seen from Figs. 5 and 6 the ring or annular ear 8 shown in the construction according to Fig. 1 may be replaced by leading the end of the band 16 around a piece of round timber 12 or the like and fixing same against displacement by a clasp 20 surrounding both parts of the band and having the form of a flat pressed ring. The end of the band thickened in this manner is then placed upon the upper edge of the door 21 which thereupon is closed so that now the end of the band is held between the door 21 and the door frame 22. The clasp 20 also may be a clamping buckle and

form a substitute for the adjusting buckle 3 of the apparatus according to Fig. 1.

Fig. 6 shows the stirrup constructed as measuring and control apparatus. To the free ends of the stirrup 25, attached in the manner shown in Fig. 1 to a band 27 by means of an ear or ring 26 provided at its middle portion, rods 28 and 29 are connected at the free ends of which a pointer 30 is rotatably mounted. If due to a bending of the stirrup the distance of the ends of the latter from each other is altered this pointer is moved over a scale 31 carried by the stirrup 25 and thereby indicates the tension acting upon the stirrup and therefore also upon the body of the practicing person. A head-rest 32 formed in the manner of a collar smoothly surrounds all the parts of the head and distributes the tension strain over a large surface. The head-rest 32 is connected to the ends of the stirrup 25 by means of bands 33.

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