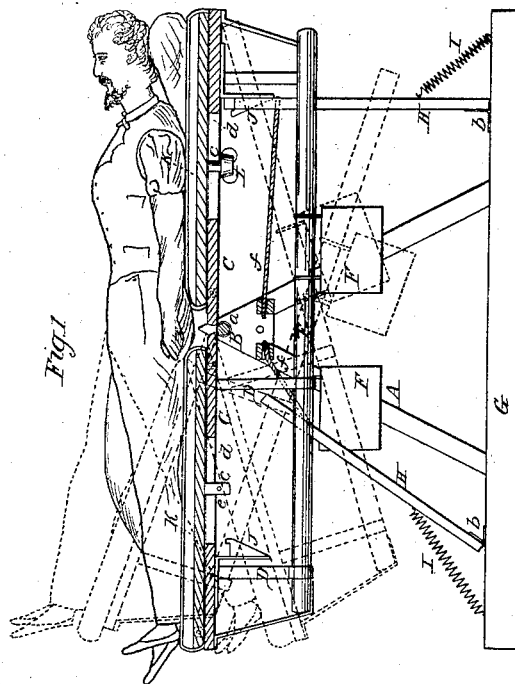
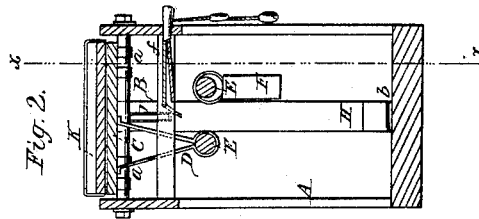


C. F. Taylor,
Movement Cure.

N^o 45652.

Patented Dec. 27, 1864.



Witnesses.
J. V. Hall
Geo. W. Reed

Inventor.
Chas. F. Taylor

UNITED STATES PATENT OFFICE.

CHARLES F. TAYLOR, OF NEW YORK, N. Y.

IMPROVEMENT IN EXERCISING-MACHINES.

Specification forming part of Letters Patent No. 45,652, dated December 27, 1864.

To all whom it may concern:

Be it known that I, CHARLES F. TAYLOR, of the city, county, and State of New York, have invented a new and useful Machine for Exercising the Spinal and Abdominal Muscles of the Human Body; and I do hereby declare that the following is a full, clear, and exact description thereof, which will enable others skilled in the art to make and use the same, reference being had to the accompanying drawings, making a part of this specification, in which—

Figure 1 is a side sectional view of my invention taken in the line *x x*, Fig. 1; Fig. 2, a transverse vertical section of the same taken in the line *y y*, Fig. 1.

Similar letters of reference indicate like parts.

This invention consists in the employment or use of one or two oscillating platforms provided with adjustable or sliding counter poises or weights, and arranged on hinges in a suitable framing in such a manner that the portions of the body may be exercised in a greater or less degree, as the condition of the patient may bear, for the purpose of exercising the spinal and abdominal muscles.

The invention further consists in the novel application of slides to the platforms, as hereinafter set forth, whereby the slides are made during the oscillations of the platforms to move or slide to conform to the movement of the body and prevent any friction between the latter and the platforms.

A represents a framing having in its upper part a transverse shaft, B, to which two platforms C C are attached by joints *a*, said platforms projecting from opposite sides of the shaft B, and allowed to turn or swing freely on said shaft. Each platform has pendent brackets D attached to its under side, to which a shaft or bar, E, is secured, said shaft or bar being parallel, or nearly so, with the platforms, and having each a weight, F, applied or suspended on them, so as to be capable of being adjusted at different points on the shafts or bars.

To the base G, on which the framing A rests, there are attached by joints *b* two bars, H, one underneath each platform. These bars H have each a spring, I, attached to them, and these springs have a tendency to keep the upper ends of the bars in connection

with catches J at the under side of the platform, and when the bars H are secured in this upright position the platforms C are supported so that they cannot descend below a horizontal line.

On each platform C there is placed a slide, K, which may be upholstered or covered with any suitable cloth or fabric. These slides are each provided with two pendent pins *c c*, one near each side, and said pins project down through oblong slots *d*, made longitudinally in the platforms, and have pins *e* passing transversely through their lower ends. These pins and slots serve as guides for the slides K K, the latter being allowed to move freely on the platforms. They may, however, be retained in position or prevented from sliding, when required, by means of a thumb-nut, L, fitted on a screw cut on one of the pendants *c* of each slide.

I would remark that friction-rollers may be fitted in the platforms C and slides K to prevent friction.

The operation is as follows: Suppose, for instance, that it is desired to exercise the abdominal muscles. The patient lies upon the slides K on the platforms C C face uppermost, the trunk of the body being on one platform and the lower limbs upon the other. The platform which supports the trunk of the body is retained in a horizontal position by the bar H underneath it, while the bar H of the other platform is drawn inward by means of a string or chain, *f*, and is retained in an inward position by any suitable means to admit of the oscillating of the platform on which the lower limbs rest. The weight F of the bar E of the oscillating platform is adjusted in accordance with the amount of exertion required to benefit the patient. It will be seen that the patient depresses the platform through the movement of the lower limbs, which calls into play the abdominal and lower spinal muscles, and the farther outward the weight F is placed on its bar E the greater the exertion required to depress the platform, the latter being brought up by the weights. Thus it will be seen that as a patient improves by practice the resistance to the downward movement of the platform may be increased. In order to exercise the upper spinal muscles the other platform is liberated by drawing inward the bar H underneath it,

and both platforms may be used simultaneously, if desired. The bars H prevent the movement of the platforms while the patient is getting on and off from them. Said bars are adjusted by an attendant.

The position of the patient on the platforms is shown clearly in Fig. 1.

The slides K K are important, as they move during the oscillations of the platforms and prevent any friction between the body of the patient and the platforms, insuring ease and comfort to the former.

Having thus described my invention, what I claim as new, and desire to secure by Letters Patent, is—

1. The employment or use of oscillating

platforms, one or more, provided with adjustable weights, and arranged to operate in the manner substantially as and for the purpose herein set forth.

2. In connection with the oscillating platforms, the adjustable bars H, for retaining the platforms in a horizontal position when required.

3. The slides K, when used in combination with the oscillating platforms C, substantially as and for the purpose set forth.

CHAS. F. TAYLOR.

Witnesses:

JAS. P. HALL,
GEO. W. REED.