



US007007902B1

(12) **United States Patent**
Root

(10) **Patent No.:** **US 7,007,902 B1**
(45) **Date of Patent:** **Mar. 7, 2006**

(54) **ADJUSTABLE SUPPORT FOR HANDS AND ARMS**

(76) Inventor: **Warren N. Root**, 24921 Muirlands,
Unit 112, Lake Forest, CA (US)
92630-4831

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

(21) Appl. No.: **10/907,853**

(22) Filed: **Apr. 18, 2005**

Related U.S. Application Data

(63) Continuation-in-part of application No. 10/761,785, filed on Jan. 21, 2004, now Pat. No. 6,936,022.

(60) Provisional application No. 60/442,613, filed on Jan. 23, 2003, provisional application No. 60/573,906, filed on May 24, 2004.

(51) **Int. Cl.**
B43L 15/00 (2006.01)

(52) **U.S. Cl.** **248/118.3**; 248/918; 602/21

(58) **Field of Classification Search** 248/118, 248/118.1, 118.3, 118.5, 918; 602/20, 21
See application file for complete search history.

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Primary Examiner—Ramon O Ramirez

(74) *Attorney, Agent, or Firm*—Jerry Turner Sewell

(57) **ABSTRACT**

A system and method support the forearm and hand of a user performing repetitive tasks. In one embodiment, the system includes a support bar having a low friction upper surface. First and second cradles are coupled to the support bar to receive and support a user's hands and lower forearms. The cradles have curved bottom surfaces that rest upon the curved upper surface of the support bar to provide a small, low-friction contact area, which enables the user's arms and hands to move effortlessly forward and backwards and left and right. The cradles also tilt and swivel with respect to the support bar. The system and method reduce strains on the arms and shoulders of the user by supporting at least a portion of the weight of the user's arms and hands while the user performs the repetitive tasks.

10 Claims, 9 Drawing Sheets

