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Schaaf

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(54) **METHOD AND APPARATUS TO ENHANCE PROPRIOCEPTION AND CORE HEALTH OF THE HUMAN BODY**

(75) Inventor: **Horst Schaaf**, Bellingham, WA (US)

(73) Assignee: **Corewerks, Inc.**, Bellingham, WA (US)

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 492 days.

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(52) **U.S. Cl.** **297/313; 297/314**

(58) **Field of Classification Search** 297/312, 297/313, 314, 300.2, 302.4
See application file for complete search history.

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Primary Examiner—Anthony D Barfield

(74) *Attorney, Agent, or Firm*—Christensen O'Connor Johnson Kindness PLLC

(57) **ABSTRACT**

A device to actively enhance proprioception and core strength of its user consisting of a motion control system providing a tilt plate that is dampened with a suspension system to provide a system to deliver an exercise regimen that automatically detects and strengthens core muscles in an unobtrusive manner by allowing the individual to move freely while seated. The device can be configured into a chair, stool, wheelchair seat insert, vehicle or airplane seat or exercise device generically known as balance board. The device is intended to enhance the user's proprioception core strength, sense of balance, and overall physical well being.

26 Claims, 27 Drawing Sheets

