An Exercise Helmet for Physiologic Studies

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Keeping the appropriate mouthpiece in position during exercise studies has been quite a problem. An exercise helmet designed to solve the problem is presented. This helmet should also prove useful for studies of conscious patients at rest.

The helmet has three parts (fig. 1): a, the headpiece, a plastic circular band similar to that used in a welder’s helmet, with an adjustable circumference; b, supporting side-bars made of lightweight aluminum; c, aluminum frame to hold the Rudolf three-way valve in position.

The junction of the headpiece and side bars has butterfly-nuts to allow both up-and-down and to-and-fro movement of the side bars. The junction of the side bars with the frame for the mouthpiece is also adjustable, and allows circular movement of the Rudolf valve. The rubber mouthpiece and Rudolf valve can be changed whenever necessary. As the helmet is lightweight and completely self-supporting, it permits both the investigator and the patient to concentrate on other relevant matters during the study.

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Fig. 1. Exercise helmet in position.

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