US 20200138185A1

(19) **United States**

(12) **Patent Application Publication**

(10) **Pub. No.: US 2020/0138185 A1**

(43) **Pub. Date: May 7, 2020**

SCOTT

(54) **ERGONOMIC SYSTEM FOR AND METHOD OF DECREASING STRESS TO NECK AND SHOULDERS OF MOBILE DEVICE USERS**

(71) Applicant: **PAMELA SCOTT**, LEE'S SUMMIT, MO (US)

(72) Inventor: **PAMELA SCOTT**, LEE'S SUMMIT, MO (US)

(21) Appl. No.: **16/735,255**

(22) Filed: **Jan. 6, 2020**

Related U.S. Application Data

(63) Continuation-in-part of application No. 15/974,464, filed on May 8, 2018, now abandoned.

(60) Provisional application No. 62/503,178, filed on May 8, 2017.

Publication Classification

(51) **Int. Cl.**

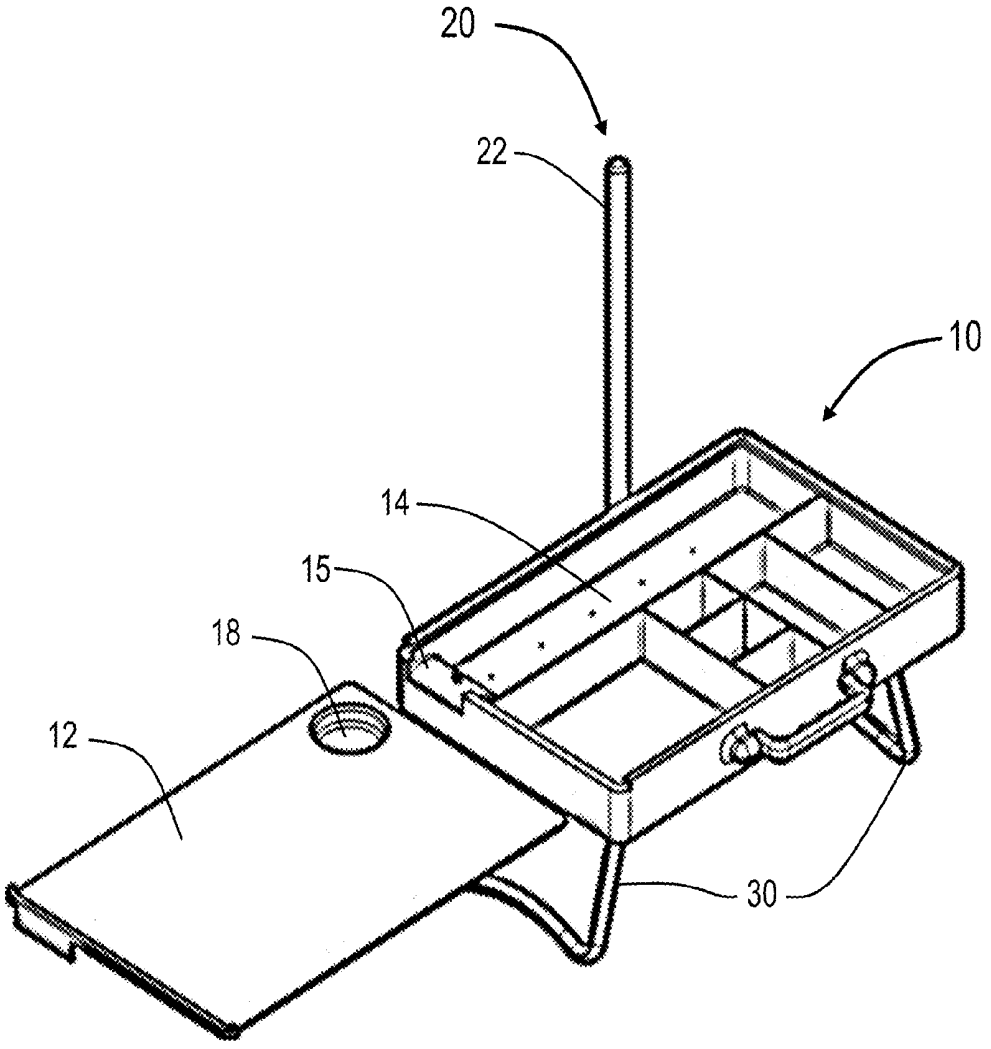
A47B 23/00	(2006.01)
A47B 23/06	(2006.01)
F16M 11/04	(2006.01)

(52) **U.S. Cl.**

CPC ***A47B 23/001*** (2013.01); *H04R 3/12* (2013.01); ***F16M 11/046*** (2013.01); ***A47B 23/06*** (2013.01)

(57) **ABSTRACT**

A system for and method of reducing or eliminating neck and back pain is provided. The system includes various features for encouraging good posture while using mobile devices. A support assembly is configured to selectively hold the mobile device at or slightly below eye level and a support pillow is configured to provide support for arms of the user during selective engagement with the mobile device. In this way, the arms, shoulders, and back of the user do not become fatigued and the user is prevented or otherwise discouraged from lowering the mobile device. Adjustable stanchions of the support assembly facilitate adjusting the height and position of the mobile device to accommodate users of different heights and to accommodate different viewing preferences while still encouraging improved posture for each user.



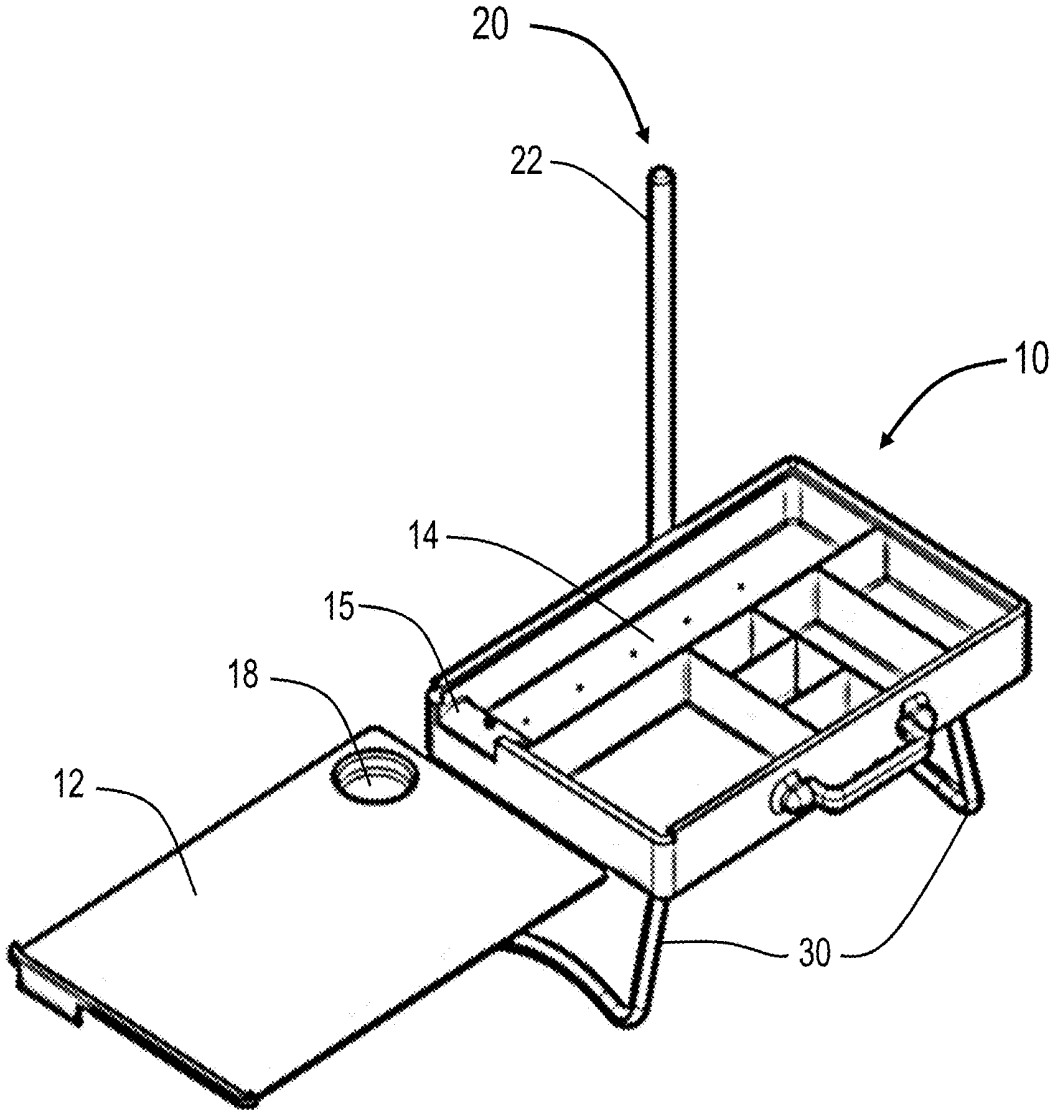


Fig. 1

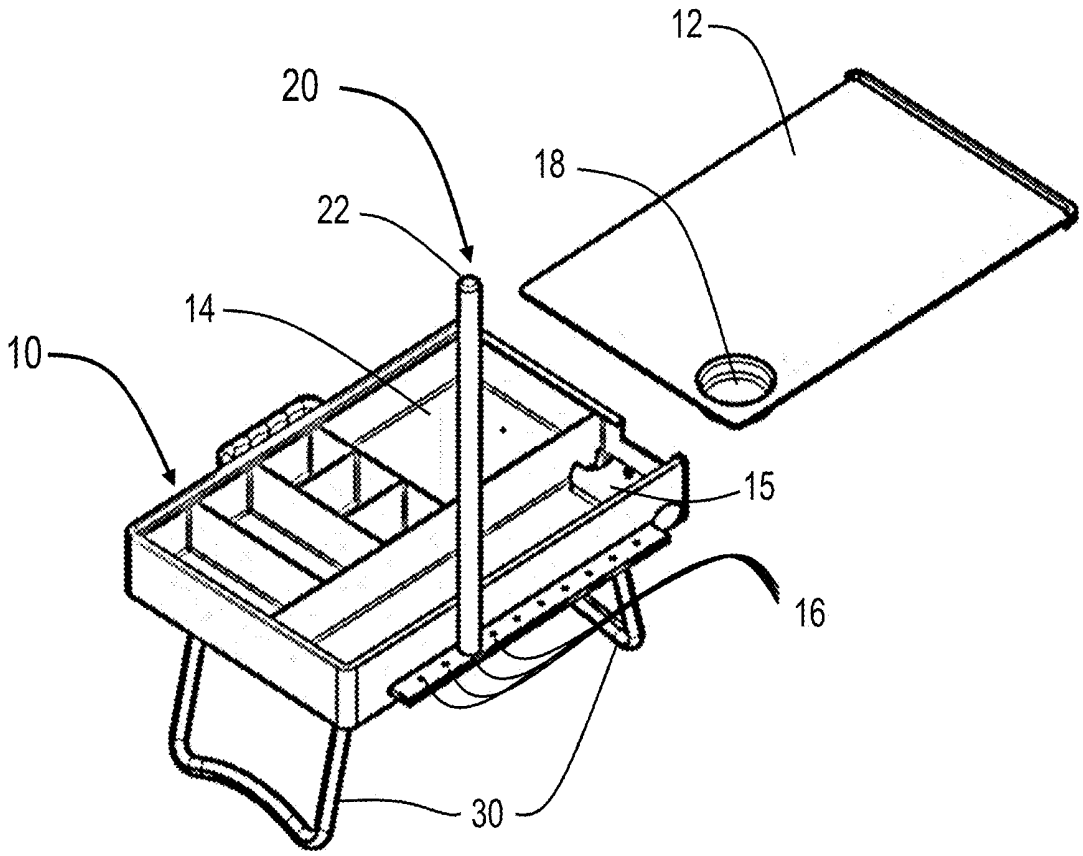


Fig. 2

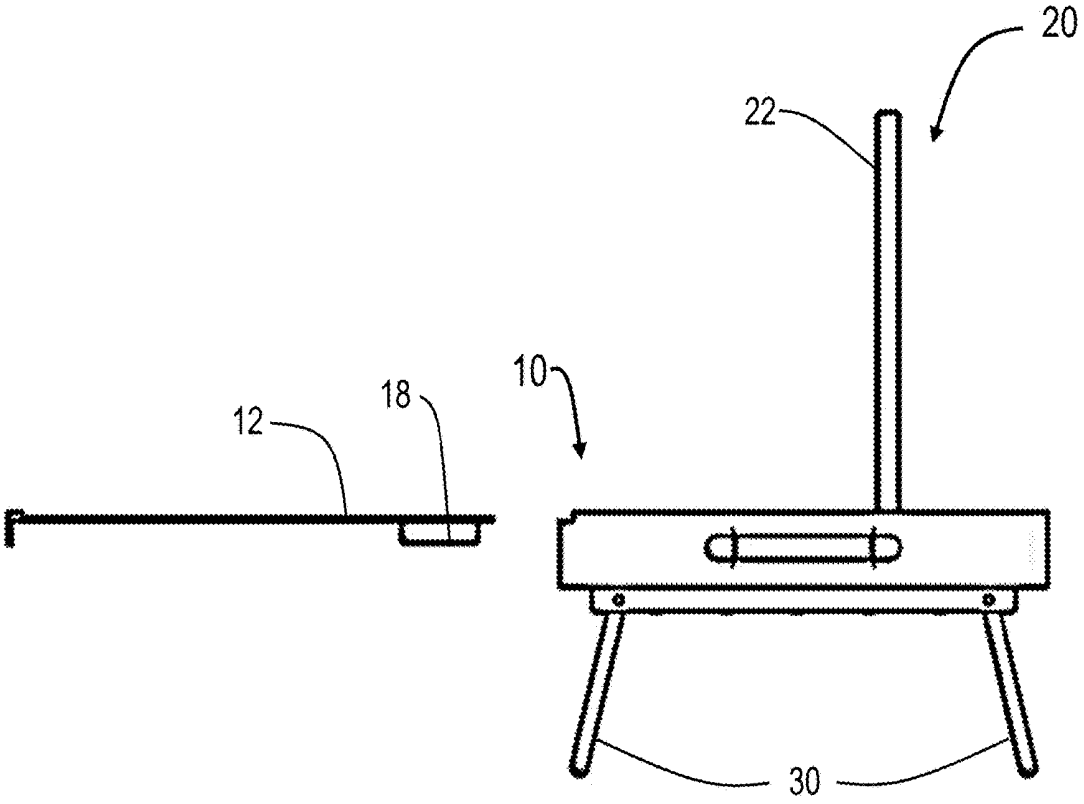


Fig. 3

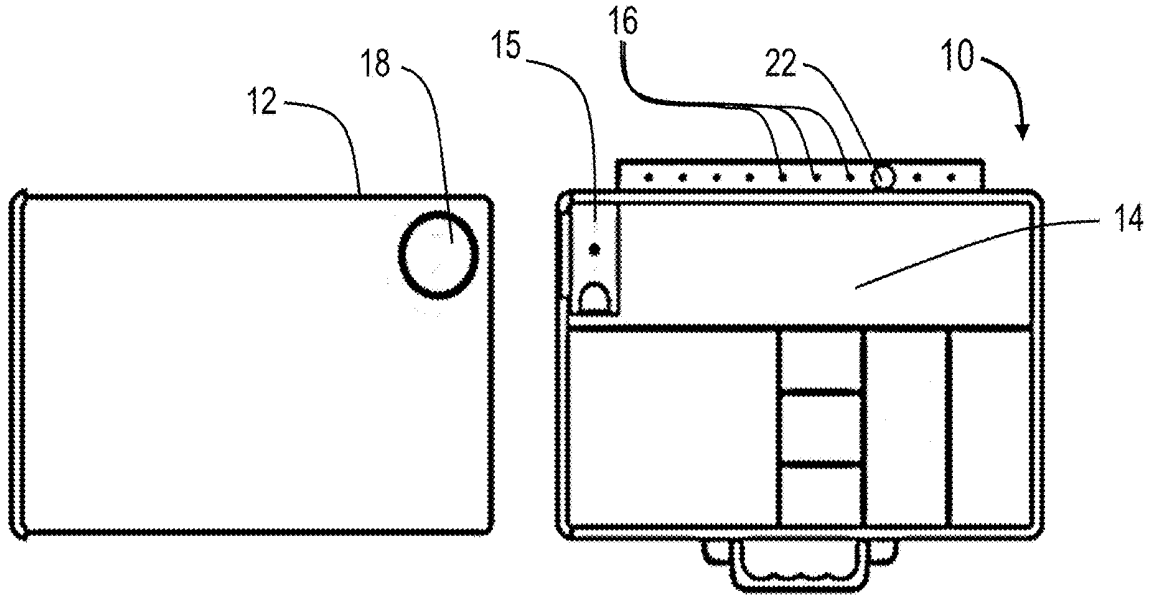


Fig. 4

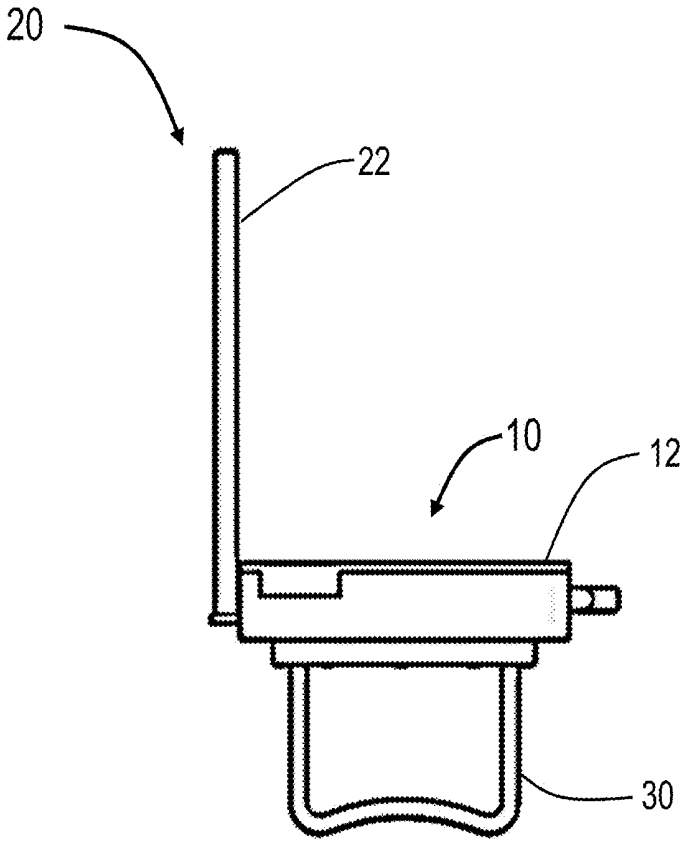


Fig. 5

ERGONOMIC SYSTEM FOR AND METHOD OF DECREASING STRESS TO NECK AND SHOULDERS OF MOBILE DEVICE USERS

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] This application is a continuation-in-part application of co-pending U.S. patent application Ser. No. 15/974,464, filed May 8, 2018, which claims priority pursuant to 35 U.S.C. 119(e) to co-pending U.S. Provisional Patent Application Ser. No. 62/503,178, filed May 8, 2017, the entire disclosure of which is incorporated herein by reference.

FIELD OF THE INVENTION

[0002] The present invention relates generally to ergonomic devices. More specifically, the present invention is concerned with a system for and methods of decreasing physical stress and strain to necks and shoulders associated with use of mobile devices.

BACKGROUND OF THE INVENTION

[0003] The increased use of smart phones and other mobile devices has led to a dramatic increase in neck and back problems for users. This is, at least in part, due to the natural tendency of many users to hold their mobile devices down against their abdomens. Other users tend to lay their mobile devices down on a flat surface, such as a table surface. In either case, the user's head must be tilted downward to see the screen of the mobile device, requiring the user to maintain poor posture while viewing the screen. As screen time in general continues to increase and as screen time for mobile devices, specifically, continues to take the place of traditional screen time associated with television and computers (which are generally positioned at or near eye level allowing the user to maintain good posture), more and more users of mobile devices are spending longer and longer periods of time maintaining poor posture, thereby increasing neck and back problems. Furthermore, the increase in use of mobile devices has been accompanied by a very concerning increase in poor posture, neck, and back problems with children and young adults.

[0004] It has been suggested that many of the neck and back problems of mobile device users can be solved by holding mobile devices up generally in line with or slightly below the user's line of sight. By holding a mobile device at or near eye level, the user's head is not required to be tilted downward to see the screen of the mobile device, allowing the user to maintain good posture while viewing the screen. Unfortunately, while holding a mobile device up for short periods of time is feasible, many users find themselves slowly lowering their device and/or forgetting to raise the device in the first place. Consequently, it would be beneficial to have a system for and method of assisting mobile device users in maintaining their mobile devices at or near eye level and/or for reminding such users to hold their mobile devices in such a position in the first place. Furthermore, holding a mobile device up at eye level requires the user to lift their arms, causing the arms to tire and/or the shoulders to hurt. Consequently, it would further be beneficial to have a system for and method of supporting a user's arms to reduce fatigue and other ailments.

SUMMARY OF THE INVENTION

[0005] The present invention comprises a support assembly for supporting a mobile device and a support pillow for supporting a user's arms. In some embodiments, the support assembly is selectively coupled relative to the support pillow, thereby facilitating selective engagement with the mobile device by the user. The support assembly is, in some embodiments, adjustable to accommodate users of varying physical characteristics and varying mobile device use preferences.

[0006] The support assembly comprises a carriage assembly for selectively holding the mobile device. In some embodiments, the carriage assembly is configured to selectively receive the mobile device. Moving the carriage assembly towards a closed configuration causes the carriage assembly to engage with the mobile device, thereby securing the mobile device.

[0007] In some embodiments, the support assembly further comprises one or more stanchion that is configured to support the carriage assembly. In some embodiments, the carriage assembly adjustable along the stanchion, while in others it is in a fixed position. In some embodiments, the stanchion is adjustable, such as including telescoping members which allow a user to adjust the height of the stanchion. In yet some other embodiments, the assembly may include two or more stanchions.

[0008] In some embodiments, the support pillow receives the stanchion, allowing the support assembly to engage with the support pillow. Generally, in such embodiments, the stanchion is generally perpendicular to a top surface of the support pillow, but in other embodiments the stanchion is angled. Such an engaged condition may be permanent, or it may be temporary. In some embodiments, the support pillow contains and interior compartment where disengaged support assembly elements may be stored.

[0009] In some embodiments, the support pillow includes a top surface. The top surface provides a place for users to rest one or more arm while interacting with the mobile device. In some embodiments, the top surface is well-suited for positioning a laptop, food items, or any other item which the user may deem pertinent to interact with at the time.

[0010] The support pillow, in some embodiments, also includes one or more leg which props the pillow up. In some embodiments, by way of such legs, the support pillow is configured to rest near the abdomen of a user, above the user's lap.

[0011] In some embodiments, the present invention further comprises a method of reducing or eliminating back pain. In some embodiments, the method includes positioning a pillow of a text neck eliminator system of the present invention onto a lap of a user of a mobile device. The mobile device is then secured to a carriage assembly or other feature of the text neck eliminator system such that the mobile device is supported by the text neck eliminator system. In some embodiments, the method further includes adjusting the position of the mobile device by adjusting one or more feature of the text neck eliminator system. In this way, the user is able to position a screen of the mobile device at or slightly below eye level of the user, thereby reducing the likelihood that the user will later reposition the mobile device below eye level, thereby reducing the risk of future neck and back problems associated with looking down at a phone.

[0012] The foregoing and other objects are intended to be illustrative of the invention and are not meant in a limiting sense. Many possible embodiments of the invention may be made and will be readily evident upon a study of the following specification. Various features and subcombinations of invention may be employed without reference to other features and subcombinations.

BRIEF DESCRIPTION

[0013] A preferred embodiment of the invention, illustrative of the best mode in which the applicant has contemplated applying the principles, is set forth in the following description and is shown in the drawings and is particularly and distinctly pointed out and set forth in the appended claims.

[0014] FIG. **1** is a perspective view of a support assembly according to one embodiment of the present invention, shown with a surface disengaged.

[0015] FIG. **2** is a perspective view of the support assembly of FIG. **1**.

[0016] FIG. **3** is a front elevation view of the support assembly of FIG. **1**.

[0017] FIG. **4** is a top planar view of the support assembly of FIG. **1**.

[0018] FIG. **5** is a left-side elevation view of the support assembly of FIG. **1**.

DETAILED DESCRIPTION

[0019] As required, a detailed embodiment of the present invention is disclosed herein; however, it is to be understood that the disclosed embodiment is merely exemplary of the principles of the invention, which may be embodied in various forms. Therefore, specific structural and functional details disclosed herein are not to be interpreted as limiting, but merely as a basis for the claims and as a representative basis for teaching one skilled in the art to variously employ the present invention in virtually any appropriately detailed structure.

[0020] Referring to FIGS. **1-5**, the present invention comprises a support assembly **20** for supporting a mobile device and a support pillow **10** for supporting a user's arms. In some embodiments, the support assembly **20** is selectively coupled relative to the support pillow **10**, thereby facilitating selective engagement with the mobile device by the user.

[0021] In some embodiments, the support assembly **20** includes one or more adjustment feature for adjusting the position of the mobile device relative to the support pillow **10**. In this way, the present invention can be adjusted to accommodate use of the mobile device by one or more user in one or more situations. For instance, a first user may be taller than a second user, thereby requiring the mobile device to be positioned higher for the first user than for the second user. As another example, a first user may desire the mobile device be moved closer to the user's face when viewing sensitive information and/or when bright background lighting makes it difficult to view images depicted on the screen of the mobile device. As yet another example, a first or second user may desire the mobile device be moved further from each user's face when both users are viewing the same images depicted on the screen and/or when background lighting is low such that lighting from the screen appears bright in comparison.

[0022] The support assembly **20** comprises a carriage assembly for selectively holding the mobile device. In some embodiments, the carriage assembly is moveable between an open configuration and a closed configuration. In the open configuration, the carriage assembly is configured to selectively receive the mobile device. In some embodiments, moving the carriage assembly towards the closed configuration causes the carriage assembly to engage with the mobile device, thereby securing the mobile device relative to the carriage assembly. In some such embodiments, the carriage assembly includes one or more biasing member for biasing the carriage assembly towards its closed configuration.

[0023] The support assembly **20** further comprises one or more stanchion **22** that is configured to support the carriage assembly. In some embodiments, the carriage assembly is configured to slide along a length of the stanchion **22**, thereby allowing a user to adjust the position of the carriage assembly. In other embodiments, the carriage assembly is secured at or near a distal end of an adjustable stanchion **22** such that a user is able to adjust the position of the mobile device by adjusting the stanchion **22**.

[0024] Some embodiments of the present invention include an adjustable stanchion **22** extending from a support pillow **10**, a distal end of the adjustable stanchion **22** being configured to support a mobile device. In some embodiments, the adjustable stanchion **22** includes telescoping members, thereby enabling a user to adjust a position of the mobile device relative to the support pillow **10** by adjusting a height of the stanchion. In this way, the user is able to adjust the height of the mobile device so as to be at or slightly below eye level.

[0025] In some embodiments, the support pillow **10** defines a first aperture **16** for receiving a first end of a first stanchion **22** of a support assembly **20** of the present invention, thereby allowing the support assembly **20** to engage with the support pillow **10**. In some embodiments, the support assembly **20** is configured to disengage with the support pillow **10** by removing the first end of the first stanchion **22** from the first aperture **16** of the support pillow **10**. In some embodiments, the support pillow **10** defines an interior volume, interior area, or storage compartment **14** that is configured to selectively receive all or part of the support assembly **20** when the support assembly **20** is disengaged from the support pillow **10**. In this way, the support assembly **20** can be stored for future use. In other embodiments, the support pillow **10** includes one or more other feature, such as a clip or a strap, for selectively securing the support assembly **20** to the support pillow **10** when the support assembly **20** is disengaged from the support pillow **10**.

[0026] In some embodiments, a proximal end of the first stanchion **22** is rotatably secured to the support pillow **10**, thereby facilitating adjusting an angle of the first stanchion **22** relative to the support pillow **10**. In other embodiments, the support pillow **10** includes a first receptacle extending from the first aperture, the first receptacle being configured to receive a portion of the first end of the first stanchion. In some such embodiments, the first receptacle is pivotally coupled to the support pillow **10**, thereby facilitating adjusting an angle of the first stanchion **22** relative to the support pillow **10**.

[0027] In some embodiments, the first stanchion **22** is moveable between a first orientation and a second orienta-

tion. In still other embodiments, the first stanchion **22** is moveable between the first orientation and a third orientation. In some embodiments, one or more feature of the support pillow **10** prevents or otherwise inhibits the first stanchion **22** from moving beyond the first, second, and/or third orientations. In some such embodiments, the first aperture **16** is configured to facilitate movement of the first stanchion **22** between its first, second, and/or third orientations while preventing or inhibiting the first stanchion **22** from moving beyond the first, second, and/or third orientations.

[0028] In some embodiments, the support pillow **10** defines a second aperture **16** for receiving a first end of a second stanchion **22** of the support assembly **20** of the present invention, thereby providing extra support for the mobile device. In other embodiments, the second stanchion **22** provides support for a second mobile device.

[0029] In some embodiments, a proximal end of the second stanchion **22** is rotatably secured to the support pillow **10**, thereby facilitating adjusting an angle of the second stanchion **22** relative to the support pillow **10**. In other embodiments, the support pillow **10** includes a second receptacle extending from the second aperture, the second receptacle being configured to receive a portion of the first end of the second stanchion **22**. In some such embodiments, the second receptacle is pivotally coupled to the support pillow **10**, thereby facilitating adjusting an angle of the second stanchion **22** relative to the support pillow **10**. In some embodiments, the first and second receptacles are secured together such that they are configured to rotate in unison, thereby causing the first and second stanchions **22** to rotate in unison. In other embodiments, the first and second receptacles are independent of each other, thereby allowing the first and second stanchions **22** to rotate independent of each other.

[0030] In some embodiments, the second stanchion **22** is moveable between a first orientation and a second orientation. In still other embodiments, the second stanchion **22** is moveable between the first orientation and a third orientation. In some embodiments, one or more feature of the support pillow **10** prevents or otherwise inhibits the second stanchion **22** from moving beyond the first, second, and/or third orientations. In some such embodiments, the second aperture **16** is configured to facilitate movement of the second stanchion **22** between its first, second, and/or third orientations while preventing or inhibiting the second stanchion **22** from moving beyond the first, second, and/or third orientations.

[0031] In some embodiments, the first and/or second stanchion **22** is generally perpendicular to a top surface of the support pillow **10** in its respective first orientation. In other embodiments, the first and/or second stanchion **22** is angled fifteen degrees away from the user when the respective stanchion **22** is in its respective second orientation. In still other embodiments, the first and/or second stanchion **22** is angled fifteen degrees towards the user when the respective stanchion **22** is in its respective third orientation.

[0032] In some embodiments, the support pillow **10** includes one or more support surface **12** for selective engagement with one or more arm and/or elbow of a user, thereby providing a means of supporting the user's arm as the user engages with the mobile device. In some embodiments the support surface **12** is a padded surface that is configured to maximize comfort for the user. In other embodiments, the support surface **12** is a flat surface that is configured to maximize versatility of the support pillow **10**. In some such embodiments, the flat support surface **12** is a white board, a chalk board, or some other erasable surface for facilitating jotting down one or more quick note. In other such embodiments, the flat support surface **12** is a generally hard surface that is configured to serve as a writing surface. In still other such embodiments, the flat support surface **12** is configured to serve as a tray for food, snacks, projects, or the like.

[0033] In some embodiments, the support pillow **10** includes a first surface having a first configuration and an opposed second surface having a second configuration, the support pillow **10** being configured to be selectively used with the first or second surface facing upwards. In some such embodiments, the first and second surfaces each define one or more aperture **16** and/or each include one or more other feature for selectively engaging with one or more stanchion **22**. In other embodiments, the support pillow **10** includes a first, second, third, fourth, and/or some other number of other edges that are configured to interface and/or be positioned relative to an abdomen of one or more other user. In some such embodiments, one or more aperture **16** is positioned relative to one or more side of the pillow, thereby accommodating users of different size, shapes, and preferences. In this way, the support pillow **10** and support assembly **20** can be used together in a variety of orientations and configurations to accommodate a variety of needs and preferences.

[0034] The present invention further comprises a method of reducing or eliminating back pain. In some embodiments, the method includes positioning a pillow of a text neck eliminator system of the present invention onto a lap of a user of a mobile device. The mobile device is then secured to a carriage assembly or other feature of the text neck eliminator system such that the mobile device is supported by the text neck eliminator system. In some embodiments, the method further includes adjusting the position of the mobile device by adjusting one or more feature of the text neck eliminator system. In this way, the user is able to position a screen of the mobile device at or slightly below eye level of the user, thereby reducing the likelihood that the user will later reposition the mobile device below eye level, thereby reducing the risk of future neck and back problems associated with looking down at a phone.

[0035] In some embodiments, the method of the present invention further includes positioning elbows of the user on a support surface **12** of the text neck eliminator system, thereby facilitating selective user engagement with the mobile device by one or more hand of the user. In this way, any moment generated from extending the user's arm up and away from the user's torso is reacted by the support surface **12**, not by the user's arms, shoulders, and back. In this way, fatigue and pain associated with raising and/or extending the user's arms for selective engagement with the mobile device is eliminated or otherwise reduced.

[0036] In some embodiments, selective engagement with the mobile device by the user results in the user applying a generally outward force onto the mobile device. In some such embodiments, one or more stanchion **22** of the text neck eliminator system provides a reactive force equal to and opposite to the generally outward force. In some such embodiments, the one or more stanchion **22** serves as a cantilever beam supported by the support pillow **10**. In this

way, the generally outward force generates an overturning moment reacted by the support pillow **10**. In some such embodiments, a generally downward force applied to the support pillow **10** by the elbows and/or arms of the user balances out the overturning moment generated by the generally outward force, thereby providing additional support for mobile device.

[0037] In some embodiments, the support pillow **10** includes one or more padded feature for accommodating prolonged engagement by an elbow or other portion of a user's arm. In this way, fatigue to the user's elbow and/or arm is eliminated or otherwise reduced. In some embodiments, the padded feature is detachable from the support pillow **10**. In some such embodiments, the support pillow **10** defines an interior area for storing the padded features when not in use. In other embodiments, the padded feature is moveable between a stowed configuration and a deployed configuration. In the deployed configuration, the padded feature is positioned for selective engagement by a user. In stowed configuration, the padded feature is at least partially concealed and/or is at least partially folded into one or more feature of the support pillow **10**, thereby facilitating storage of the support pillow **10**. In some such embodiments, the padded feature is moveable from the stowed configuration to the deployed configuration by folding the padded feature out of the support pillow **10** and/or out of one or more other feature of the support pillow **10**, such as a table of the support pillow **10**. In some embodiments, the padded feature includes a gel-type substance for added comfort, durability, and versatility.

[0038] In some embodiments, the present invention further includes one or more other feature. In some embodiments, the present invention includes a wired or wireless charger **15** for selectively charging one or more mobile device. In other embodiments, the present invention includes a wired or wireless remote, such as a remote for operating one or more function of the mobile device. In still other embodiments, the present invention includes one or more wired or wireless speaker, such as one or more Bluetooth-enabled speaker. In yet other embodiments, the present invention includes a cup holder **18** that is moveable between a stowed configuration for storage and a deployed configuration for holding one or more cup or other item. In still yet other embodiments, the support pillow **10** and/or the support assembly **20** defines one or more interior volume, interior area, or storage compartment **14** for storing one or more adaptor or other feature associated with the mobile device.

[0039] In some embodiments, the present invention is configured as and/or is configurable to be a laptop desk for supporting one or more laptop computer or other device in addition to supporting one or more mobile device. In other embodiments, the present invention is configured as and/or is configurable to be a game table having one or more controls for controlling one or more function of a game. In still other embodiments, one or more leg **30** is selectively secured to and/or selectively extends from the support pillow **10** such that the present invention is configured as and/or selectively configurable as a fold-out standing desk. In some embodiments, one or more leg **30** is a telescoping leg and/or is otherwise adjustable relative to the support pillow **10** and/or one or more other surface, thereby accommodating a variety of surface requirements and/or preferences. In some embodiments, one or more surface is adjustable in height, length, width, position, orientation, or otherwise.

[0040] In some embodiments, the support pillow **10** is configured to rest on and/or otherwise engage with one or more leg of a user when the user is in a sitting position. In this way, the support pillow **10** is configured to be supported by a person's lap. In other embodiments, the support pillow **10** is configured to receive one or more elbow or other portion of one or more of the user's arms. In this way, the support pillow **10** is configured to provide an arm rest for the user. In some embodiments, the support pillow **10** and/or support assembly **20** includes one or more adjustment feature for accommodating users of different shapes and sizes. In some such embodiments, a first embodiment of the present invention is sized proportionally so as to accommodate use by small children. In other such embodiments, a second embodiment of the present invention is sized proportionally so as to accommodate use by adults.

[0041] It will be appreciated that in some embodiments the support pillow **10** does not include a cushion or support pillow **10** of any sort. In some such embodiments the support defines a flat working surface **12**, such as a flat working surface of a table or desk. In some embodiments, the support pillow **10** is not a pillow at all but instead is a tray, a desktop, or other device having a surface that is capable of supporting one or more arm of a user.

[0042] Furthermore, it will be appreciated that in some embodiments the surface **12** is slidably connected to the body of the support pillow **10**. In other embodiments, the surface **12** is hingably connected to the body of the support pillow **10**. Where surface **12** is hingably connected, the support pillow **10** includes one or more securing element to secure the surface **12** against the body of support pillow **10**.

[0043] It will further be appreciated that in some embodiments the support pillow **10** includes a plurality of legs **30** for supporting the support pillow **10** above a floor or other surface. In some embodiments, the legs **30** are hingedly coupled to the support pillow **10** such that each leg **30** is rotatable between a stowed configuration for storage and a deployed configuration for selective engagement with a surface, a structure, or the user. In some embodiments, one or more leg **30** is adjustable in length and/or includes one or more feature for selectively engaging with one or more structure, such as a chair or lectern, or with one or more feature of a user, such as a leg of a user. In this way, the support assembly **20** of the present invention is capable of being utilized in a variety of different locations, regardless of whether the user is in a sitting, standing, kneeling, or other position.

[0044] An embodiment represented in a first example of the present invention includes a system for facilitating ergonomic use of mobile devices, the system comprising: a support pillow for supporting one or more arm of a user; and a support assembly extending from said support pillow, said support assembly being configured to support a mobile device, wherein said support assembly comprises a carriage assembly for selectively holding the mobile device.

[0045] An embodiment represented in a second example of the present invention includes the system of example 1, wherein said support assembly comprises an adjustable stanchion having telescoping members, thereby enabling the user to adjust a position of the mobile device relative to said support pillow.

[0046] An embodiment represented in a third example of the present invention includes the system of example 2, wherein said support pillow includes a support surface defining a first aperture **16** for receiving a first end of said adjustable stanchion, thereby allowing said adjustable stanchion to extend from said support pillow.

[0047] An embodiment represented in a forth example of the present invention includes the system of example 3, wherein said support assembly is configured to selectively disengage from said support pillow by removing said first end of said adjustable stanchion from said first aperture **16** of said support surface.

[0048] An embodiment represented in a fifth example of the present invention includes the system of example 3, wherein said support surface further defines a second aperture **16** for receiving a first end of a second stanchion of said support assembly, thereby providing additional support for supporting the mobile device.

[0049] An embodiment represented in a sixth example of the present invention includes the system of example 3, wherein said support surface further defines a second aperture **16** for receiving a first end of a first stanchion of a second support assembly, thereby facilitating support of a second mobile device.

[0050] An embodiment represented in a seventh example of the present invention includes the system of example 2, wherein a proximal end of said adjustable stanchion is secured to said support pillow such that a distal end of said adjustable stanchion is displaced from said support pillow, said carriage assembly being secured to said distal end of said adjustable stanchion.

[0051] An embodiment represented in a eighth example of the present invention includes the system of example 7, wherein said adjustable stanchion is rotatably secured to said support pillow, thereby further enabling the user to adjust a position of the mobile device relative to said support pillow.

[0052] An embodiment represented in a ninth example of the present invention includes the system of example 8, wherein said adjustable stanchion is moveable between a first orientation generally perpendicular to a top surface of the support pillow and a second orientation angled fifteen degrees away from the user.

[0053] An embodiment represented in a tenth example of the present invention includes the system of example 8, wherein said adjustable stanchion is moveable between a first orientation generally perpendicular to a top surface of the support pillow and a third orientation angled fifteen degrees towards the user.

[0054] An embodiment represented in an eleventh example of the present invention includes the system of example 1, further comprising a plurality of speakers configured to be in digital or analog communication with the mobile device.

[0055] An embodiment represented in a twelfth example of the present invention includes the system of example 1, wherein said support pillow defines one or more storage area for selectively storing one or more accessory of the mobile device.

[0056] An embodiment represented in a thirteenth example of the present invention includes the system of example 1, wherein the support pillow is configured to rest on a lap of the user.

[0057] An embodiment represented in a fourteenth example of the present invention includes the system of example 1, further comprising a plurality of legs extending from the support pillow, each leg being configured for selective engagement with a floor, thereby supporting the support pillow above the floor.

[0058] An embodiment represented in a fifteenth example of the present invention includes the system of example 1, further comprising a cup holder pivotally secured to the support pillow, the cup holder being moveable between a stowed configuration for storage and a deployed configuration for selectively holding a cup of the user.

[0059] An embodiment represented in a sixteenth example of the present invention includes a method of reducing or eliminating neck and back pain, the method comprising: positioning a support pillow of a text neck eliminator system on a lap of a user of a mobile device; securing the mobile device to a carriage assembly of a support assembly of the text neck eliminator system; adjusting the position of the mobile device by adjusting a configuration of the support assembly, thereby positioning the mobile device at or slightly below eye level of the user; and moving elbows of the user into engagement with the support pillow, thereby supporting arms of the user while facilitating selective user engagement with the mobile device by one or more hand of the user.

[0060] An embodiment represented in a seventeenth example of the present invention includes the method of example 16, wherein selective engagement with the mobile device by the user results in the user applying a generally outward force onto the mobile device, wherein a stanchion of the text neck eliminator system provides a reactive force equal and opposite to the generally outward force.

[0061] An embodiment represented in an eighteenth example of the present invention includes the method of example 17, wherein the generally outward force generates an overturning moment, the overturning moment being balanced by a downward force associated with the engagement of the user's elbows with the support pillow.

[0062] An embodiment represented in a nineteenth example of the present invention includes the method of example 16, further comprising securing the support assembly to the support pillow by inserting a proximal end of a stanchion of the support assembly into an aperture **16** defined by the support pillow.

[0063] An embodiment represented in a twentieth example of the present invention includes the method of example 16, wherein adjusting the position of the mobile device is accomplished by moving at least one telescoping member of an adjustable stanchion relative to at least one other telescoping member of the adjustable stanchion.

[0064] In the foregoing description, certain terms have been used for brevity, clearness and understanding; but no unnecessary limitations are to be implied therefrom beyond the requirements of the prior art, because such terms are used for descriptive purposes and are intended to be broadly construed. Moreover, the description and illustration of the inventions is by way of example, and the scope of the inventions is not limited to the exact details shown or described.

[0065] Although the foregoing detailed description of the present invention has been described by reference to an exemplary embodiment, and the best mode contemplated for carrying out the present invention has been shown and described, it will be understood that certain changes, modification or variations may be made in embodying the above

invention, and in the construction thereof, other than those specifically set forth herein, may be achieved by those skilled in the art without departing from the spirit and scope of the invention, and that such changes, modification or variations are to be considered as being within the overall scope of the present invention. Therefore, it is contemplated to cover the present invention and any and all changes, modifications, variations, or equivalents that fall with in the true spirit and scope of the underlying principles disclosed and claimed herein. Consequently, the scope of the present invention is intended to be limited only by the attached claims, all matter contained in the above description and shown in the accompanying drawings shall be interpreted as illustrative and not in a limiting sense.

[0066] Having now described the features, discoveries and principles of the invention, the manner in which the invention is constructed and used, the characteristics of the construction, and advantageous, new and useful results obtained; the new and useful structures, devices, elements, arrangements, parts and combinations, are set forth in the appended claims.

[0067] It is also to be understood that the following claims are intended to cover all of the generic and specific features of the invention herein described, and all statements of the scope of the invention which, as a matter of language, might be said to fall therebetween.

What is claimed is:

1. A system for facilitating ergonomic use of mobile devices, the system comprising:

a support pillow for supporting one or more arms of a user; and

a support assembly extending from said support pillow, said support assembly being configured to support a mobile device,

wherein said support assembly comprises a carriage assembly for selectively holding the mobile device.

2. The system of claim **1**, wherein said support assembly comprises an adjustable stanchion having telescoping members, thereby enabling the user to adjust a position of the mobile device relative to said support pillow.

3. The system of claim **2**, wherein said support pillow includes a support surface defining a first aperture for receiving a first end of said adjustable stanchion, thereby allowing said adjustable stanchion to extend from said support pillow.

4. The system of claim **3**, wherein said support assembly is configured to selectively disengage from said support pillow by removing said first end of said adjustable stanchion from said first aperture of said support surface.

5. The system of claim **3**, wherein said support surface further defines a second aperture for receiving a first end of a second stanchion of said support assembly, thereby providing additional support for supporting the mobile device.

6. The system of claim **3**, wherein said support surface further defines a second aperture for receiving a first end of a first stanchion of a second support assembly, thereby facilitating support of a second mobile device.

7. The system of claim **2**, wherein a proximal end of said adjustable stanchion is secured to said support pillow such that a distal end of said adjustable stanchion is displaced from said support pillow, said carriage assembly being secured to said distal end of said adjustable stanchion.

8. The system of claim **7**, wherein said adjustable stanchion is rotatably secured to said support pillow, thereby further enabling the user to adjust a position of the mobile device relative to said support pillow.

9. The system of claim **8**, wherein said adjustable stanchion is moveable between a first orientation generally perpendicular to a top surface of the support pillow and a second orientation angled fifteen degrees away from the user.

10. The system of claim **8**, wherein said adjustable stanchion is moveable between a first orientation generally perpendicular to a top surface of the support pillow and a third orientation angled fifteen degrees towards the user.

11. The system of claim **1**, further comprising a plurality of speakers configured to be in digital or analog communication with the mobile device.

12. The system of claim **1**, wherein said support pillow defines one or more storage areas for selectively storing one or more accessories of the mobile device.

13. The system of claim **1**, wherein the support pillow is configured to rest on a lap of the user.

14. The system of claim **1**, further comprising a plurality of legs extending from the support pillow, each leg being configured for selective engagement with a floor, thereby supporting the support pillow above the floor.

15. The system of claim **1**, further comprising a cup holder pivotally secured to the support pillow, the cup holder being moveable between a stowed configuration for storage and a deployed configuration for selectively holding a cup of the user.

16. A method of reducing or eliminating neck and back pain, the method comprising:

positioning a support pillow of a text neck eliminator system on a lap of a user of a mobile device;

securing the mobile device to a carriage assembly of a support assembly of the text neck eliminator system;

adjusting the position of the mobile device by adjusting a configuration of the support assembly, thereby positioning the mobile device at or slightly below eye level of the user; and

moving elbows of the user into engagement with the support pillow, thereby supporting arms of the user while facilitating selective user engagement with the mobile device by one or more hand of the user,

wherein the resulting positioning of said user mitigates neck and back stresses associated with typical mobile device use.

17. The method of claim **16**, wherein selective engagement with the mobile device by the user results in the user applying a generally outward force onto the mobile device, wherein a stanchion of the text neck eliminator system provides a reactive force equal and opposite to the generally outward force.

18. The method of claim **17**, wherein the generally outward force generates an overturning moment, the overturning moment being balanced by a downward force associated with the engagement of the user's elbows with the support pillow.

19. The method of claim **16**, further comprising securing the support assembly to the support pillow by inserting a proximal end of a stanchion of the support assembly into an aperture defined by the support pillow.

20. The method of claim **16**, wherein adjusting the position of the mobile device is accomplished by moving at least

one telescoping member of an adjustable stanchion relative to at least one other telescoping member of the adjustable stanchion.

* * * * *