C L A I M S

1. An assist suit comprising a back region wearing unit worn on a back region of a wearer, a buttock region wearing unit worn on a buttock region of the wearer, and thigh region wearing units worn on right and left thigh regions of the wearer,

wherein the buttock region wearing unit is coupled to the back region wearing unit;

the thigh region wearing units include cylindrical or belt-like members having an extensibility so as to be fixed to the right and left thigh regions of the wearer, and are coupled to the buttock region wearing unit; and

the back region wearing unit includes shoulder belts and waist belts for fixing the back region wearing unit to the back region of the wearer, and a spinal member which comes into contact with the back region wearing unit from the back region to the buttock region of the wearer, bends along the back region of the wearer, and has elasticity in a bending direction;

wherein the spinal member includes a plate-like member having a plurality of different widths in its longitudinal direction, the plate-like member including:

a part of a portion in the spinal member located above a middle portion in a longitudinal direction of the spinal member, and is narrower than remaining parts of the portion in the spinal member, or

a part of a portion in the spinal member which is located above the middle portion in the longitudinal direction of the spinal member, having a width near a shoulder blade of the back region of the wearer that is narrower than remaining parts of the portion in the spinal member.

2. The assist suit according to claim 1, wherein a part in the longitudinal direction includes laterally separated portions that are laterally separated along an axis corresponding to a spine of the wearer.

3. The assist suit according to claim 2, wherein the laterally separated portions extend from the back region of the wearer to buttock regions of the wearer, and an interval between the laterally separated portions at the buttock regions of the wearer is greater than an interval between the laterally separated portions at other regions.

4. The assist suit according to any one of claims 1 to 3, further comprising at least two protruding portions extending in the longitudinal direction on two sides of an axis corresponding to the spine of the wearer.