BRIEF SUMMARY OF THE INVENTION

[0006] The present invention provided a method and apparatus for improving posture while sitting. In one embodiment, the present invention provides an orthopedic device for improving posture while sitting, the orthopedic device, comprising a foundation member comprising a front portion configured to receive a user's upper legs and a bowl portion configured to receive a user's lower pelvic area, the bowl portion comprising a central portion and an upwardly inclined lateral portion. The lateral portion and the front portion collectively surround the central portion.

[0007] The central portion has plural regions of varying flexibility and the lateral portion has plural regions of varying flexibility, the bowl portion configured for applying an upwardly and inwardly compressive force when the lower pelvic area of the user is disposed in the bowl portion.

[0008] The bowl portion is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion, to thereby cause a forward rotational tilting of the user's lower pelvic area into a forward lordotic position after the lower pelvic area is placed in the bowl portion.

[0009] In another embodiment the present invention provides a process for correcting posture while sitting using orthopedic device.

[0009a] According to a first aspect of the present invention, there is provided an orthopedic device for improving posture while sitting, the orthopedic device comprising: a foundation member comprising: a front portion configured to receive a user's upper legs; a bowl portion configured to receive a user's lower pelvic area, the bowl portion comprising a central portion and a upwardly inclined lateral portion, wherein the lateral portion and the front portion collectively surround the central portion, wherein the central portion has plural regions of varying flexibility and the lateral portion has plural regions of varying flexibility, the bowl portion configured for applying continuous dynamic upwardly and inwardly compressive force for active stabilization support when the lower pelvic area of the user is disposed in the bowl portion; and a concave recessed portion extending from a segment of the lateral portion through the central portion to the front portion, wherein the bowl portion is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion, to thereby cause a forward rotational tilting of the user's lower pelvic area into a forward lordotic position after the lower pelvic area is placed in the bowl portion.

[0009b] According to a second aspect of the present invention, there is provided an orthopedic device for improving posture while sitting, the orthopedic device comprising: a foundation member comprising: a front portion comprising at least one individual front section configured to receive a user's upper legs; a central portion comprising a pair of adjacent individual central sections; a lateral portion comprising a pair of upwardly inclined, partially adjacent, individual lateral sections flanking and partially surrounding the central sections; and a concave recessed portion extending from a segment of the lateral portion through the central sections to the front portion, wherein each central section has plural regions of varying flexibility and each lateral section has plural regions of varying flexibility, the lateral sections and the front section collectively surround the central sections such that the central portion and the lateral portion together form a bowl portion configured to receive a user's lower pelvic area, and for applying continuous dynamic upwardly and inwardly compressive force for active stabilization support when the lower pelvic area of the user is disposed in the bowl portion; and wherein the bowl portion is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion, to thereby cause a forward rotational tilting of the user's lower pelvic area into a forward lordotic position after the user's lower pelvic area is placed in the bowl portion.

[0009c] According to a third aspect of the present invention, there is provided a method for dynamically improving posture while sitting, comprising: providing a foundation member comprising: a front portion configured to receive a user's upper legs; a bowl portion configured to receive a user's lower pelvic area, the bowl portion comprising a central portion and a upwardly inclined lateral portion wherein the lateral portion and the front portion collectively surround the central portion; and a concave recessed portion extending from a segment of the lateral portion through the central portion to the front portion, wherein the concave portion has a thickness greater than other portions of the foundation member surrounding the concave recessed portion, wherein the concave recessed portion protrudes from an underside of the foundation member, wherein the central portion has plural regions of varying flexibility and the lateral portion has plural regions of varying flexibility, the bowl portion configured for applying continuous dynamic upwardly and inwardly compressive force for active stabilization support when the lower pelvic area of the user is disposed in the bowl portion; and wherein the bowl portion is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion, to thereby cause a forward rotational tilting of the user's

lower pelvic area into a forward lordotic position after the lower pelvic area is placed in the bowl portion; and in response to application of a downward force on the front portion, upper and rear portions of the bowl portion moving upward and inward, thereby continuously and dynamically applying an upwardly and inwardly compressive force for active stabilization support while the lower pelvic area of the user is disposed in the bowl portion.

[0009d] According to a fourth aspect of the present invention, there is provided a method for dynamically improving posture while sitting, comprising: providing a foundation member comprising: a front portion comprising a section configured to receive a user's upper legs; a central portion comprising plural sections of varying flexibility, and a lateral portion comprising plural upwardly inclined individual sections of varying flexibility, such that the central portion and the lateral portion together form a bowl portion configured to receive a user's lower pelvic area; and a concave recessed portion extending from a segment of the lateral portion through the central portion to the front portion, wherein the concave portion has a thickness greater than other portions of the foundation member surrounding the concave recessed portion, performing dynamic postural alignment by repeating a cycle comprising: in response to application of a downward force on the front portion, upper and rear portions of the bowl portion moving upward and inward, thereby applying continuous and dynamic upwardly and inwardly compressive force for active stabilization support while the lower pelvic area of the user is disposed in the bowl portion, and with the user's lower pelvic area disposed in the bowl portion, in response to a twisting movement of the user while sitting, the foundation member flexing torsionally causing torsioning of the rear segment of the bowl portion such that said upward and inward motion of the upper edges of the rear and lateral segments of the bowl portion follow twisting of the user's lower pelvic area for applying an upwardly and inwardly compressive force to cause a forward rotational tilting of the user's lower pelvic area into a lordotic position, while maintaining the bowl portion in said second position with essentially constant dynamic pelvic area support, wherein the user's center of gravity shifts forward away from the sacrum and onto the tips of the ischial tuberosities of the user's lower pelvic area, and continuous dynamic pressure is applied by the central portion and the lateral portion of the orthopedic device to user's ischial tuberosities by cradling and cupping user's gluteus muscles.

[0010] Other aspects and advantages of the present invention will become apparent from the following detailed description, which, when taken in conjunction with the drawings, illustrate by way of example the principles of the invention.

What is claimed is:

1. An orthopedic device for improving posture while sitting, the orthopedic device ~~(100)~~ comprising:

a foundation member ~~(12)~~ comprising:

a front portion ~~(101)~~ configured to receive a user's upper legs;

a bowl portion ~~(20)~~ configured to receive a user's lower pelvic area, the bowl portion comprising a central portion ~~(102, 103)~~ and a upwardly inclined lateral portion ~~(104, 105)~~, wherein the lateral portion and the front portion collectively surround the central portion, wherein the central portion ~~(102, 103)~~ has plural regions of varying flexibility and the lateral portion ~~(104, 105)~~ has plural regions of varying flexibility, the bowl portion ~~(20)~~ configured for applying continuous dynamic upwardly and inwardly compressive force for active stabilization support when the lower pelvic area of the user is disposed in the bowl portion; and

a concave recessed portion ~~(110)~~ extending from a segment of the lateral portion ~~(104, 105)~~ through the central portion ~~(102, 103)~~ to the front portion ~~(101)~~,

wherein the bowl portion ~~(20)~~ is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion ~~(20)~~, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion ~~(20)~~, to thereby cause a forward rotational tilting of the user's lower pelvic area into a forward lordotic position after the lower pelvic area is placed in the bowl portion ~~(20)~~.

2. The orthopedic device ~~(100)~~ of claim 1, wherein:

the lateral portion ~~(104, 105)~~ has an arcuate rear segment with an upper edge, surrounded on either side by a lateral segment with an upper edge, said rear and lateral segments forming rear and lateral segments of the bowl portion ~~(20)~~, respectively;

said rear and lateral segments of the lateral portion ~~(104, 105)~~ comprise tension regions of lower flexibility than other regions of the bowl portion having higher flexibility; and

said tension regions extending and coupling to the front portion ~~(101)~~ such that application of a downward force on the front portion ~~(101)~~ causes an upward and inward movement of the upper edges of said rear and lateral segments of the bowl portion ~~(20)~~, wherein said regions of higher flexibility allow upward and inward movement of said tension regions.

3. The orthopedic device of claim 2, wherein:

the foundation member ~~(12)~~ has axes including a longitudinal axis extending centrally from the rear segment of the bowl portion ~~(20)~~ through the front portion ~~(101)~~, and a lateral axis intersection the longitudinal axis proximate the front portion; and

the concave recessed portion ~~(110)~~ extending from the upper edge of the rear segment of the lateral portion ~~(104, 105)~~ through the central portion ~~(102, 103)~~ to the front portion along said axes, the concave recessed portion ~~(110)~~ comprising a region of similar flexibility to the tension regions;

the bowl portion ~~(20)~~ has an underside, at least a portion of which is arcuate along an underside of the concave recessed portion ~~(110)~~ providing a wheel-like structure

configured to rotate the orthopedic device on a seating surface between the first position and the second position.

4. The orthopedic device ~~(100)~~ of claim 3, wherein the bowl portion ~~(20)~~ further comprises an upwardly inclined portion ~~(111)~~ along the front portion, said upwardly inclined portion ~~(111)~~ impeding forward motion of ischial tuberosities in the pelvic area and causing user's lower pelvic area to pivot forward into a forward lordotic position in the second position of the bowl portion ~~(20)~~ on a center of gravity balance equilibrium point on the supporting surface, thereby maintaining ischial tuberosities atop said center of gravity balance equilibrium point in response to user motion while the lower pelvic area is in the bowl portion, wherein the central portion ~~(102, 103)~~ and the upwardly inclined lateral portion ~~(104, 105)~~ of the bowl portion of the orthopedic device including said tension regions, apply continuous dynamic pressure to user's ischial tuberosities by cradling and cupping user's gluteus muscles.

5. The orthopedic device ~~(100)~~ of claim 4, wherein:

said tension regions comprise essentially planar regions along the upper edges of the rear and lateral segments of the bowl portion ~~(20)~~, said tension regions being of relatively lower flexibility than other regions of the lateral portion to provide upward and inward tensioning upon application of a downward force on the front portion.

6. The orthopedic device ~~(100)~~ of claim 5, wherein:

the central portion ~~(102, 103)~~ comprises a pelvic landing region ~~(3)~~ intersecting said concave recessed portion ~~(111)~~ and extending outwardly from the concave recessed

portion ~~(110)~~, the pelvic landing region ~~(3)~~ having a similar flexibility as the concave recessed portion ~~(220)~~;

the central potion ~~(102, 103)~~ further comprises regions of higher flexibility surrounding the pelvic landing region, and

the front portion ~~(101)~~ comprises a region adjacent the lateral and central portions, said front portion region being of higher flexibility than the tension regions of the lateral portion.

7. The orthopedic device ~~(100)~~ of claim 1, wherein:

the concave recessed portion has a thickness greater than other portions of the foundation member surrounding the concave recessed portion, and the concave recessed portion protrudes from an underside of the foundation member to rotate the orthopedic device on a seating surface between the first position and the second position.

8. The orthopedic device ~~(100)~~ of claim 7, wherein:

said upward and inward movement of the upper edges of the rear and lateral segments of the bowl portion ~~(20)~~ cause cupping and cradling of gluteus muscles in the user's lower pelvic area in the bowl portion.

9. The orthopedic device ~~(100)~~ of claim 8, wherein:

with the user's lower pelvic area disposed in the bowl portion ~~(20)~~, twisting movement of the user while sitting causes torsion of the foundation member ~~(12)~~ along said axes which causes torsioning of the rear segment of the bowl portion ~~(20)~~ such that said upward and inward motion of the upper edges of the rear and lateral segments of the

bowl portion ~~(20)~~ follow twisting of the user's lower pelvic area for applying an upwardly and inwardly compressive force to cause a forward rotational tilting of the user's lower pelvic area into a lordotic position, while maintaining the bowl portion ~~(20)~~ in said second position.

10. The orthopedic device ~~(100)~~ of claim 9, wherein said regions of varying flexibility comprise a single layer memory retentive plastic including regions of varying thickness in the foundation member ~~(12)~~, such that a thicker region is less flexible than a relatively thinner region.

11. The orthopedic device ~~(100)~~ of claim 10 wherein the foundation member ~~(12)~~ comprises a memory retentive plastic including said regions of varying thickness.

12. An orthopedic device ~~(100)~~ for improving posture while sitting, the orthopedic device comprising:

a foundation member ~~(12)~~ comprising:

a front portion ~~(101)~~ comprising at least one individual front section configured to receive a user's upper legs;

a central portion comprising a pair of adjacent individual central sections ~~(102, 103)~~;

a lateral portion comprising a pair of upwardly inclined, partially adjacent, individual lateral sections ~~(104, 105)~~ flanking and partially surrounding the central sections ~~(102, 103)~~; and

a concave recessed portion ~~(110)~~ extending from a segment of the lateral portion ~~(104, 105)~~ through the central sections ~~(102, 103)~~ to the front portion,

wherein each central section ~~(102, 103)~~ has plural regions of varying flexibility and each lateral section ~~(104, 105)~~ has plural regions of varying flexibility, the lateral sections ~~(104, 105)~~ and the front section ~~(101)~~ collectively surround the central sections ~~(102, 103)~~ such that the central portion and the lateral portion together form a bowl portion ~~(20)~~ configured to receive a user's lower pelvic area, and for applying continuous dynamic upwardly and inwardly compressive force for active stabilization support when the lower pelvic area of the user is disposed in the bowl portion; and

wherein the bowl portion ~~(20)~~ is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion ~~(20)~~, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion, to thereby cause a forward rotational tilting of the user's lower pelvic area into a forward lordotic position after the user's lower pelvic area is placed in the bowl portion ~~(20)~~.

13. The orthopedic device ~~(100)~~ of claim 12, wherein:

each lateral section ~~(104, 105)~~ has an arcuate rear segment with an upper edge, and a lateral segment with an upper edge, such that the rear and lateral segments of the lateral sections ~~(104, 105)~~ form rear and lateral segments of the bowl portion ~~(20)~~;

said rear and lateral segments of each lateral section ~~(104, 105)~~ comprise tension regions of lower flexibility than other regions of the bowl portion having higher flexibility; and

said tension regions extending and coupling to the front portion ~~(101)~~ such that application of a downward force on the front portion ~~(101)~~ causes an upward and inward movement of the upper edges of the rear and lateral segments of the lateral sections ~~(104, 105)~~ of the bowl portion ~~(20)~~, wherein said regions of higher flexibility allow upward and inward movement of said tension regions.

14. The orthopedic device ~~(100)~~ of claim 13, wherein:

the foundation member ~~(12)~~ has axes including a longitudinal axis extending centrally from the rear segment of the bowl portion through the front portion ~~(101)~~, and a lateral axis intersection the longitudinal axis proximate the front portion; and

the concave recessed portion ~~(110)~~ extending from the upper edge of the rear segment of the bowl portion ~~(20)~~ through the central portion to the front portion ~~(101)~~ along said axes, the concave recessed portion ~~(110)~~ comprising a region of similar flexibility to the tension regions;

the bowl portion ~~(20)~~ has an underside, at least a portion of which is arcuate along an underside of the concave recessed portion ~~(110)~~ and configured to rotate on a seating surface between the first position and the second position.

15. The orthopedic device ~~(100)~~ of claim 14, wherein the central sections ~~(102, 103)~~ further comprise upwardly inclined portions ~~(111)~~ proximate the front portion ~~(101)~~, said upwardly inclined portions ~~(111)~~ impeding forward motion of ischial tuberosities in the

pelvic area and causing user's lower pelvic area to pivot forward into a forward lordotic position in the second position of the bowl portion ~~(20)~~ on a center of gravity balance equilibrium point on the supporting surface, thereby maintaining ischial tuberosities atop said center of gravity balance equilibrium point in response to user motion while the lower pelvic area is in the bowl portion, wherein the central sections ~~(102, 103)~~ and each lateral section ~~(104, 105)~~ of the bowl portion of the orthopedic device including the tension regions, apply continuous dynamic pressure to user's ischial tuberosities by cradling and cupping user's gluteus muscles.

16. The orthopedic device of claim 15, wherein the foundation member ~~(12)~~ further comprises a connecting mechanism ~~(17)~~ for moveably connecting the plural sections ~~(101, 102, 103, 104, 105)~~, such that the lateral sections ~~(104, 105)~~ and the front section ~~(101)~~ collectively surround the central sections ~~(102, 103)~~, and

said tension regions comprise essentially planar regions along the upper edges rear and lateral segments of the bowl portion ~~(20)~~, said regions being of relatively lower flexibility than other regions of the lateral sections to provide upward and inward tensioning upon application of a downward force on the front section ~~(101)~~.

17. The orthopedic device ~~(100)~~ of claim 12, wherein:

the concave recessed portion has a thickness greater than other portions of the foundation member surrounding the concave recessed portion, and the concave recessed portion protrudes from an underside of the foundation member to rotate the orthopedic device on a seating surface between the first position and the second position.

18. The orthopedic device ~~(100)~~ of claim 17, wherein:

each central segment ~~(102, 103)~~ comprises a pelvic landing region ~~(3)~~ adjacent the other central section, said pelvic landing regions being of relatively lower flexibility than other regions of the central section.

19. The orthopedic device ~~(100)~~ of claim 18, wherein:

the front section ~~(101)~~ comprises a region adjacent the lateral and central sections ~~(102, 103, 104, 105)~~, said front section region being of higher flexibility than the tension regions of the said lateral sections.

20. The orthopedic device ~~(100)~~ of claim 19, wherein:

said upward and inward movement of the upper edges of the arcuate rear and lateral segments of the lateral sections ~~(104, 105)~~ of the bowl portion ~~(20)~~ cause cupping and cradling of gluteus muscles in the user's lower pelvic area in the bowl portion.

21. The orthopedic device ~~(100)~~ of claim 20, wherein:

with the user's lower pelvic area disposed in the bowl portion ~~(20)~~, twisting movement of the user while sitting causes torsion of the foundation member ~~(12)~~ along said axes which causes torsioning of the rear segment of the bowl portion ~~(20)~~ such that said upward and inward motion of the upper edges of the rear and lateral segments of the bowl portion ~~(20)~~ follow twisting of the user's lower pelvic area for applying an upwardly and inwardly compressive force to cause a forward rotational tilting of the user's lower pelvic area into a lordotic position, while maintaining the bowl portion ~~(20)~~ in said second position.

22. The orthopedic device ~~(100)~~ of claim 21 wherein said regions of varying flexibility comprise regions of varying thickness in the foundation member ~~(12)~~, such that a thicker region is less flexible than a relatively thinner region.

23. The orthopedic device ~~(100)~~ of claim 22 wherein the foundation member ~~(12)~~ comprises a single layer of memory retentive plastic including said regions of varying thickness.

24. A method ~~(300)~~ for dynamically improving posture while sitting, comprising:

providing a foundation member ~~(12)~~ comprising:

a front portion ~~(101)~~ configured to receive a user's upper legs;

a bowl portion ~~(20)~~ configured to receive a user's lower pelvic area, the bowl portion ~~(20)~~ comprising a central portion ~~(102, 103)~~ and a upwardly inclined lateral portion ~~(104, 105)~~ wherein the lateral portion and the front portion collectively surround the central portion; and

a concave recessed portion ~~(110)~~ extending from a segment of the lateral portion ~~(104, 105)~~ through the central portion ~~(102, 103)~~ to the front portion, wherein the concave portion has a thickness greater than other portions of the foundation member surrounding the concave recessed portion, wherein the concave recessed portion protrudes from an underside of the foundation member,

wherein the central portion ~~(102, 103)~~ has plural regions of varying flexibility and the lateral portion ~~(104, 105)~~ has plural regions of varying flexibility, the bowl portion ~~(20)~~ configured for applying continuous

dynamic upwardly and inwardly compressive force for active stabilization support when the lower pelvic area of the user is disposed in the bowl portion; and

wherein the bowl portion ~~(20)~~ is configured to rotate on a supporting surface between a first position when the user's lower pelvic area is not disposed in the bowl portion, and a second position, rotationally forward of the first position, when the user's lower pelvic area is disposed in the bowl portion ~~(20)~~, to thereby cause a forward rotational tilting of the user's lower pelvic area into a forward lordotic position after the lower pelvic area is placed in the bowl portion ~~(20)~~; and

in response to application of a downward force on the front portion ~~(101)~~, upper and rear portions ~~(104, 105)~~ of the bowl portion ~~(20)~~ moving upward and inward, thereby continuously and dynamically applying an upwardly and inwardly compressive force for active stabilization support while the lower pelvic area of the user is disposed in the bowl portion ~~(20)~~.

25. The method ~~(300)~~ of claim 24 further comprising:

with the user's lower pelvic area disposed in the bowl portion ~~(20)~~, in response to a twisting movement of the user while sitting, the foundation member ~~(12)~~ flexing torsionally on causing torsioning of a rear segment of the bowl portion ~~(20)~~ such that said upward and inward motion of the upper edges of rear and lateral segments ~~(104, 105)~~ of the bowl portion ~~(20)~~ follow twisting of the user's lower pelvic area for applying an upwardly and inwardly compressive force to cause a forward rotational tilting of the user's lower pelvic area into a lordotic position, while maintaining the bowl portion ~~(20)~~ in

said second position with essentially constant dynamic pelvic area active stabilization support wherein the user's center of gravity shifts forward away from the sacrum and onto the tips of the ischial tuberosities of the user's lower pelvic area.

26. The method ~~(300)~~ of claim 25, further comprising:

performing dynamic postural alignment by repeating a cycle comprising:

with the user's lower pelvic area disposed in the bowl portion ~~(20)~~, in response to a twisting movement of the user while sitting, the foundation member ~~(12)~~ flexing torsionally causing torsioning of the rear segment of the bowl portion such that said upward and inward motion of the upper edges of the rear and lateral segments ~~(104, 105)~~ of the bowl portion ~~(20)~~ follow twisting of the user's lower pelvic area for applying an upwardly and inwardly compressive force to cause a forward rotational tilting of the user's lower pelvic area into a lordotic position, while maintaining the bowl portion ~~(20)~~ in said second position.

27. A method ~~(300)~~ for dynamically improving posture while sitting, comprising:

providing a foundation member ~~(12)~~ comprising:

a front portion ~~(101)~~ comprising a section configured to receive a user's upper legs;

a central portion ~~(102, 103)~~ comprising plural sections of varying flexibility, and a lateral portion ~~(104, 105)~~ comprising plural upwardly inclined individual sections of varying flexibility, such that the central portion and the lateral portion together form a bowl portion configured to receive a user's lower pelvic area; and

a concave recessed portion ~~(110)~~ extending from a segment of the lateral portion ~~(104, 105)~~ through the central portion ~~(102, 103)~~ to the front portion, wherein the concave portion has a thickness greater than other portions of the foundation member surrounding the concave recessed portion,

performing dynamic postural alignment by repeating a cycle comprising:

in response to application of a downward force on the front portion ~~(101)~~, upper and rear portions ~~(104, 105)~~ of the bowl portion ~~(20)~~ moving upward and inward, thereby applying continuous and dynamic upwardly and inwardly compressive force for active stabilization support while the lower pelvic area of the user is disposed in the bowl portion, and with the user's lower pelvic area disposed in the bowl portion ~~(20)~~, in response to a twisting movement of the user while sitting, the foundation member ~~(12)~~ flexing torsionally causing torsioning of the rear segment of the bowl portion such that said upward and inward motion of the upper edges of the rear and lateral segments ~~(104, 105)~~ of the bowl portion ~~(20)~~ follow twisting of the user's lower pelvic area for applying an upwardly and inwardly compressive force to cause a forward rotational tilting of the user's lower pelvic area into a lordotic position, while maintaining the bowl portion ~~(20)~~ in said second position with essentially constant dynamic pelvic area support, wherein the user's center of gravity shifts forward away from the sacrum and onto the tips of the ischial tuberosities of the user's lower pelvic area, and continuous dynamic pressure is applied by the central portion ~~(102, 103)~~ and the lateral portion ~~(104, 105)~~ of the orthopedic device to user's ischial tuberosities by cradling and cupping user's gluteus muscles.