

# JOHN LANT & PARTNERS

OSTEOPATHS


206 CHESTERTON ROAD CAMBRIDGE CB4 1NE

Tel: 01223 367661 (3 lines) or Fax: 01223 303344 [admin@johnlant.co.uk](mailto:admin@johnlant.co.uk) [www.johnlant.co.uk](http://www.johnlant.co.uk)



## Advice Sheets AS5: Driving

You can help your back by making sure that your driving position is as comfortable as possible with the driving controls and switches within easy reach. Here are ten tips for a more comfortable drive:

1. Getting in and out of the car can be difficult due to the location of the steering wheel, pedals and low roof. Try to avoid twisting and straining. To get in, sit on the outer edge of the seat and turn your whole body into the car. When getting out, turn your whole body towards the door and slide your feet onto the ground. Shuffle forward to the edge of the seat so that you can use the strength of your thigh muscles to get you onto your feet. To ease getting in and out move the seat backwards to allow more space to swing the legs in and out of the car.
2. Once in the car, bring that your left leg can with the ball of the foot stretching. Check that are comfortably flexed. Check you can operate the pedals without the knees touching the steering column.  your seat forward so depress the clutch without over your hips and knees
3. Check that the angle between you and your thigh is greater than a right angle. Do not hunch over the wheel. Recline the seat back so that the arms are positioned comfortably on the steering wheel. The arms should not be stretched nor less than a right angle.
4. Check you can fit a clenched fist between your head and the roof.
5. When you feel you have got it right adjust the mirror to suit that posture. Ensure you can use all the mirrors available to that you can cut down on twisting around, especially when reversing.
6. If there is little or no support in your lumbar region in the car, fit a cushion or one of the manufactured supports there are available.
7. Think about your posture. Keep your chin in. Don't grip the wheel. Relax your shoulders and keep you head upright.
8. Exercises can relieve tension. In a traffic jam or at the lights raise your shoulders up to your ears whilst breathing in, breathe out and let your shoulders drop and relax.
9. Do not 'ride' the clutch. Rest the foot down if it is not needed.
10. Do not drive for long periods without a break. On a long journey make frequent stops. Walk around to stretch the legs and spine.