

Driving

City Clinic of Osteopathic Medicine, Studio 13, 64 West Smithfield, London EC1A 9DY

BUPA #30022246

AXA PPP #XD00011

AVIVA #600023538

PRUHEALTH #640046

WPA #2124760

T: 020 7796 0095

M: 07799 416 181

admin@cityclinic.co.uk

www.cityclinic.co.uk

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 turning. 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 on to 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 your leg in and out of the car.

2. Once in the car, bring your seat forward so that your left leg can depress the clutch with the ball of your foot. Check that your hips and knees are comfortably flexed. Check that you can operate the pedals without your knees touching the steering column.

3. Check that the angle between your torso and your thigh is greater than a right angle: do not hunch over the wheel. Recline the seat back so that your arms are positioned comfortably on the steering wheel. Your 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 yourself comfortably, but correctly, positioned, adjust the mirrors to suit that posture. Ensure that you can use all the mirrors available to you in order to cut down on twisting around, especially when reversing.

6. If there is little or no lumbar support in the car, fit a cushion or one of the manufactured supports that are available.

7. Think about your posture: keep your chin in, don't grip the wheel, keep your shoulders relaxed and keep your 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. Then breath out whilst letting your shoulders drop and relax!

9. Do not 'ride' the clutch. Instead, rest your left foot down when it is not needed.

10. Do not drive for long periods without taking a break. On a long journey make frequent stops. Walk around to stretch the legs and spine.