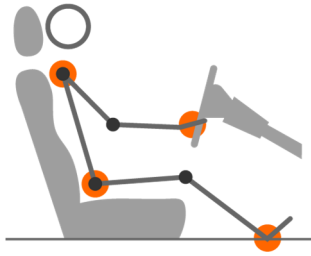


NHS Driving Guide



Driving can prove a real challenge for backs, especially if you drive for extended periods of time. Here are some tips to help support and protect your back:

- Sit with your buttocks touching the back of the seat. Adjust the seat so your leg is slightly bent when you press a pedal to the floor.
- For maximum back support, adjust seat depth so the distance between the edge of the seat and the back of your knees is about two or three fingers wide.
- Your shoulders should be down and back against the backrest. They should remain in contact with the backrest when you turn the steering wheel.
- Adjust the angle of the backrest so you can easily reach the steering wheel with your arms bent.
- If you feel your seat isn't giving good support, try a rolled-up towel or lumbar roll in the small of your back.
- Adjust the tilt of the seat so you can easily press the pedals down to the floor. Your thighs should rest lightly on the seat cushion without pressing on it.
- The top of the headrest should be aligned with the top of your head. Adjust the angle to allow under an inch of space between your head and the headrest.
- Avoid sitting still for lengthy periods and stop regularly to walk and stretch.
- Try to avoid twisting when getting out of the car. Turn your whole body toward the door, lower your feet to the ground, and then stand up.