



BACK CARE FOR DRIVERS

TOP TIPS:

- ◆ Adjust your car seat to provide the best possible support for your back.
- ◆ Take regular breaks and move around in your seat—think 'POSTURE'.
- ◆ Avoid twisting in vehicle to reach things from back or passenger seat—get out and walk round or open back door.
- ◆ Never lift heavy things after a long drive—loosen up first!



Driving should not be a pain in the back.....

Fixed position for hours on end because you just want to get there!!?

Stressed because of the traffic on road?

Forgotten water and healthy snacks for journey?

Feeling sleepy?

Its not surprising people get back ache after driving for a long time, but we can do a lot to prevent this.

TAKE REGULAR BREAKS— WHY?

- ◆ Its not just your eyes and legs that need a break from driving, walking gets circulation flowing quicker, the discs in the back do not have own bloody supply, they rely upon us moving regularly to supply the spine and discs with blood and nutrients.
- ◆ Stop at a service station and park as far away as possible; increasing length of walk.
- ◆ Take regular breaks to take on board fluids - water or juice. Not too much tea and coffee! These will keep discs hydrated and your mind alert.

HOW TO GET IN AND OUT OF VECHICLE

- ◆ Try to avoid twisting when getting in and out of the car/van/truck. Turn our whole body towards the door and lower feet to ground, then stand up. Getting in the car you should sit on edge of seat, then rotate whole body into car. Sliding the seat back can help if there is restricted space in the vehicle.
- ◆ When driving a high vehicle, always use the footstep to climb down from the vehicle. It may seem quicker to jump down, but the repeated impact can cause back pain if your spine does not have the support it needs from good core stability.

SITTING COMFORTABLY?

- ◆ Any seat feels comfortable for the first hour, but then after a lengthy period of travelling, significant discomfort and even back pain may be experienced.
- ◆ If you feel that your seat is not giving you the support it needs, try a rolled up towel or lumbar roll in the small of your back.
- ◆ Try tilting your rear view mirror upwards slightly meaning you have to sit up tall to look through it.

WHAT TO DO WHILST DRIVING?

- ◆ Posture: keep chin in, relaxed grip on steering wheel, relax your shoulders , and keep head upright.
- ◆ When you stop at traffic lights, move neck side to side, forwards and back to relieve any tension.
- ◆ Raise your shoulders, and roll them backwards against seat, relax and repeat.

REMEMBER: PREVENTION IS BETTER THAN CURE