

DRIVING

Many people spend a significant amount of time in their car, which, therefore, affects their bodies through the ways they move, and don't move, while in the car. Due to the varied designs of vehicles, even with many adjustable features, it is not always possible to have perfect posture while driving, though knowing key features to be aware of can help prevent injury and avoid exacerbation of current conditions.

Guidelines:

- Adjust seat so that hips and knees are as close to 90 degrees as possible
 - Having legs/knees too straight/being too far away from pedals can exacerbate back pain and/or sciatica; having seat too close can exacerbate hip and knee pain
- Adjust seat so that hips and knees are level or with knees slightly lower than hips
 - Having knees above level of hips ("bucket seat" style) can exacerbate back pain and/or sciatica
- Adjust seat so that trunk is relatively upright with ability to support head on head rest, arms not extended too far from steering wheel
 - Use lumbar support as needed - can buy lumbar roll, or roll towel and place behind back in lumbar space
- Try to maintain an active posture as much as able - chin tuck into head rest, shoulders back/scapular stabilizers engaged, abdominals engaged
- Can try holding steering wheel at ~ 4/5 o'clock and 7/8 o'clock with palms up (shoulders externally rotated), versus 10 and 2, for decreased activation of neck muscles - only with static positioning/prolonged driving, hands should move freely as needed for driving

