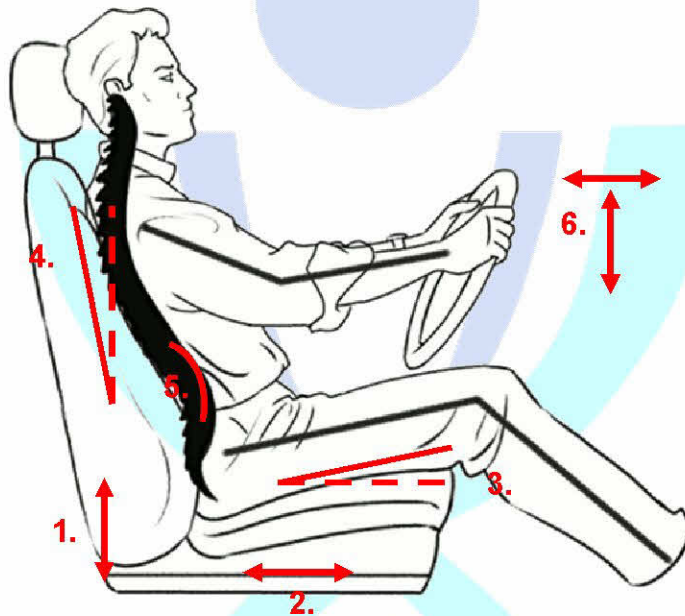


DRIVING POSTURE

Use this helpful diagram to set up your car comfortably. This is especially important if you often spend long periods driving.



Adjusting your car seat:

1. Raise the seat to a height that allows good vision of the road, but also leaves some clearance between the bottom of the steering wheel and your legs.
2. Adjust your seat backward/forward so that your knees are slightly higher than your hips, with a slight bend in the knees. You should be able to comfortably depress the pedals without straining.
3. Adjust the cushion tilt so that the thighs are supported along the length of the cushion, while avoiding pressure behind the knee.
4. Adjust the back rest to roughly 30 degrees from vertical, ensuring it provides continuous support to the spine, up to shoulder height.
5. If you have adjustable lumbar support, adjust this so it provides comfortable, even support without pressure points.
6. Adjust the steering wheel until comfortable (can typically be moved up/down and in/out).
7. Adjust mirrors allowing you to use them without straining your neck or body.

Tips:

- Always sit well back in the seat, so your spine is supported well. Avoid rounding your back by sitting forward in the seat.
- Take regular breaks every 30-60 minutes when driving for long periods. Have a short walk and stretch. This will help with discomfort and driver fatigue.

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