

Car Seating

- ◆ The perfect car seat for back pain sufferers has not yet been invented, and scientific research has not found the ideal seat, which will care for people of different heights, weights and size.
- ◆ Many people spend a lot of time in the car seat, often driving under some stress. It is therefore important to try to find one, which is comfortable and can be adjusted for height, level and rake of back, height of seat and angle and distance from the steering wheel.
- ◆ Adjust your seat for maximum comfort so that the hips and knees are well flexed with arm relaxed and bent to the steering wheel. If there is little or no support to the lumbar region, fit a cushion or one of the many manufactured supports available. If on a long journey, stop occasionally and walk round to relax your legs and also ease your spine.
- ◆ Do not over stretch your spine. To avoid whiplash injury, ensure that the car head restraint is positioned correctly. It should be raised to the point where the bottom is level with the top of the ears.
- ◆ "You should look for a car seat that offers good lumbar support and allows you to reach the foot pedals without feeling cramped or overstretched. When driving, maintain an upright posture, adjust the angle of your backrest so that your arms are positioned comfortably on the steering wheel, and ensure that you have a clear view of the road. Adjust your mirrors carefully, as making full use of them will minimise the need for you to twist around in your seat. Ideally, when travelling long distances, you should stop and take a break every hour" - AG, Retired Spinal Surgeon