

DRIVE CLEAR OF PAIN

THE CHARTERED SOCIETY OF PHYSIOTHERAPY

PROFESSIONAL AND COMMERCIAL DRIVERS CAN EXPERIENCE A RANGE OF MUSCULOSKELETAL PROBLEMS, INCLUDING BACK, NECK, SHOULDER AND LEG PAIN. POOR ERGONOMICS AND SITTING FOR A LONG PERIOD OF TIME ARE KEY FACTORS IN DRIVER DISCOMFORT. SO HERE ARE SOME SIMPLE TIPS AND STRETCHES FOR WHEN YOU ARE AWAY FROM THE WHEEL.



THE KEY TO
DRIVING WELL

SIMPLE TIPS FOR
STAYING FIT

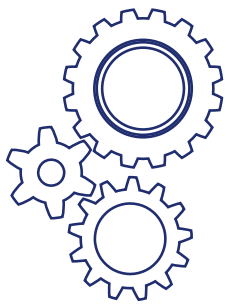
YOU WILL BE
SITTING PRETTY

A COMFORTABLE RIDE WITH
ERGONOMIC ADVICE

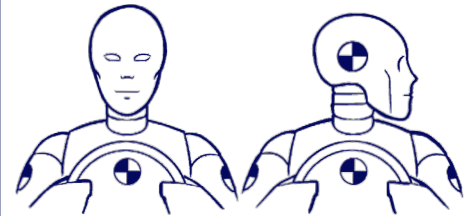
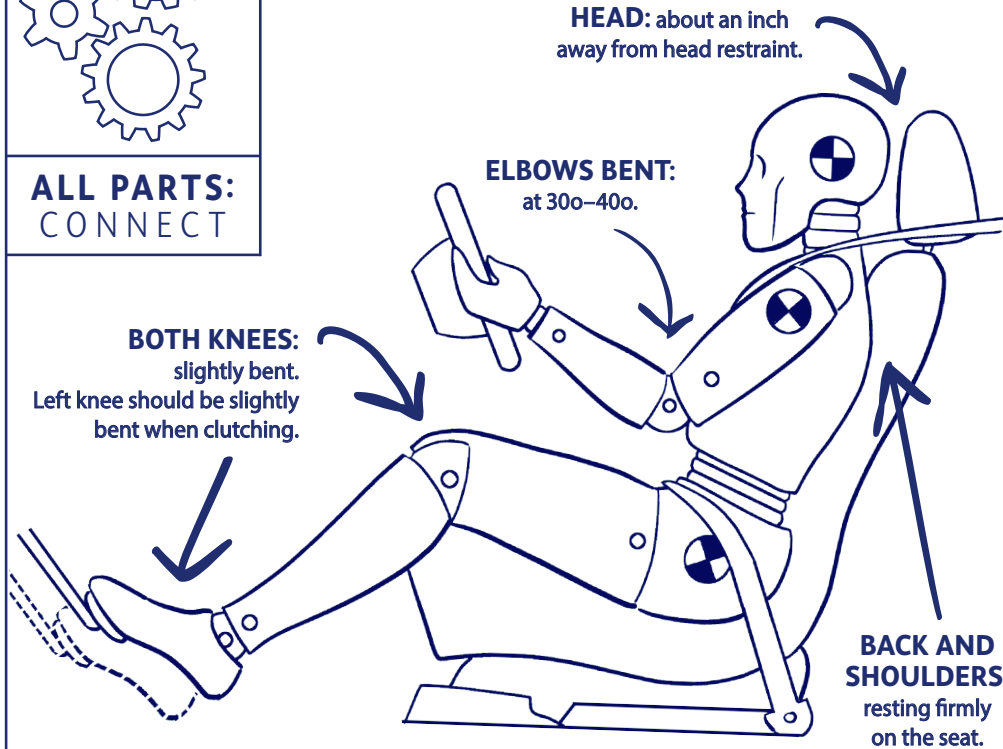


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ERGONOMICS: INSIDE THE CAR



**ALL PARTS:
CONNECT**



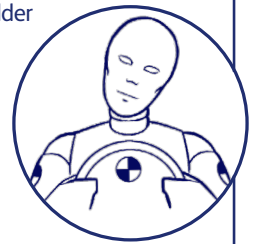
PARKED UP? ENGINE OFF? TRY THESE:

SHOULDERS: Shrug your shoulders up and down and roll them forwards and backwards to relieve tension.

UPPER ARMS AND CHEST: Interlock your hands together with palms out, stretch arms forward and hold, then up to the roof and hold.

LEGS AND FEET: When your feet are off the pedals, bend your knees so your feet are flat on the floor then push on the balls of the feet until the heels rise up.

NECK: Slowly tilt your ear towards your right shoulder and hold, then repeat on the left side. Place your chin towards your chest and hold. Look straight ahead and turn your head from left to right, holding at each side.



AVOID!

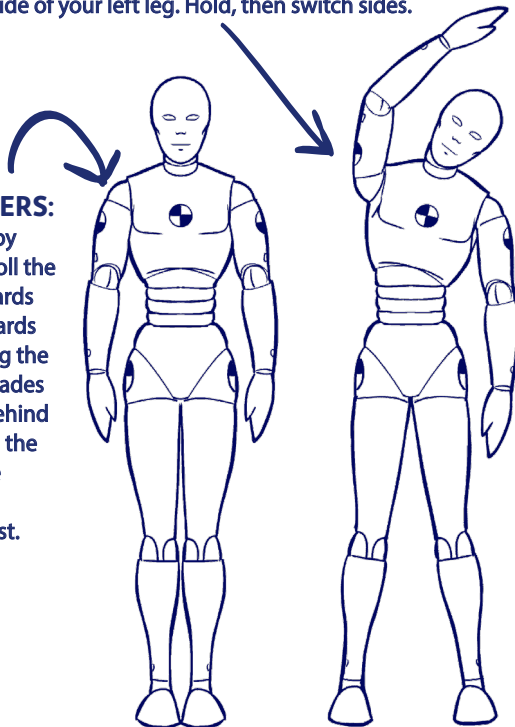
AVOID REMAINING IN ONE FIXED DRIVING POSTURE. ANY POSTURE, NO MATTER HOW GOOD IT IS, CAN LEAD TO DISCOMFORT IF IT IS HELD FOR TOO LONG. ADOPT A RANGE OF SAFE, COMFORTABLE DRIVING POSITIONS.

All illustrations by: **LEE SULLIVAN**

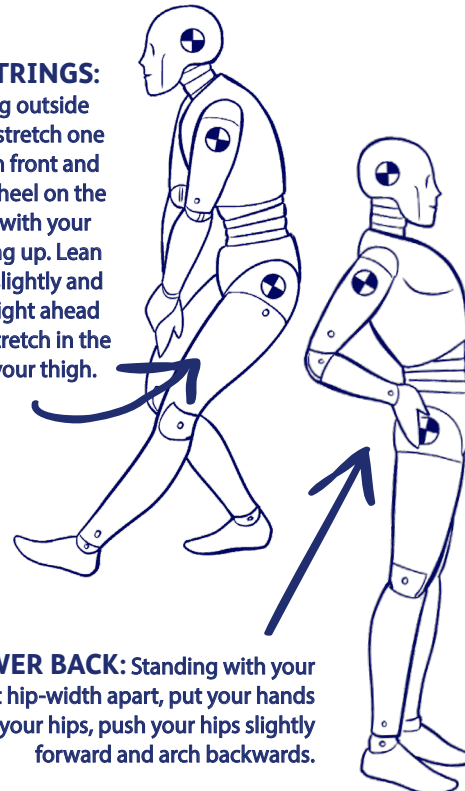
TRY THESE: ON A BREAK

SIDE: Raise your right arm above your head and slowly bend to your left. As you bend, slide your left hand down the side of your left leg. Hold, then switch sides.

SHOULDERS: With arms by your side, roll the arms outwards and backwards while sliding the shoulder blades together behind you, raising the breastbone at the front of your chest.

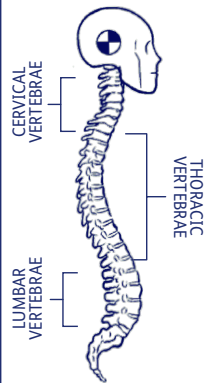


HAMSTRINGS: Standing outside your car, stretch one leg out in front and rest your heel on the ground with your foot facing up. Lean forward slightly and look straight ahead to feel a stretch in the back of your thigh.



LOWER BACK: Standing with your feet hip-width apart, put your hands on your hips, push your hips slightly forward and arch backwards.

**SPINAL COLUMN:
LATERAL VIEW**



X-TRA FACTORS

Many factors can contribute to back problems, so think about your lifestyle away from the car. Regular exercise and maintaining a good posture at work and when relaxing at home can help ward off back pain.



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DISCLAIMER These activities have been designed to cover a range of abilities and should not cause any harm. If you experience any pain or discomfort, stop immediately and speak to a health professional such as a chartered physiotherapist or your GP.

CONSULT! CONSULT A CHARTERED PHYSIOTHERAPIST FOR A PROGRAMME OF EXERCISES THAT CAN HELP PREVENT DISCOMFORT.