

## Top tips for Drivers

1. Raise your seat as high as far as is comfortable ensuring good visibility of the road
2. Move the seat forwards until you can easily fully depress the clutch pedal and accelerator pedal.
3. Adjust cushion tilt angle so that the thighs are supported along the length of the cushion - avoid pressure behind the knee.
4. Adjust the back rest so it provides continuous support along the length of the back and is in contact up to shoulder height.
5. Adjust any lumbar support to ensure even pressure along the length of the back rest
6. Adjust the steering wheel rearwards and downwards for easy reach.
7. Adjust the head restraint to ensure the risk of injury is reduced in the event of a car accident.

It is important to take regular breaks from driving - at least 10 minutes in every two hour period- leave your vehicle, stand/ stretch and take a short walk.

If you experience back or leg symptoms after driving it is likely that you would benefit from an “ergonomic vehicle assessment”.

For self-funding clients, this can be provided at one of our clinics. If you drive as part of your work role this can be funded by your employer and the physiotherapist can visit you at your workplace or at your home.

Contact us on 01189340926 or email us at: [info@fitandable.co.uk](mailto:info@fitandable.co.uk) for further information.