



Sheffield

Therapy  
Centre

## Back Care for Drivers



### 7 handy hints – from Sheffield Therapy Centre Physiotherapists

**Take a break!** Make sure you take regular breaks from driving (ideally you should get out of the car every hour) as this keeps your joints in your spine moving and also gives your mind a rest to keep concentration levels high.

**Think Back!** Remember your back should be well supported in the vehicle – if you have a lumbar support, use it! If your vehicle doesn't have a lumbar support, you can use a rolled towel in the small of your back to prevent you from slouching.

**Mirror, Signal, Manoeuvre!** Make sure your mirrors are adjusted correctly. If not, you'll end up straining to look in the mirrors and over time, could end up with a neck or back problem.

**Twist and Shout!** Try not to twist around and reach into the back of your vehicle. Your back is at greatest risk of **injury** when it is flexed (sitting position) and twisted.

**Booting up!** When you're lifting items in and out of your boot, try to keep the load close to you and try to bend to the correct height using your knees. Try to avoid reaching too far into the boot and lifting at the same time – this is likely to place a lot of strain on your spine.

**Pain in the Neck!** To avoid tension building up in the neck and subsequent pain developing, try to take your head through it's normal full range of movement every 30 minutes in the car (providing it is safe to do so!) This means looking up and down, looking left and right and tilting side to side.

**Out of Reach!** If you over-reach for your steering wheel with your arms fully extended, you might find you start to get problems. Tension can build in the muscles between you neck and shoulders and you could even find yourself getting pins and needles in your hands or arms. Instead, try to adjust you seat or steering wheel so that when holding the wheel, your elbows are slightly bent and your hands are below shoulder height.

For personal advice, consult your GP and or your **Physiotherapist**.

Ridgeway House,  
500 Ridgeway Road, Gleadless Townend,  
Sheffield S12 2JX  
Tel: 0114 2390022  
email: [info@sheffieldtherapycentre.co.uk](mailto:info@sheffieldtherapycentre.co.uk)