

HOW TO TAKE CARE OF YOUR BACK IN A CAR



Check List for Car Seats

- Seat Height:** Knees should be below your hips.
- Seat Position:** It should be comfortable to avoid stresses on your back.
- Seat Angle:** It should be about 10 degrees back from the upright position.
- Seat Back Height:** It should extend up to the top of the shoulder blades.
- Seat Length:** It should extend to the back of the knees.
- Side Support:** It should prevent excessive sideways movement of the hips and lower back.
- Lumbar Support:** It should promote the normal lumbar curvature.
- Head Rest:** Ensure it is present and adjustable.

Other Factors To Consider

- Steering Wheel:** It should be central and chest height.
- Clutch Glide:** It should be smooth and easy.
- Headroom:** It should allow unrestricted movement.
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Please give this to a friend or colleague if you think Chiropractic may help them.

Have them call us on 01276 21637

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We care about you