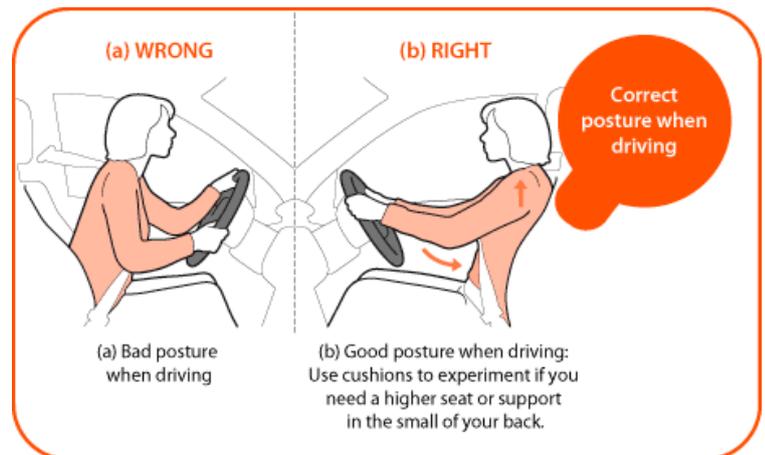


DRIVING

Driving is notorious for aggravating neck and back problems. Here are a few hints to help make it easier.

Ultimately with driving safety should always be a priority. Don't drive if:

- You have any episodes of your leg "giving way" or sciatic type leg pain
- You are unable to turn around quickly
- You have inadequate range of movement for good field of vision
- Your pain is distracting
- You experience dizziness
- You have taken drugs that make you sleepy or affect concentration



When driving:

- Make sure you have good lumbar support - most cars have inadequate seating even if they claim to have lumbar support. You often need a rolled towel or other support to supplement this.
- If you have access to an automatic car with power steering it will make driving much easier and more comfortable.
- If you have back pain, when you get in or out of a car sit on the edge of the seat first with your feet out of the door before slowly bringing them in. This will eliminate twisting forces through your back.
- Reach for your seat-belt with the closest hand so you don't have to twist.
- Don't reach for items in the back seat.
- Before driving, ensure that the seat and steering wheel is correctly adjusted for you.
- If you are driving long distances get out of the car and walk/stretch regularly
- Take care when lifting items in/out of the boot – ensure the item to be lifted is close to you – brace yourself against the back of the car e.g. Place one foot on bumper to bring items close to you before lifting
- Lambskin and/or a lumbar roll can be used to assist with positioning
- Take care with lifting children in and out of car seats