



## **Back Travels**

Sitting for hours in a car, plane, bus or train can be tough on your muscles and joints, tension builds leaving you feeling stiff and sore. Take extra care of your back while travelling, so you can think about your destination and not your back.

### **Driver's Seat:**

- You should be able to hold the steering wheel and press the gas and brake pedals without leaning forward.
- When your feet are on the pedals your knees should be at the level of, or slightly higher than your hips.
- The seatback should recline at an angle of 100 – 110 degrees in order to relieve pressure on the discs of the spine.

### **The Headrests:**

- Ensure that the top of the headrest is level with your eyes, the back should be a maximum distance of 2 - 5 cm from the back of your head.

## Exercises:

- While holding the steering wheel, try to shrug and move your shoulders in small circles.
- Tighten the muscles of your thighs, buttocks, and legs one at a time, holding for three seconds and then releasing to increase circulation.
- Keep a loose grip on the wheel while driving to prevent your hands, wrists and arms from feeling tired.

## TAKE FREQUENT BREAKS!

Aim to stop every hour or so to give your back a break it will thank you!

