

THURSDAY 22ND OF APRIL

Take the strain out of Driving

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EVERY JOURNEY MATTERS

How to set up your car seat

- Height for vision
- Forward so can comfortably depress the foot pedals
- Tilt for thigh support
- Backrest for support along length of back
- Lumbar support for comfort
- Steering wheel adjustment for comfort
- Head restraint reduce risk of injury in the event of an accident



What to do when in pain

- Back pain adjustment
- Using a lumbar cushion/adjusting lumbar support in seat
- Micro-changes can help manage symptoms



Exercise in the cab

- Neck movements
- Shoulder rolls
- Wrist and forearm stretches
- Trunk rotations



Exercise out of the cab

- Walking around cab
- Press up on cab
- Calf/Heel raise on level or curb
- Stationary lunge
- Boot dips
- Lumbar extensions
- Pec stretch on car/boot



Resources

- Car seat ergonomics
 - <http://drivingergonomics.lboro.ac.uk/health.html>
- TPH Health and Wellbeing Webpage
 - <https://tfl.gov.uk/info-for/taxis-and-private-hire/licensing/health-and-wellbeing>

