

6 Tips for Pain-Free Driving

Do you get aches and pains after spending a long time driving a car? Taking an extra minute or two to adjust your vehicle's seat before setting off can make the difference between a pleasant and painful trip. It can also help you avoid neck, shoulder, back, hip, and leg problems. Just follow these 6 easy practices:

1. Adjust the height of the seat so you can easily see out the front windshield and glance into your mirrors.
2. Make sure you have enough headroom to sit up straight.
3. Check to be sure you can reach the pedals without stretching.
4. Adjust the seat so you can easily reach the steering wheel — but make sure it's not in your lap.
5. Place your hips and buttocks firmly and evenly against the seat and your shoulders against the top of the backrest.
6. If you have bucket seats that adjust, tip the seat forward so it's level. If the seat isn't adjustable, use a wedge cushion, towel, or blanket toward the back of the seat to create a level sitting position.

Once you're on your way, be sure to take a break every hour or two if you're on a long road trip. Getting out of the car, stretching, and walking around for a few minutes can help you stay pain free, no matter where your travels may take you.

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