

LATERAL SHIFT

- Shifting spine/leaning torso to the left or right leads to incorrect spine alignment
- Solution: place a folded towel or wedge under buttocks on side of shift¹
- In the picture below: lean of torso to right side = place folded towel or wedge under right buttock
- Will help to return spine to correct position while driving¹



If torso shifted to the RIGHT...



...place towel or wedge under RIGHT buttock

WORK CITED

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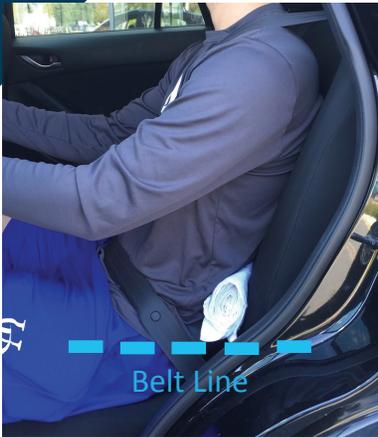
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LOW BACK PAIN: AUTOMOBILE SEAT SET-UP, ADJUSTMENTS, AND MODIFICATIONS

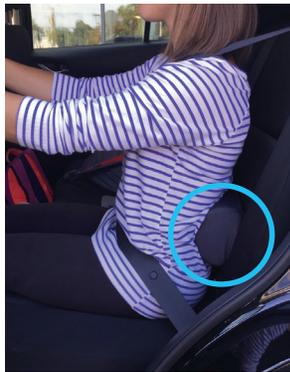




LUMBAR SUPPORT

Short-Term Solution

- Towel roll can fill the arch of low back
- Do not place below belt line^{2,5}



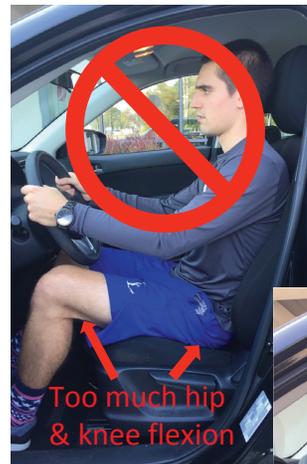
LUMBAR SUPPORT

Long-Term Solution

- Can purchase foam support that attaches to the back of the seat – this will stay in its proper place and will not change in size³

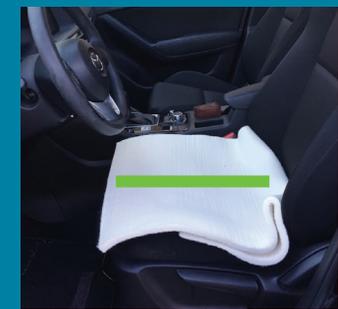
BUCKET SEATS VS. HIGHER SEATS

- Bucket seats cause excessive hip and knee bending (flexion)³
- Tilt bottom seat up so the hips are at same height as the knees³
- Recline seat 10-20°⁴
- Bottom seat cushion should support entire thigh with even pressure^{3,4}



SEAT PAN

- Old leather seats may “cave”
- Solution: add cushion to bring seat to horizontal; can also decrease vibration⁴



FOOT PEDAL USE

- Adjust seat to push pedals without moving back off seat⁵



- Knees slightly bent, heels on ground, left foot on footrest⁵