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 shift
• 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 driving

WORK CITED

WORKS CONSULTED


LUMBAR SUPPORT

Short-Term Solution

- Towel roll can fill the arch of low back
- Do not place below belt line\(^5\)

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 size\(^3\)

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 knees\(^3\)
- Recline seat 10-20\(^\circ\)\(^4\)
- 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 vibration\(^4\)

FOOT PEDAL USE

- Adjust seat to push pedals without moving back off seat\(^5\)
- Knees slightly bent, heels on ground, left foot on footrest\(^5\)