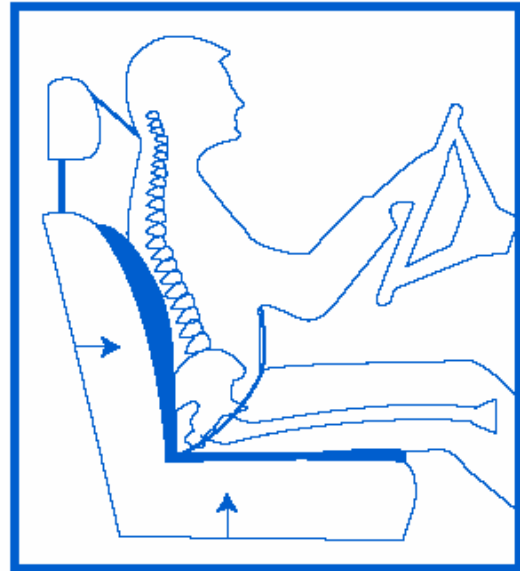
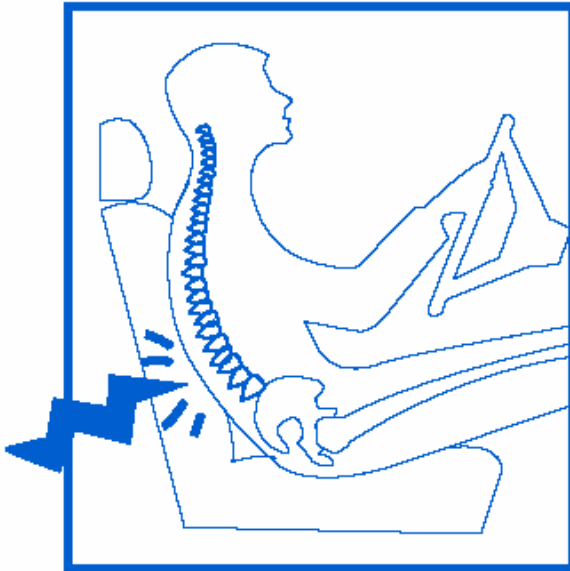


Tips on Driving Posture



Drive Right

Back Rest – 100 – 110 degree angle.

Sitting Position – Straight with hips to the back of the seat. Hips should be in line with or slightly higher than your knees.

Steering Wheel Distance – Knees and elbows are slightly bent, at least 10 inches between the passenger and the steering wheel or dashboard for airbag safety.

Headrest – Adjust to the middle of the head, not the back of your neck. Head should not be touching the headrest in normal driving position.

Foot Position – Heels should be resting on the floor on both gas pedal and clutch if manual transmission. If automatic transmission, left leg can be stretched out or bent, whichever is more comfortable.

Hand Placement on Steering Wheel – Hands should be at 10 o'clock and 2 o'clock.

Tips for more comfortable trips

- Change position from time to time to avoid stiff muscles and joints.
- Stop at least every two hours on long trips to get out of the vehicle and stretch.
- Avoid sitting on a wallet in your back pocket. This could put pressure on your sciatic nerve and could put your back and pelvic out of line.

**For more information, contact the Wisconsin Physical Therapy Association at
(608)-221-9191 or wpta@wpta.org.**