



# Tips from your physiotherapist



## Driving – Posture while driving

- Ensure seat has firm contact with your body. Position the seat so you do not need to overstretch your legs to operate the pedals
- Keep your head straight with the seat and backrest tilted slightly back. Elbows and knees should be slightly bent
- If you have an existing back problem, an automatic car would cause less stress on the spine
- When climbing out of the car, do so with care. Keep your body straight and swivel, rather than twist
- To prevent whiplash injuries in the case of an accident, ensure that the headrest is correctly positioned. The top of the head restraint should be level with the top of the driver's head, or at least no lower than eye level



## Standing – Posture in standing

- For better balance, always stand with your legs slightly apart. Distribute your weight equally, requiring less energy to maintain the position
- When working, stand close to the task at hand facing the work surface. Try not to bend forward
- Wear comfortable, well-fitting shoes with good foot support
- Work at a comfortable level, especially when doing precision work
- Vary your activities frequently and change standing positions regularly

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