

## Avoid The Pain Of Driving

Driving for a long period of time can wear down the body. As a professional driver, preventing some of the possible pains and strains is important.

Long periods behind the wheel can be especially rough on your back. The following are some tips from Spine-health.com that may help you be a little more comfortable behind the wheel:



- If you need more back support, try rolling up a small towel, pillow or a commercial back support and place it between your lower back and the seat for additional support.
- Ensure that you are not sitting on anything that may throw your spine out of alignment with such things as a wallet in your back pocket, etc.
- Sit up straight and keep your chin pulled in. Keeping your head and chin thrust forward may create neck and back discomfort/pain.
- Use the cruise control on the longer trip, and rest both feet on the floor providing more support for your lower back.

The American Chiropractic Association, Alexandria, VA, offers the following tips to help avoid pain in the body while driving:

- Exercise your legs when possible to avoid the risk of swelling, fatigue, or discomfort. Contracting and relaxing muscles helps the blood flow properly.
- Take rest breaks. Never underestimate the potential consequences of fatigue to yourself and other drivers.