

Driving your Comfort while Hitting the Road



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Many professional drivers experience musculoskeletal (MSK) aches and pains in the neck and lower back while driving. Whether you're travelling a short or long distance, following these tips may be helpful in optimizing the comfort in your vehicle and supporting your MSK health.



STEERING WHEEL

Adjust your wheel so that the centre points toward your chest, and is approximately 25-35 cm away. The wheel can extend, retract, tilt, and raise up or down, so make sure to find the right height and angle so your shoulders are relaxed when you are holding the wheel.



PEDAL

Ensure at least half of your foot is making contact with the pedal to avoid strain on your foot/ankle.



LUMBAR SUPPORT

Adjusting the tilt of your driving seat that reduce strain on your low back and hip flexors.



BACKREST

Ensure your seat is at 90 degrees or slightly reclined with your head and back comfortably leaning against it.



CHIROPRACTIC TIP

Your shoulders, neck, back, and legs should all be relaxed while seated.

The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.