



Massage Health & Healing *Energies*, LLC

Stuck Behind the Wheel

Are you driving a vehicle for long periods of time? Does your body feel the effects from all that driving?

Some tips for easing the strain on your body from driving long distances:

1. First and foremost-take your wallet out of your back pocket!

A wallet can offset your sitting bones significantly enough to cause back problems. Your spine has to take a posture that is uncomfortable and dangerous and may affect your nerves throughout your lower back, mid back and legs.

2. Support-seating considerations:

A cushion placed in small of your back to provide lumbar (the hollow of the back) support to promote posture and provide relief. If you don't have a lumbar-designed cushion you may use items around the house-a firm pillow, towels or shirts can be formed into your own temporary lumbar cushion. To make sure it's the right size, your forearm is usually about the size for a lumbar roll. Sit back and place your forearm behind you between the low back and chair to feel the natural space needed. It should feel comfortable.

A swivel cushion seat may be used to minimize 'twisting' your body as you enter or exit your car thus reducing stress and strain on your back!

Sitting in the driver's seat:

Sit with your hip at the back of the seat, not the middle. Move your seat in so that you do not round forward or downward to reach the steering wheel. Tilt the seat slightly backward. Sit up and lean your upper back against the seat, (instead of pressing the lower back against the seat and reaching and rounding forward). Don't force into unnaturally straight or arched posture. Keep head upright, not tilted forward or back or craned and bent back at the neck.

3. Stretch! Each hour stop and move your body to get the blood flowing through your body. Very important to prevent the possibility of a blood clot forming in your legs. A blood clot can break free in the leg and travel to the lungs or anywhere else in the body and can be life threatening.
4. Exercises: Important to ease into movements. NO BOUNCING!

Lay on your side on your bed. Stretch out your top leg as best you can and hang it over/off the bed. Hang for 2 min (may gradually work up to 5 min). Roll over on other side and repeat.

Hang your foot off side of curb/step gently stretch ankle downward. Alternate: press ball of foot on curb/step gently press foot into curb/step.

The Alphabet: Sit on a chair and lift your leg off the ground. Write the entire alphabet in the air with one foot. Repeat with opposite foot

Our goal at Massage Health & Healing *Energies*, LLC is to help you and your body heal from the daily stress and strain that today's lifestyle places on you.