

Driving Ourselves Around the Bend

Dos and Don'ts of driving positions

from the British Chiropractic Association

FEET FIRST

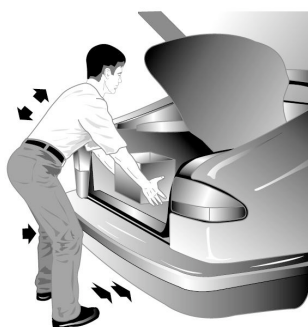
CORRECT



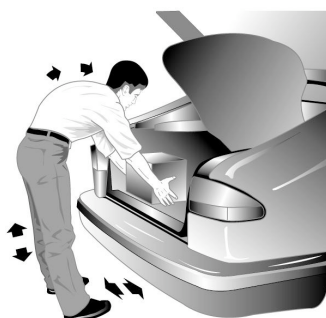
INCORRECT



CORRECT
STAND CLOSER TO CAR/BACK STRAIGHT



LIFT OFF



INCORRECT
STANDING TOO FAR AWAY FROM CAR
WITH ARCHED BACK & LEGS STRAIGHT

ARE YOU SITTING COMFORTABLY?

CORRECT



INCORRECT
TOO HIGH



INCORRECT
TOO LOW



INCORRECT
TOO HIGH

CORRECT

INCORRECT
TOO LOW



BELT UP

Contact the British Chiropractic Association
on 0118 950 5950 or go to
www.chiropractic-uk.co.uk