

Car Seats and Back Pain Solutions

Dr. John A. Allocca
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www.allocca.com

1. Seat Adjustment

The first step is to make sure the seat and steering wheel is adjusted to a comfortable position, not stretching the arms or legs too much and keeping the back straight.

2. Headrests

Headrests can protrude more forward than desired. Some headrests are adjustable. Most are not adjustable. Headrests were designed to be used when the seat back is at an angle of approximately 22-24 degrees.

3. Lumbar Support

Lumbar support is very important. If a car does not have a lumbar support, add a lumbar support cushion. Also note many cars have 4-way lumbar supports (up and down and in and out). The recent trend is to save money and only offer a 2-way lumbar support (in and out). This can be a major problem if the lumbar support doesn't fit the driver's back. In this case, move the lumbar support all the way in and out of the way, then add a lumbar support cushion.

4. Car Seat Bottom

Car seat bottoms can also be a problem. Most car seat bottoms are tilted rearward. Often they cannot be adjusted so that the seat is parallel with the ground. This puts pressure and strain on the coccyx (tailbone). Foam wedges are made to compensate for this is problem. Foam wedges usually are made with a U cut out at the rear to prevent pressure on the tailbone.

5. Getting In and Out of a Car

Getting in and out of a car can be a major cause of back problems. Often no thought is given to how to get in and out of a car seat.

First, stretching to reach the door to close it can strain many muscles and nerves in the back. If the door is too far away to be reached comfortably, use a walking cane or other device to pull it closed.

Second, the ideal method of getting in a car is to place the buttocks on the seat, then rotate the body into the forward position. Reverse this to get out of the car. Whoops, the car side panel may be in the way of doing this without folding and twisting the legs and spine, therefore the seat should be brought back to the most rearward position when getting in or out of the car. Then, brought forward when ready to drive. Also, move **slowly!**



TravelMate Large Medium-Firm Wellness Seat Cushion - 17 x 13 x 3 inches

https://www.amazon.com/dp/B008GPR888?psc=1&ref=ppx_yo2ov_dt_b_product_details#



Niceday Lumbar Support Pillow for Office Chair Car Lumbar Pillow Lower Back Pain Relief Memory Foam Back Cushion with 3D Mesh Cover Gaming Chair Back Pillow Ergonomic Orthopedic Back Rest for Wheelchair Desk

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