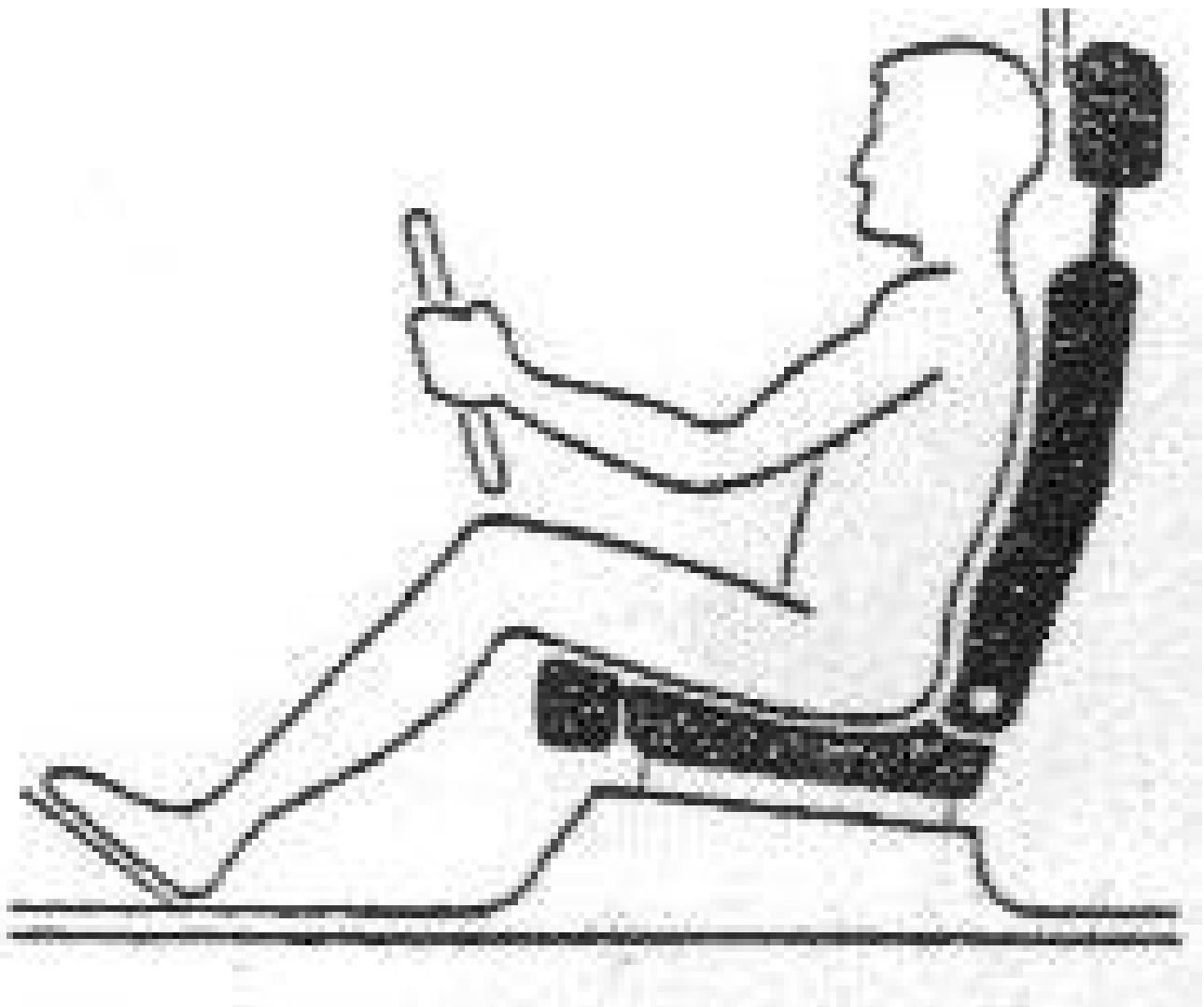


Ergonomic Seating Position in the Car

- Keep your hands and arms relaxed
- Sit on both your sitting bones
- Keep your head relaxed
- **DON'T** get enraged at other drivers' - keep stress levels low
- Try and keep your knees at the same level as your hips - this can be difficult so all the more reason to stop and take stretch breaks!



DISCLAIMER

No responsibility is accepted for injuries sustained through incorrect practices

For more information on
Lower Back Problems
please contact us at **FixMe**

