

Tips for reducing risk of back problems during your holidays!

Driving

- ✓ Make sure you are sitting on both your sitting bones
- ✓ Use the cruise control if you have one
- ✓ Stop every 1 hour of driving
- ✓ Make sure you park **away** from the service area and **WALK** to get your food
- ✓ Do some stretches during the break

⇒ Hamstrings

⇒ Quads

⇒ Calf muscles

⇒ Achilles tendon

⇒ Rotate your toes

⇒ Stand on tip toe

⇒ Shrug your shoulders

⇒ Stretch out your chest muscles

⇒ ...and more

Please download the following sheets for diagrams of the above stretches

- ⇒ Stretches - during car journeys
- ⇒ Stretches - end of car journeys

Car seat

Please download the sheet titled **Ergonomic Seating Position in the Car** and approximate to it as closely as possible

Loading and unloading baggage

- ✓ When lifting cases into the car, **ENAGAGE YOUR ABS** i.e pull your stomach in!
- ✓ Use 2 small cases instead of taking 1 very heavy one
- ✓ Avoid twisting to reach for things in the back seat
- ✓ **DON'T** unload your baggage immediately on arrival at your destination, having driven a long distance. Your postural muscles will be fatigued so you need to get the blood moving well again, allow your muscles to recover before putting them to heavy use again. Walk about, check out the surroundings and yes, you've guessed: do some stretches!
- ✓ When unloading the cases from the boot, **ENAGAGE YOUR ABS!**
- ✓ **Don't** twist when lifting baggage out of the boot: bend your knees, pull your abs in and turn to put the cases on the ground
- ✓ Put heavy cases in the front of the boot and lighter ones at the back – this way when you bend forward to lift the cases at the back, there is less strain on your back.
- ✓ Share the load – get the family to help unload the car

Do regular stretches on holiday to keep yourself flexible: Happy Holidays!



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