

Driving And Back Pain

(NAPSA)—Humans may have been sitting since the caveman days, but apparently we're now doing something wrong that's giving a lot of us chronic lower back pain.

Like what? Driving, according to experts.

Millions of Americans experience the most common form of back pain—muscle tension—and it turns out being behind the wheel of a car puts drivers at great risk for it since they're in a static position at the very time their sense of awareness is most heightened.



Driving can be a pain in your back.

“Driving requires constant tension, which can itself create the scenario for muscular pain,” says Dr. Gerald Clum of the Foundation for Chiropractic Progress.

Not helping the situation are today's tipped-back seats, which cause pelvises to roll back from trying to see straight ahead at a 15- to 20-degree angle. A chiropractor can help treat your pain, but here's some tips in the meantime:

- Sit near the pedals, with your arms bent slightly in a 10 a.m.–2 p.m. position on the wheel.
- Don't stash a wallet or other items in your back pocket when sitting.
- Break up long journeys.
- Place a small pillow in the small of your back to improve posture.

For more info, visit www.yes2chiropractic.com.