

P.A.S.T.®

Functional Fitness Method

Self Empowering Journey Out of Pain



DRIVING POSTURE

Your commute doesn't have to hurt

The price of gas is painful enough; so, don't let the commute get you too! Sitting behind the steering wheel can lead to poor posture and can be a pain in the neck and back, literally.

- Your car moves; you don't. So, you're always dealing with small "micro adjustments" from turns, stop and go traffic, potholes, and unexpected incidents (e.g. you're cut off!).
- The best driving posture strategy is to sit properly and be relaxed, because this reduces the stress on your body.
- The car seat should be firm, comfortable, and well-contoured to your body.
- The car seat positioning should be in an upright or slightly reclining position to reduce the stress on the back.
- It's important to **avoid slouching** while driving as this compounds the stress on your back and forces your shoulder and neck into awkward positions as well.
- Attempt to keep your knees bent at roughly 130 degree angles and in line with the body or in other words don't overstretch your legs to operate the pedals.
- Don't stay in one position too long to avoid postural fatigue and causing muscles to shorten and tighten.
- Use seat accessories for your back to assist your driving comfort.
- **After long drives perform your P.A.S.T.® Corrective Exercise Tutorial to restore your postural blueprint.**