

BEHIND THE WHEEL

If your job involves driving clients, making deliveries or just commuting to and from work in your personal vehicle, sitting can lead to back and hip pain, and gripping the wheel can be difficult for painful hands. Try these tips and devices to make your drive easier.



A Seat That Fits

Adjust the seat height and position to ensure proper posture, allowing your feet to reach the pedals without stretching. Use a supportive seat cushion or ergonomic seat cover to reduce pressure on your back and hip and/or consider a lumbar support cushion to maintain the natural curve of your spine.

Easy Access

Try using a beaded seat cover that makes it easier to slide over the seat to enter and exit the car or a swivel seat cushion that makes it easier to turn in your seat.

Simple Steering

Adjust the steering wheel to best suit you and use a steering wheel cover with extra grip to make turning the wheel easier. Or consider installing a steering wheel knob, aka a brody knob — a small, round knob that is mounted to the outer rim of the steering wheel — which enables you to grip and steer the wheel with one hand.

A Safe Pace

If possible, plan your route to minimize time in the vehicle. For longer trips, try to take brief breaks to stretch and move around. Do gentle stretching exercises focusing on your hands, wrists, back and legs.

Reachable Pedals

Make sure the accelerator and brake pedals are within easy reach and do not require excessive force to operate. If reaching the pedals is difficult, pedal extenders may be an option.

The Right Car

When looking for a new car — or putting in requests for a vehicle for work — here are some important features to consider: automatic transmission, power steering, heated seats and steering wheel, keyless entry and ignition, and tech that increases your peripheral view like blind spot detection and oversized mirrors.