

# Driving Ourselves Around the Bend

## *Dos and Don'ts of driving positions*

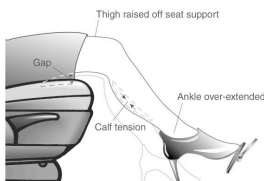
### *from the British Chiropractic Association*

## FEET FIRST

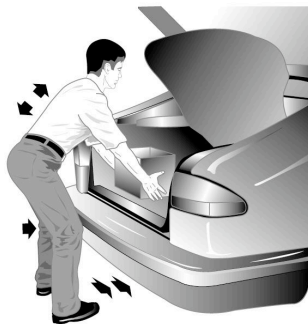
CORRECT



INCORRECT



CORRECT  
STAND CLOSER TO CAR/BACK STRAIGHT



## LIFT OFF



INCORRECT  
STANDING TOO FAR AWAY FROM CAR  
WITH ARCHED BACK & LEGS STRAIGHT

## ARE YOU SITTING COMFORTABLY?

CORRECT



INCORRECT  
TOO HIGH



INCORRECT  
TOO LOW



INCORRECT  
TOO HIGH

CORRECT

INCORRECT  
TOO LOW



## BELT UP

Contact the British Chiropractic Association  
on 0118 950 5950 or go to  
[www.chiropractic-uk.co.uk](http://www.chiropractic-uk.co.uk)