

Car Seating

The perfect car seat for back pain sufferers has not yet been invented, and scientific research has not found the ideal seat, which will care for people of different heights, weights and size.

Many people spend a lot of time in the car seat, often driving under some stress. It is therefore important to try to find one, which is comfortable and can be adjusted for height, level and rake of back, height of seat and angle and distance from the steering wheel.

Adjust your seat for maximum comfort so that the hips and knees are well flexed with arm relaxed and bent to the steering wheel. If there is little or no support to the lumbar region, fit a cushion or one of the many manufactured supports available. If on a long journey, stop occasionally and walk round to relax your legs and also ease your spine.

Do not over stretch your spine. To avoid whiplash injury, ensure that the car head restraint is positioned correctly. It should be raised to the point where the bottom is level with the top of the ears.

"You should look for a car seat that offers good lumbar support and allows you to reach the foot pedals without feeling cramped or overstretched. When driving, maintain an upright posture, adjust the angle of your backrest so that your arms are positioned comfortably on the steering wheel, and ensure that you have a clear view of the road. Adjust your mirrors carefully, as making full use of them will minimise the need for you to twist around in your seat. Ideally, when travelling long distances, you should stop and take a break every hour" - A.G, Retired Spinal Surgeon

BackCare does not recommend or endorse any of the following products, as it has no testing facilities by which to judge their effectiveness. You need to exercise your own judgment as to whether a product will meet your requirements.

CORPORATE SUPPORTERS:-

The Back Shop (Dublin)

32 Exchequer Street, Dublin 2 Ireland
Tel: 01671 4215 Website: www.back-shop.com/car.htm

GetBack Supplies Ltd - Back Friend

Nottingham Backcare, 583 Mansfield Road, Sherwood, Nottingham, NG5 2JN
Tel: 0800 243469 Website : www.getbacksupplies.co.uk

Klass Vaki (Landmark Medical) Ltd

Unit 1, 1000 North Circular Road, London NW2 7JP
Telephone : 020 8450 7111 Website : www.klassvaki.com

OTHERS

Medesign Ltd - BackFriend

Clock Tower Works, Railway Street, Southport, Merseyside PR8 5BB
Tel: 01704 542373 Website: www.medesign.co.uk

Bay Jacobsen (UK) Ltd - Sissel UK Ltd

Unit 10, Moderna Business Park, Mytholroyd, Hebden Bridge, W. Yorks HX7 5QQ
Tel: 01422 885433 Website: www.siseluk.com

Cobra Seats

Unit D1 & D2, Halesfield 23, Telford TF7 4NY
Tel: 01952 684 020 Fax: 01952 581772 Website: www.cobraseats.com

¹ Information sheets made available by BackCare are provided for information only and should not be considered as legal recommendations or advice. This information is continually changing and you should check the information sheets sources for the current situation. You should also conduct further research for your specific circumstances and seek legal advice as appropriate. BackCare is not responsible for errors or omissions in the information.

Corbeau Seats Ltd

17 Wainwright Close, Churchfield Industrial Estate, St Leonards on Sea TN38 9PP
Tel: 01424 854499 Website: www.corbeau-seats.co.uk

Elap Engineering Ltd – for disabled drivers

Fort Street, Accrington, Lancs BB5 1QG
Tel: 01254 871599 Fax: 01254 389992 Website: www.elap.co.uk

Recaro UK Ltd

Unit F7, Holly Farm Business Park, Honiley, Keniley CV8 1NP
Tel: 01926 484111 Website: www.recaro.com

Recaro Child Seats

K300 Ltd, 10 Pentland Close, Hazel Grove, Stockport, Cheshire SK7 5BS
Tel: 0161 355 1275 Website: www.child-seats.co.uk

Pioneer Seating

18 Thorburn Road, Northampton NN3 3DA
¹Tel: 01604 411659 Fax: 01604 411866

Restall Bros. Ltd

Masterfit House, Colliery Road, West Bromwich, West Midlands B71 4JT
Tel: 0121 500 1300 Website: www.restallgroup.co.uk

Richfield

Unit 18, Sherbrook Business Centre, Sherbrook Road, Daybrook, Nottingham NG5 6AT
Tel: 0115 967 3020 Website: www.richfieldseating.co.uk

Superspeed (for Konig)

227 Corstorphine road, Edinburgh EH12 7AY
Tel: 0131 316 4200 Website: www.superspeed-carstyling.co.uk

USEFUL WEBSITES

www.ricability.org.uk Research and information for people with disabilities Tel. 020 7427 2460

www.car-seat-data.co.uk Information on vehicle ergonomics Tel. 01463 222839

www.remap.org.uk Voluntary organization of Engineers who will design/make devices for people when there is nothing on the market to solve the problem. Tel. 0845 1300456

www.addonheadrest.com Useful for head and upper back problems.

RELEVANT INFORMATION

BackCare fact sheet – Back Care for Drivers <http://www.backpain.org/pdfs/backcare-for-drivers.pdf>

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