EASE ON DOWN THE ROAD: Proper Seat Management for Patrol Cars

1. Raise the seat as high as is comfortable to improve vision of the road.

2. Move the seat forward until one can easily and fully depress the brake and accelerator. Allow 10 - 12 inches from steering wheel for air bag.

3. Adjust bottom cushion tilt angle so that the thighs are supported along the length of the cushion, avoid pressure behind the knee.

4. Adjust back rest so it provides continuous support along the length of the back and is in contact up to shoulder height.

5. Adjust the lumbar support to give even pressure along the length of the back rest.

6. Adjust the steering wheel rearwards and downwards for easy reach.

7. Adjust the head rest with the top of the rest between the top of the ears and top of the head. Headrest should be less than 2 inches from the back of the head.

Source: Loughborough University HJ Consultancy

HINT: For a seat that has been “crushed” by the weight of your body leaning toward the CAD, try a folded bath towel or a small cushion placed in the sunken area to boost the seat to a fully level position. (NHTSA).

AND: Try to get out of the car every hour to move and stretch.

For more information:

MPO Dave Patton
Wellness Coordinator
703-449-7238

Nancy Burke, ATC
Athletic Trainer
703-449-7241
**STRETCHING EXERCISES**

Do each exercise 2–3 times a day; hold each exercise for 15 seconds. Repeat with each side of the body (both arms, both legs).

- **Knee to Chest:** Single Leg
- **Knee to Chest:** Bilateral
- **Pelvic Tilt**
- **Cat Stretch**
- **Upper and Mid-Extensors**
- **Hamstring:** using belt or band

**Source:** VHI

---

**CORE EXERCISES**

For each exercise, tighten the abdominal muscles first, and then complete the exercise. Start with repetitions of 5, increasing to 10 and then 15. Hold each exercise for 5 seconds.

- **Abdominal Crunch**
  - Raise head and shoulders off floor.
- **Bridge**
  - Raise hips to alignment with knees and shoulders.
- **Single–Leg Abdominal Press**
  - Put heel of hand against knee; press against knee while pulling knee toward hand.

**STRENGTHENING EXERCISES**

DO NOT hyperextend the back. Do 3 sets of 10 repetitions on alternate days.

- **Extension:** Incline
  - Do not hyperextend back.
- **Dead Lift:** Three Quarter
  - Back straight; knees do not go past toes; light weight.

**Modified Plank**

- Raise self up to rest on elbows and knees; advance to full plank by resting on elbows and toes.

**Side Plank**

- Raise body keeping shoulders, hips and knees aligned. Move to full plank when ready.

**Segmental Rotation**

- Keeping shoulders on floor, rotate to side. Should feel stretch, no pain.

**Source:** Mayo Clinic

---

**Modified Plank**

- Raise self up to rest on elbows and knees; advance to full plank by resting on elbows and toes.

**Side Plank**

- Raise body keeping shoulders, hips and knees aligned. Move to full plank when ready.

**Segmental Rotation**

- Keeping shoulders on floor, rotate to side. Should feel stretch, no pain.

**Extension:** Incline

- Do not hyperextend back.

**Dead Lift:** Three Quarter

- Back straight; knees do not go past toes; light weight.