

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:

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Oh My Aching Back !!

Stretching and Strengthening Exercises to Feel GREAT!!



Annual In-service 2011

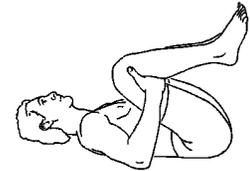


STRETCHING EXERCISES

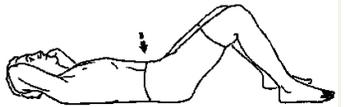
Do each exercise 2 – 3 times a day; hold each exercise for 15 seconds. Repeat with each side of the body (both arms, both legs).



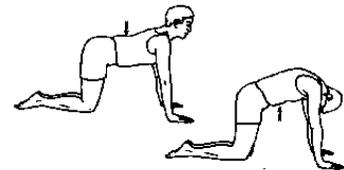
Knee to Chest:
Single Leg



Knee to Chest:
Bilateral



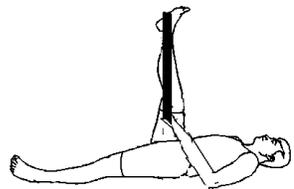
Pelvic Tilt



Cat Stretch



Upper and
Mid-Extensors



Hamstring:
using belt or band

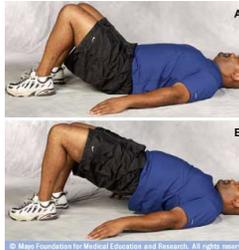
Source: VHI

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.



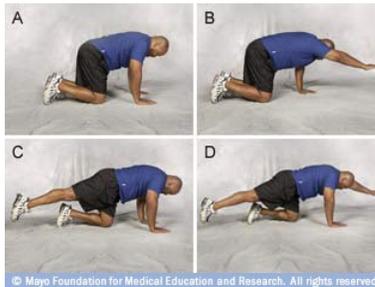
Abdominal Crunch
Raise head and shoulders off floor.



Bridge
Raise hips to alignment with knees and shoulders.



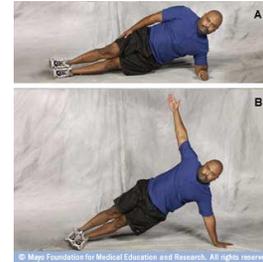
Single-Leg Abdominal Press
Put heel of hand against knee; press against knee while pulling knee toward hand.



Quadruped
Raise opposite arm and leg and reach out at same time. Do not arch back.



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

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.

