



ALLIED
Physical Therapy
WELLNESS COMMUNITY™
Get back to what you love

Best Driving Posture

Learn how to position your seat properly to avoid back pain!

If you are one of the 45 million Americans projected to embark on a road trip this year, we have some advice to help you arrive pain-free and ready to enjoy your destination!

Long hours behind the wheel can place significant stress on the neck, shoulders, lower back, and hips — especially when your seat and posture are not properly adjusted. Scan the QR code below to learn how simple positioning changes can improve comfort, reduce fatigue, and help prevent the aches and stiffness many people experience during road trips or daily commutes. Proper driving ergonomics can also improve reaction time, visibility, and overall safety behind the wheel.

⚠ Important reminders before a long drive:

- Sit fully back in the seat with your shoulders supported
- Keep knees slightly bent and level with or just below the hips
- Take standing and stretching breaks every 1–2 hours
- Keep the headrest aligned with the middle/back of the head for neck support

Even small ergonomic adjustments can make a major difference in reducing strain and improving comfort during long-distance driving. If you find yourself suffering with aches and pains after a summer road trip, please give us a call at (239) 242-0070.

SCAN HERE WITH YOUR PHONE
TO SEE MORE IN OUR VIDEO!



BACK PAIN & SCIATICA

The most common complaint that we hear at our clinic is back pain. In many cases, the pain is rooted in a common merry-go-round pain response: You stop moving because it hurts – and it hurts because you have stopped moving. The back pain experts at Allied can help you get off that merry-go-round – and teach you how to stay off! Some will find relief from very mild back pain with a simple set of stretches that can be done before you even get out of bed in the morning! [Scan the QR code above!](#)



1469 SW 4th Terrace • Cape Coral FL 33991

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.

(239) 242-0070



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