

COMMUTER'S BACK & NECK KIT

Drive 99 without the ache.

For long drives on Highway 99, the Altamont and the Bay Area commute: seat setup, moves for stops and rest areas, and a routine for when you get home.

Start here → Set your seat with the checklist on page 2 before tomorrow's drive.

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01 **Seat setup in 60 seconds**
Set it once, check it weekly

02 **Moves for stops**
Safe only when parked

03 **Rest-stop reset**
2 minutes out of the car

04 **Post-drive routine**
5 minutes at home

05 **Red flags**
When to get checked

General education only. Not a diagnosis or a treatment plan for you.
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SEAT SETUP + MOVES FOR STOPS

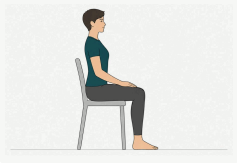
Set it once, check it weekly

A good seat setup does more than any stretch. Take 60 seconds before you pull out, then use the stop moves when you're safely parked.



Seat height	Hips about level with or a little above your knees.
Distance	You can press the pedals fully with a slight bend in your knee.
Backrest	Slightly reclined, about 100–110°. Low back touching the seat.
Low back	Use the lumbar support or a small rolled towel at belt level.
Headrest	Middle of the headrest level with the back of your head, close to it.
Steering wheel	Hands at 9 and 3 with relaxed elbows and shoulders down.
Mirrors	Set them while sitting tall. If you can't see, you're slouching.
Wallet + phone	Out of your back pocket before you sit.

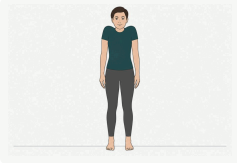
PARKED ONLY: READ FIRST
Do these only when the car is parked or you've stopped at a rest area, never while driving or in stop-and-go traffic. Keep every move small, slow and easy, and stop if anything increases your symptoms. **Call us at (209) 521-1122** if pain spreads into an arm or leg, or numbness or tingling increases.



01 Chin Tuck

NECK · **5 × 3-SEC HOLD**

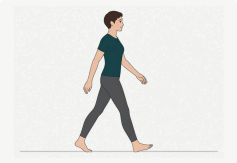
Parked only. Head to the headrest, glide your chin straight back, eyes level.



02 Shoulder Rolls

NECK + SHOULDERS · **10 SLOW ROLLS**

Parked only. Roll shoulders up, back and down.



03 Rest-Stop Walk

WHOLE BODY · **2–5 MINUTES**

Every 60–90 minutes on a long drive, get out and walk a lap around the car or rest area.



04 Standing Back Reset

LOW BACK · **5 REPS**

Out of the car, hands on hips, hinge forward a little, then stand tall. Easy range.

Get medical care right away for

- Any car crash, even a small one, with neck or back pain
- Numbness or weakness in an arm or leg
- A sudden, severe headache or dizziness
- Chest pain or shortness of breath while driving