

## Back Specialists Recommend Adding Device to Seatbelts

**The CG-Lock<sup>®</sup> device was invented for the track – for performance drivers wanting the benefits of a racing harness but not the hassle... now this same device also promises to give pain relief to millions of drivers and passengers on the highway.**

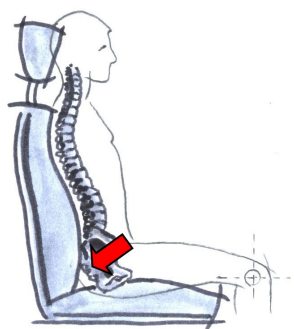
Professional back specialist testing suggests that the device (CG=Centre of Gravity) could bring a welcomed solution to millions of back-ache sufferers.

Back pain is the second most common reason people visits their GP (the first is the cold/flu) accounting for more than 7 million consultations every year. Many sufferers rely on pain-killers and people suffering with chronic back pain are at a higher risk of developing depression. The NHS spends more than £1 billion a year on treating back pain and in addition there are other (indirect) costs to UK businesses. The Health and Safety Executive (HSE) estimates that musculoskeletal disorders, which includes back pain costs UK employers over £600 million per year and claim that we have an **80%** chance of getting a lower back problem at some point in our lives.

In many cases, the pain is due to extra strain on the lower back muscles caused by bad posture from sitting in front of a TV/computer screen or 'slouching' on longer journeys in vehicles. Car posture is a particular problem as Emma Field, Ergonomic Specialist & Physical Therapist at *Back in Action*<sup>®</sup> (a Company dedicated to helping peoples' back problems) explains; "We can sort out all office and home seating problems but cars are difficult; car seat design in general is not good and posture deteriorates." During everyday driving with relaxed posture, inertia from braking along with the constant vibration leads to the pelvis creeping forwards away from the back of the seat and the body slipping down in the seat and the hips tilting up (see figure 2 below). BackCare, the UK Charity dedicated to helping us keep healthier backs (backpain.org) recommends "When driving, maintain an upright posture." By keeping the lower part of the back to follow the contours of the lumbar support, the correct upright posture is created (see figure 1 below), however, it takes constant conscious effort to *maintain* the correct upright position and so many people revert to spending hours in their vehicles in an un-healthy position (see figure 2 below). Prolonged 'slouching' causes the lower back muscles to tighten, working to protect the spine... and this can lead to muscular spasms – commonly known as 'back ache'. Alan Raw (harrisandross.co.uk), one of the top UK sports Physiotherapist to Premier League football players and other top athletes, knows the problem well. He comments: "A useful tip for maintaining good posture whilst driving is to adjust the interior rear-view mirror when sat in the correct upright position, so when the driver slumps down, they can no longer see through the back window via the mirror, thus reminding them of the correct posture." The goal is to keep the spine in this healthy position **without** any conscious effort.

### So does the CG-Lock work?

The search for a drug free solution to back problems has led experts such as Emma & Alan to test out the device. Emma comments; "Speaking as someone who has lower lumbar issues myself and is a practitioner treating such issues on a regular basis; I found that using the CG-Lock does help to stabilise the hips whilst cornering; so preventing me from distorting the spine and causing referred pain when driving. This could prove very beneficial to sufferers like me, with lower lumbar scoliosis as one is prevented from twisting the vertebra and compressing the intervertebral discs. This would also benefit people with lower sacroiliac problems, prolapsed discs and pelvic issues." Back in Action<sup>®</sup> now stock the device at selected stores throughout the UK. Alan has also seen great results and adds "Maintaining proper posture in a vehicle is not easy... this simple device has really helped many of my clients, reducing and in some cases eliminating back pain due to slouching."



1 Correct posture - spine aligned with lumbar support



2 Incorrect posture - hips forward straining spine

The CG-Lock, by holding the pelvis firmly back in the seat would appear to align the spine and assist the maintenance of correct posture – significantly reducing back problems. It seems that this is one product that just about **every** driver/passenger can benefit from. Improving *performance* on the track and *posture* on the roads.

### Read more at [nomorebackache.net](http://nomorebackache.net)

Thanks to *Back in Action* ([backinaction.co.uk](http://backinaction.co.uk)) & Harris & Ross ([harrisandross.co.uk](http://harrisandross.co.uk)) for their professional review of the CG-Lock.

Download words, photos & illustrations from [cg-lock.co.uk](http://cg-lock.co.uk). Lap Belt Cinch (Europe) Ltd market and sell the CG-Lock<sup>®</sup>, a unique product specifically designed to improve the stability, control and comfort of drivers and passengers in any vehicle. The CG-Lock fits in minutes to any standard seatbelt and is fully removable in seconds.

The CG-Lock is patented, and has been independently crash tested and has demonstrated that when fitted, does NOT interfere with the safety of the factory fitted 3-point seatbelt with or without a pre-tensioning device (full details at [cg-lock.co.uk](http://cg-lock.co.uk)).

Although the CG-Lock has 80% of the benefits of a full racing harness, but none of the hassle, the CG-Lock is not intended to replace a racing harness and is not a safety device. The CG-Lock is sold at Back in Action (see [backinaction.co.uk](http://backinaction.co.uk)) for in-car posture benefits.

CG-Lock is proud sponsor of: **BLOW-ME**, the alcohol breath testing service for events worldwide ([blow-me.co.uk](http://blow-me.co.uk)) to promote responsible, safe driving. **BackCare**, the charity for healthier backs ([backpain.org](http://backpain.org)) and the **British Motorsport Marshals Club**, without whom track days could not take place ([marshals.co.uk](http://marshals.co.uk))

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