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How to add Lumbar Support to the Driver Seat

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4 posts • Page 1 of 1

How to add Lumbar Support to the Driver Seat

by **vibrologist** » Tue Jun 10, 2014 2:03 pm

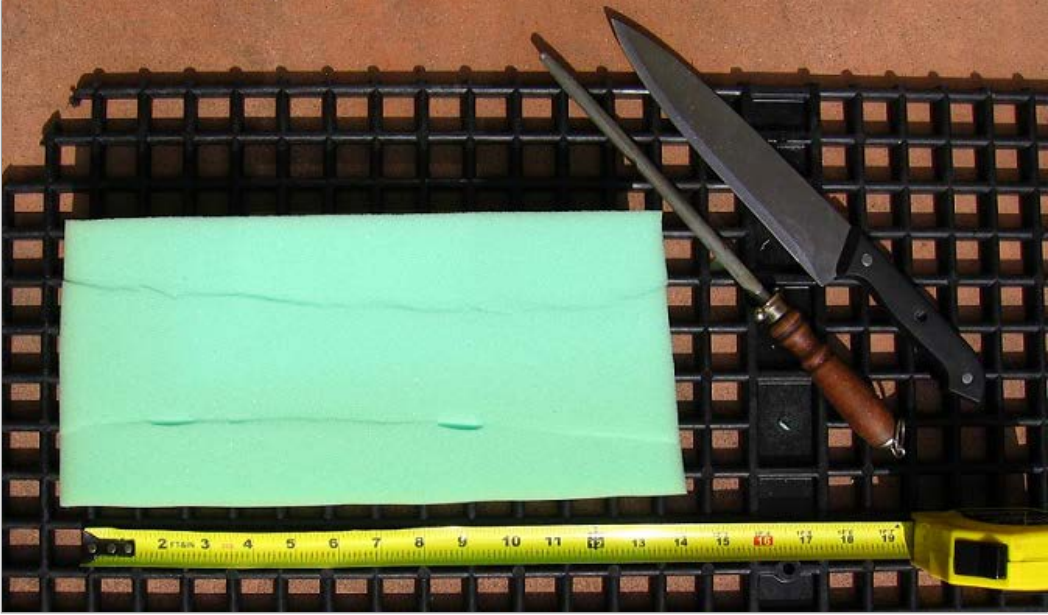
Soon after purchasing my 2005 Vibe I noticed a complete lack of lumbar support. I knew I could not drive this car for longer than 1 hour without developing back pain. There is a ridiculously simple way to add lumbar support to the seat back.

You need a piece of furniture foam (JoAnn Fabrics) About 15" wide, 6" high and up to 2" deep (thick). Use a serrated knife, electric knife or other suitable knife to cut this piece to a profile that fits your needs.


Place it just below your ribcage to try out what works. Once you are happy with the shape insert it into the seat back. Sit behind the driver seat, lean the back rest forward and open the J-hooks at the bottom of the back rest. Push part of the front J-hook between the seat and the back rest.

Open the driver's side door and recline the seat back all the way. Lift the cloth up and insert your lumbar foam support. Make adjustments to its location and close the J-hooks. You are done.

ATTACHMENTS



foam block.JPG (119.33 KiB) Viewed 926 times



vibrologist

Posts: 1144

Joined: Sat May 10, 2014 8:24 am

Location: Iowa



foam profile.JPG (122.83 KiB) Viewed 926 times



testing positions.JPG (126.2 KiB) Viewed 926 times

Last edited by [vibrologist](#) on Tue Jun 10, 2014 5:35 pm, edited 2 times in total.

Vibrologist
'05 Vibe

"It is important to know the difference between 'accurate' and 'precise' even if you are neither!"

<http://forums.genvibe.com/phpBB3/viewtopic.php?f=30&t=43476>

Re: How to add Lumbar Support to the Driver Seat

by [vibrologist](#) » Tue Jun 10, 2014 2:11 pm

Lumbar support continued:

ATTACHMENTS



[vibrologist](#)

Posts: [1144](#)
Joined: Sat May 10, 2014 8:24 am
Location: Iowa



J-hooks.JPG (121.43 KiB) Viewed 924 times



looks factory.JPG (100.49 KiB) Viewed 924 times

Vibrologist
'05 Vibe

"It is important to know the difference between 'accurate' and 'precise' even if you are neither!"

<http://forums.genvibe.com/phpBB3/viewtopic.php?f=30&t=43476>

Re: How to add Lumbar Support to the Driver Seat

by **Chiadog** » Tue Jun 10, 2014 4:04 pm

Surprisingly, my 05's seat has not bothered my back yet. But if it does, I now know what to do. Nice Fix! Thanks Vibrologist. 😊



Chiadog
Posts: 971
Joined: Thu Aug 09, 2012 9:41 am
Location: Abrams, wisconsin

Re: How to add Lumbar Support to the Driver Seat



by **vibrologist** » Tue Jun 10, 2014 5:40 pm



vibrologist

Posts: 1144
Joined: Sat May 10, 2014 8:24 am
Location: Iowa

“ Chiadog wrote:
Surprisingly, my 05's seat has not bothered my back yet. But if it does, I now know what to do. Nice Fix! Thanks Vibrologist.
😊

Thanks, Chiadog. About 25 years ago I herniated a disk. Since then I have issues. Take care of your back.

Vibrologist
'05 Vibe

"It is important to know the difference between 'accurate' and 'precise' even if you are neither!"

<http://forums.genvibe.com/phpBB3/viewtopic.php?f=30&t=43476>

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4 posts • Page **1** of **1**

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