

## TESTED car cushions for pelvic floor pain

Includes a scale of 0 to 10 scoring system based on pressure placed on perineum; the higher the score, the less pressure felt.

### 1990-1994 Lexus LS 400

- 10/10
- The best cushion so far for removing from the car and using as a supplemental cushion at home, in office, in other cars, etc. The [foam that makes up the bottom cushion](#) is thin, but dense, which means it doesn't add much height to any seat or chair its placed on, and allows whatever support that seat already provides to still come through (be it firm, soft, etc.)
- When used in the Lexus LS400, extra foam needed to placed between seat's springs and bottom cushion foam to soften the overall feel, but once added, it provides 100% excellent overall comfort and support with moderately recessed half-length center seam that reaches far enough forward and is stitched wide and flat against a true cutout in the seat foam.
- Use cases as a supplemental cushion that have worked for me thus far:
  - [Autonomous.ai ErgoChair Pro](#) with small blanket placed beneath cushion at the front to lift thigh support
  - [2007 Toyota Prius](#) with [square packing foam](#) placed [beneath recessed center seam section](#) of cushion
  - [2012 Hyundai Tucson](#) with [clips along the front leading edge](#) of the cushion to decrease thigh pressure, and lumbar support added to seat back

### 2006-2010 Hyundai Sonata

- Leather
  - 8/10
  - Good overall comfort and support
- Cloth
  - 7/10
  - Good overall comfort and support, but foam compresses more than in leather, which allows minor contact with perineum

### 2011 Chevrolet Equinox w/ leather (ventilated)

- 6/10
- Shallow recessed full-length center seam
- No immediate pressure in the perineum area, but foam compressed after a couple mins to the point it made some contact with perineum

### 1996-1999 Buick Lesabre

- Cloth
  - UNTESTED
- Leather
  - 9/10

- Deeply recessed half-length center seam
- Excellent overall comfort and support, squishy foam, supple leather, plenty of depth in recession, although due to lack of full-length seam, proper posture in seat is required; you've got to sit slam against the backrest upright to reap the benefits of the recessed center seam

#### 2004-2008 Chrysler Pacifica

- 04-06 leather shallow recessed full-length center seam
  - 7/10
  - Good overall comfort and support
- 04-06 cloth shallow recessed full-length center seam
  - 0/10; direct, firm contact with perineum
- 07-08 leather shallow recessed half-length center seam
  - 8/10
  - Good overall comfort and support
- 07-08 cloth shallow recessed half-length center seam
  - 7/10
  - Good overall comfort and support, marginal concern for foam compression to point of contact with perineum

#### 2007-2012 Mazda CX-7 w/ cloth

- 7/10
- Shallow recessed full-length center seam
- Decent overall comfort and support, marginal concern for foam compression to point of contact with perineum; foam was fairly firm, may support well

#### 2007-2012 Hyundai Santa Fe

- Leather
  - Soft leather had direct contact with perineum 0/10, where dryer, firmer leather was a 7/10 provided no compression of the foam
- Cloth
  - 0/10; direct, firm contact with perineum

#### 2000-2003 Nissan Maxima

- Leather
  - 7/10
  - Moderate recessed full-length center seam
  - Good overall comfort and support
- Cloth
  - 7/10
  - Shallow recessed full-length center seam
  - Good overall comfort and support, provided no foam compression

#### 2005-2011 Mitsubishi Galant

- 8/10
- Good overall comfort and support

#### 2002-2006 Nissan Altima

- Cloth
  - 7/10

- Good overall comfort and support
- Leather
  - 7/10
  - Moderately recessed  $\frac{3}{4}$  length center seam
  - Good overall support, a bit firm (may be due to dry leather)

#### 2007-2011 Toyota Camry

- Cloth
  - 0/10; full compression of foam to direct contact with perineum
- Leather
  - UNTESTED

#### 2009 Nissan Maxima w/ leather

- 0/10; deeply recessed center seam, but strange contact points with buttocks and lack of appropriate support - seam also does not reach far enough forward

#### 2003 Mercedes-Benz E-Class

- 8/10
- Shallow recessed half-length center seam
- Good overall comfort and support, nice texture to leather

#### 2007 Mitsubishi Endeavor

- Cloth
  - 7/10
  - Good overall comfort and support

#### 2003-2007 Nissan Murano

- Leather
  - 8/10
  - Moderate to deeply recessed center seam, depending on wear
  - Good overall comfort and support, you can feel a bit of air able to travel through the recess of the center seam, but leather was firm (may be due to dry leather)