

The Steering Wheel Diagnostic: Yoke Tension Protocol

Phase 1: The Research Protocol

- **The Central Problem:** Threatening tension, pulling, or restriction across the upper back and shoulders during seated, forward-reaching tasks (e.g., driving or desk work).
- **Problem Statement:** A measurable increase in back seam tension is observed during forward arm extension in a seated posture.
- **Primary Objective:** To determine mathematically if your current shirt's yoke width and back-pleat architecture are failing to support your natural forward arm mobility.

Phase 2: Isolate & Control Variables

- **Independent Variables (The Suspects):** * *Yoke Width:* This determines the horizontal ease across your shoulder blades when reaching forward.
 - *Back Architecture (Flat, Box Pleat, or Side Pleats):* This provides the necessary expansion allowance during a forward reach.
- **Confounding Variables (The Controls):** * *Posture: Instruction:* You must maintain an identical, neutral, upright spine across all tests. Do not slouch.
 - *Layering: Instruction:* Perform this test without any outerwear, jackets, or sweaters to ensure friction does not pollute your data.

Phase 3: The Quantitative Data Log (The 30-Second Hold)

- **The Action:** Sit upright in a chair without armrests. Extend both arms completely straight in front of you (parallel to the floor) and cross your wrists. Hold this exact position for 30 seconds.
- **The Metric:** Rate the pulling sensation across the back seams on a scale of **1 to 10** (1 = Zero restriction, 10 = Seams feel like they will burst).
- **The Multi-Entry Log:** Complete this matrix over multiple days or with different shirts to establish a reliable average score.

Date	Shirt (Brand/Cut)	Yoke Width	Back Type	Score (1-10)	Notes

--	--	--	--	--	--

Phase 4: Quantitative Analysis (The Signal Matrix)

Review your logged scores to diagnose the fit:

- **Score 1–3 (Pass):** Green Signal. Your current back architecture and yoke width are functioning perfectly for your body.
- **Score 4–6 (Borderline):** Muted Signal. You are experiencing minor restriction. This cut likely works for standing, but fails during extended transit or heavy desk work.
- **Score 7–10 (Critical Fail):** Dark Signal. The yoke is entirely too narrow, or the flat-back design is incompatible with your shoulder span.

Phase 5: The Testable Hypothesis & A/B Loop

If you scored a 4 or higher, you must test a new configuration.

- **Example Hypothesis:** "My average tension score of 8 indicates a critical failure in upper back ease. **Hypothesis:** By switching from my current 'Flat Back' architecture to a cut featuring a 'Center Box Pleat' and a 0.5-inch wider yoke, I will reduce seated forward tension to a level 2 or below."
- **The A/B Test Instruction:** To validate your hypothesis, run a 3-day test. Wear your standard flat-back shirt for one commute, then a box-pleat shirt for the next two days. Log the data. If the average score drops to a 1-3, you have mathematically solved your fit issue.