Bend Headrest Posts
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U.S. government regulations for vehicles made after Sept 2008, specify an allowable gap between your head and the vehicle headrest of no more than 55mm (2.2 inches). In order to meet the requirement, for various seat recline positions and body sizes, auto companies have pushed the headrests forward, often into a position that is uncomfortable for at least a portion of their customers.

I found my head banging against the headrest when driving over minor bumps in the road. It is fairly easy to fix this annoyance.

1. Remove headrest from the seat.
2. Unzip the headrest cover so it is not damaged. Removing it is fun.
3. Place in a vise as per the diagram and compress to 3 inches.
4. Put a pipe over one post, right down to the headrest.
5. Bend the post so the end is about 0.5 inches back from the other post.
6. Repeat with the other post so they match up.
7. Test for comfort in the car. Make sure there is less than a 2.2 inch gap.
8. If no further adjustment is needed, replace cover. Replacing is even more fun.