

WHEENK! WEALTH

AIRPLANE TRAVEL TIPS STRETCHING TIPS FOR A PAIN-FREE SUMMER VACATION

PLANNING SUMMER VACATIONS? HERE ARE A FEW TIPS THAT CAN HELP YOU PREVENT SOME OF THE PHYSICAL DISCOMFORTS ASSOCIATED WITH AIRPLANE TRAVEL.

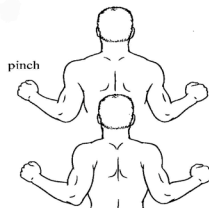
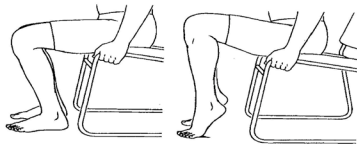
"ECONOMY CLASS SYNDROME" IS A WELL-DOCUMENTED CONDITION IN WHICH A BLOOD CLOT DEVELOPS IN THE BODY, BECOMES DISLODGED AND BLOCKS CIRCULATION IN A BLOOD VESSEL. THE MOST IMPORTANT THING YOU CAN DO TO PREVENT THIS PROBLEM IS MOVE. IT IS RECOMMENDED TO WALK AT LEAST 5 MINUTES DURING EVERY HOUR OF TRAVEL. MOVING YOUR FEET AND ANKLES CAN ALSO PROMOTE BLOOD FLOW AND PREVENT BLOOD CLOTS. ANOTHER FACTOR THAT CAN HELP IS TO REMOVE OR AT LEAST LOOSEN YOUR SHOES. WE SHOULD ALSO AVOID RESTRICTIVE CLOTHING DURING LONG TRAVEL DAYS (INCLUDING KNEE HIGHS AND TIGHT SHOES) WHICH ARE ALSO RISK FACTORS FOR BLOOD CLOTS.

THE SEATS IN MOST AIRPLANES (AND OFTEN CARS TOO) FORCE YOU INTO A ROUNDED BACK, FORWARD HEAD POSITION. IF YOU HAVE BEEN "CRUNCHED" INTO A SEAT LIKE THIS YOU NEED TO MAKE SOME ADJUSTMENTS.

1. GET A BLANKET OR PILLOW AND FOLD IT TO FILL THE "HOLLOW" IN THE SEAT BACK.
2. STAY HYDRATED: CHOOSE WATER RATHER THAN CAFFEINATED, ALCOHOLIC OR SUGAR BEVERAGES. STAYING HYDRATED HELPS DETER THE "FATIGUE" OF TRAVELING AS WELL AS HELP WITH "JET LAG."
3. PERFORM GENTLE STRETCHES AND MOVEMENTS IN YOUR SEAT OR THE AISLE TO RELIEVE THE TENSION OR STRESS IN YOUR BODY.

HERE ARE A FEW SUGGESTIONS...

HOLD EACH STRETCH 15-20 SECONDS. PERFORM EACH STRETCH SLOWLY AND GENTLY.



BY KRISTIN MASSAMIRI,
PHYSICAL THERAPIST



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Wheenk! Physical Therapy

949-498-8312
friends@wheenk.com
pt.wheenk.com