

4 PT TRAVEL TIPS

BY: DR. TAYLOR ANN
CROUSE, PT, DPT



With travel season gearing up, it is important to take care of yourself while on your journey to rest and relax! Whether you are traveling by car or plane, you may find yourself in some awkward, stationary position for prolonged periods that can leave you feeling stiff, tired, and in some discomfort. Lifting heavy luggage and staying hydrated are also things to consider that can impact on your travel plans if ignored.

Here are a few ways to combat the increased stress of travel to fully enjoy your time off!

TIPS

1.GET UP AND GET MOVING!

Depending on your mode of travel, you may have limited space to move, however it is important to look for opportunities along your journey. If you find yourself in an airport, take a short walk around the terminal and through the shops. Traveling by car can be more challenging but it is important to try and take pit stops every 2-3 hours. Wherever you can, getting up and walking for 10-15 minutes can help with circulation and combat feeling "stiff."

2.GET PUMPING!

If you find yourself stationary for prolonged periods of time, incorporating heel raises and ankle pumps may help! By activating the calf muscles, blood and fluid can be pushed towards the heart and assist with swelling of the ankles.

3.HYDRATE, HYDRATE, HYDRATE!

Staying hydrated while traveling not alone assists with swelling but as well as preventing muscles cramps.

4.PROPER POSTURE

Maintaining an upright posture while sitting can help prevent increased stress on the body. Utilizing a neck pillow can help maintain a neutral neck with sustained sitting. Also, lifting heavy luggage uses proper lifting techniques by lifting with your legs and avoiding quick, twisting movements. If you can utilize a luggage cart, do so!

Wherever your travels take you, taking the simple steps to minimize any risk of injury can help make your journey more enjoyable and carefree!

REFERENCES

1. O'Donovan K, Bajd T, Grace P, O'Keeffe D, Lyons G. Preliminary Evaluation of Recommended Airline Exercises for Optimal Calf Muscle Pump Activity. *EJVES Extra*. 2006;12(1):1-5. doi:10.1016/j.ejvsextra.2006.04.001.
2. Cemal Y, Pusic A, Mehrara B. Preventative Measures for Lymphedema: Separating Fact from Fiction. *Journal of the American College of Surgeons*. 2011;213(4):543-551. doi:10.1016/j.jamcollsurg.2011.07.001.
3. Admin. (2019, December 19). 7 PT-approved travel tips. Athletico. <https://www.athletico.com/2019/07/03/7-pt-approved-travel-tips/>



Allied Wellness
