

Travel aches and pains ...and how to beat them



The biggest issues with travel usually centre around your method of transport, sleeping in strange beds and, if you're the adventurous type, a good deal more walking than you are probably used to.

Plane travel would probably be the most common cause of aches and pains, giving your back an especially hard time for hours on end. Typically cramped into a small space, it is hard to get comfortable, let alone stretch. It's unnatural posture at best and extremely uncomfortable at worst.

Car, bus and train travel isn't quite as quite bad, because you can get out periodically and stretch your back, legs and arms, rotate your neck and move around enough to get your circulation going again.

And then there are the beds, ranging from barely 'okay' to bad — and never as good as your own. Lumpy and worn mattresses, (typically bought on price not quality), and peculiar pillows inevitably cause poor sleeping posture and related discomfort.

There is plenty of scope for aches and pains, often severe enough to warrant a visit to your chiropractor, whose pre-travel advice would include:

- Take regular stretch breaks, especially on planes where long-flight discomforts are accompanied by impaired blood circulation (especially in the lower legs). Walk the aisle regularly and do stand-and-straighten exercises whenever possible.
- Tuck in your chin and roll your shoulders to loosen up every hour or so.
- Make sure your back is properly supported with a cushion, pillow or rolled up garment or towel.
- Keep your seat upright and don't slouch; this curves your spine and causes disc pain and other discomfort.
- Be careful when lifting suitcases or heavy bags.
- Stay hydrated, keep sipping water.

If you're planning a trip, it's time to discover how much your chiropractor can help you enjoy a safe, healthy travel experience.

This is just the barest summary. It would be well worth your while to get the full story from your chiropractor, who will give you personalised recommendations according to where and how you plan to travel — and for how long.

Your chiropractor is specifically trained to provide specialised advice on issues such as posture, ergonomics, exercise and helping your body cope with the rigours of travel.

Chiropractors are highly qualified health professionals who have completed a 5-year university degree and continue to update their knowledge through further education.

If you're planning a trip, it's time to discover how much your chiropractor can help you enjoy a safe, healthy travel experience.