

HOW TO STAY PAIN FREE WHILE TRAVELING



Long flights can take their tolls on our bodies causing some serious back and neck pain after sitting on a plane! Apart from that, blood circulation can be restricted from extended periods of inactivity. Here are some ideas for stretches and simple movements that can be done while seated and prevent you from arriving with tight painful muscles:

1. The Figure 4 Stretch is great to prevent tightness in the hip area that can be triggered by long periods of sitting:



Begin sitting and cross one leg over other. Slowly lower chest down toward knees trying to keep a flat low back, until stretch is felt in the crossed leg.

2. Stretching the Upper Trapezius can help prevent tight neck muscles during long flights:



Position one hand on your thigh, the other hand on top of your head. Gently tilt your head forward and rotate to one side until a stretch is felt in neck as the hand on top of your head pulls gently to slightly increase the stretch.

3. Heel/Toe Raises can be easily performed in tight spaces and can help to improve circulation:



Lift heels off floor, contracting calf muscles. Lift toes off floor, contracting muscles in the front of the lower leg. Repeat as necessary

4. A Seated Twist can be used to improve spine mobility and stretch the lower back muscles



Begin by sitting upright in chair with spine in neutral position. If you cannot position yourself as shown, grasp the arm rest with your hands as opposed to the back of the seat to assist in the stretch. Continue to maintain good upright posture. Hold for 20-30 seconds and repeat as necessary.

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