



## Travel Can Be a Pain In Your Back

Travelling can be rough on the body. Whether you are travelling alone on business or on your way to a sunny resort with your family, long hours in a car or an airplane can leave you stressed, tired, stiff and sore.

"Prolonged sitting can wreak havoc on your body," say Dr Emma Daniells and Dr Alex Stick. "Even if you travel in the most comfortable car or opt to fly first class, certain pressures and forces from awkward positions can result in restricted blood flow. One of the biggest insults to your system from prolonged sitting is the build-up of pressure in the blood vessels in your lower legs. Contracting and relaxing the muscles helps the blood flow properly."

Drs Daniells & Stick — and Chiropractors the world over — suggest the following tips and advice to fight the pains and strains of travel before they occur.

### Warm Up, Cool Down

Treat travel as an athletic event. Warm up before settling into a car or plane, and cool down once you reach your destination. Take a brisk walk to stretch your hamstring and calf muscles.

### In the Car

- Adjust the seat so you are as close to the steering wheel as comfortably possible. Your knees should be only slightly higher than your hips. Place four fingers behind the back of your thigh closest to your knee. If you cannot easily slide your fingers in and out of that space, you need to re-adjust your seat.
- Consider a back support. Using a support behind your back may reduce the risk of low-back strain, pain or injury. The widest part of the support should be between the bottom of your rib cage and your waistline.
- Exercise your legs while driving to reduce the risk of any swelling, fatigue or discomfort. Open your toes as wide as you can, and count to 10. Count to five while you tighten your calf muscles, then your thigh muscles, then your buttock muscles. Roll your shoulders forward and back, making sure to keep your hands on the steering wheel and your eyes on the road.
- To minimize arm and hand tension while driving, hold the steering wheel at approximately 3 o'clock and 7 o'clock, periodically switching to 10 o'clock and 5 o'clock.
- Do not grip the steering wheel. Instead, tighten and loosen your grip to improve hand circulation and decrease muscle fatigue in the arms, wrists and hands.
- While always being careful to keep your eyes on the road, vary your focal point while driving to reduce the risk of eye fatigue and tension headaches.
- ALWAYS take rest breaks. Never underestimate the potential consequences of fatigue to yourself, your passengers and other drivers.

## In an Aeroplane

- Stand up straight and feel the normal "S" curve of your spine. Then use rolled-up pillows or blankets to maintain that curve when you sit in your seat. Tuck a pillow behind your back and just above the beltline and lay another pillow across the gap between your neck and the headrest. If the seat is hollowed from wear, use folded blankets to raise your buttocks a little.
- Check-in all bags heavier than 5-10 percent of your body weight. Overhead lifting of any significant amount of weight should be avoided to reduce the risk of pain in the lower back or neck. While lifting your bags, stand right in front of the overhead compartment so the spine is not rotated. Do not lift your bags over your head, or turn or twist your head and neck in the process.
- When stowing belongings under the seat, do not force the object with an awkward motion using your legs, feet or arms. This may cause muscle strain or spasms in the upper thighs and lower back muscles. Instead, sit in your seat first, and using your hands and feet, gently guide your bags under the seat directly in front of you.
- While seated, vary your position occasionally to improve circulation and avoid leg cramps. Massage legs and calves. Bring your legs in, and move your knees up and down. Prop your legs up on a book or a bag under your seat.
- Do not sit directly under the air controls. The draft can increase tension in your neck and shoulder muscles. Take your small child's car seat onboard if they are flying with you.

## Safe Travel For Children

In September 2006 it became compulsory for all children under 12 years and under 135cm to use child restraints in the UK. The Rules (since September 2006): -

- All children under 3 years old must use an appropriate child restraint when travelling in any car or goods vehicle (except in the rear of a taxi if a child seat is not available).
- Children aged 3 or more years old and up to 135cm (approx. 4ft 5in) in height must use an appropriate child restraint when travelling in cars or goods vehicles fitted with seatbelts. (Few exceptions are permitted).
- Rear facing baby seats must not be used in seats with an active frontal air-bag.
- These rules are being updated in May 2008 & 2009.

Drivers remain responsible for seat belt wearing and use of the relevant child seat or booster by children under 14 years of age.

Chiropractic Care can help... but it's even better to avoid problems!

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*Please give this to someone you think may benefit from chiropractic care!*

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