

Tips for travel

Common problems:

- Thrombosis (DVT due to reduced circulation in your legs)
- Muscle and joint stiffness
- Headaches



Physiotherapy Advice:

- Regular walking on flights or trains, rest breaks from driving
- Seated exercises (see below) for passengers during long commute
- Stay hydrated

Exercises:



Seated ankle pumps

Perform 1 minute every 20 minutes of sitting



Glute stretch

Hold 30s, 5 times daily



Hamstring stretch

Hold 30s, 5 times daily



Neck Stretch

Hold for 30s, 5 times daily

Contact ALHACARE for a personalised assessment and treatment.

