

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.



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