

Holidays

The British Chiropractic Association is here with helpful holiday advice.

Before you go....

- Suitcase selection. Choose wisely and buy a light case with wheels. Hard cases can sometimes weigh almost as much as you can lift before you start to fill them!
- Two cases are better than one. If possible take two light suitcases rather than one so you can distribute the weight evenly
- Get a good night's sleep. Travelling when tired increases your chances of injuring yourself.
- Make sure you arrive in plenty of time for your flight to avoid rushing around

Up, Up and Away....

- Flying high. Drink plenty of soft drinks during the flight. Avoid alcohol as this dehydrates and dehydration can aggravate muscle pain.
- Air-exercise. You might be restricted to your seat for most of the flight but try doing shoulder shrugs and circles as well as buttock clenches and foot circles, to stop yourself getting stiff
- Seat with a view. Simple advice, but when getting out of a window seat, lift the arm rests up if possible, it makes it easier to get out of the seat

Arrivals....

- 'Avoid travelators'. Get your joints moving quickly after a flight - avoid easy option of a moving walkway.
- Round and round. Baggage reclaim is never much fun, but by simply putting something onto your luggage that makes it easily identifiable on the carousel, you won't have to keep lifting other people's heavy cases off and putting them back on.
- Steer clear of trolleys. Unless your case does not have wheels of its own, try not to use airport trolleys. Locked or damaged wheels are common and you could hurt your back trying to correct a wayward trolley.

Destination....

- Bed down at the hotel. When you get to your hotel, if the bed is too hard ask the hotel staff for a spare duvet, continental quilt or blanket to put between you and the

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mattress; firm beds are not always best but it is easier to make a hard bed softer than a soft bed harder.

- Lounging around. If you are in search of that perfect suntan and love to relax with a book on a sun lounger, try not to lie on your tummy with your back and neck arched back to read. Put the book on the floor and read over the edge of the lounger. This should allow you to have your head and neck in a more neutral position.
- Shield your eyes. Wearing sunglasses or a cap/hat may make you look cool but they have a serious benefit. Both help to keep your eyes more relaxed and can help to keep you from squinting; therefore keeping your neck muscles more relaxed.
- See the sights on foot. If you opt for a sightseeing tour in a car or coach, just be aware that sitting looking out of a window driving down bumpy roads will aggravate your neck, so don't spend too long with your neck in an awkward position.
- Bigger is better. If you hire a car, go for the largest one you can afford. In general the larger car, the more comfortable and less cramped it will be.

REMEMBER, PAIN IS A WARNING SIGN – DO NOT IGNORE IT

Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.

For more information or to find a BCA chiropractor in your local area:

The British Chiropractic Association

Tel: 0118 950 5950

E-mail: enquiries@chiropractic-uk.co.uk

Website: www.chiropractic-uk.co.uk

Members of the British Chiropractic Association (BCA) abide by a strict code of ethics and the association only accepts members who have graduated from an internationally recognised college of chiropractic education after a minimum of four years full-time training. The BCA ensures its chiropractors maintain high standards of conduct, practice, education and training. Like medical practitioners and dentists, all chiropractors are registered by law.

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