



[n8] health  
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## n8 Passport to Arriving in Good Health



[www.n8health.com.au](http://www.n8health.com.au)



# Tips to prevent feet and legs swelling when travelling from Podiatrist Tracy Kemp

*Health and mobility are your best travelling companions when exploring the world. n8 podiatrist Tracy Kemp, a regular air traveller, gives you some fantastic travel tips.*

- The day of and day before you travel, avoid salt as much as possible.
- Wear compression stockings.
- Avoid wearing tight clothing, particularly around the waist.
- Drink enough fluid to keep your urine light in colour (unless you have a medical condition which limits your fluid intake).
- Every hour stretch your leg, heel first, and gently flex your foot to stretch your calf muscles. Rotate your ankles and wiggle your toes.
- Take a short walk if possible.
- Avoid alcohol and sedatives.
- Try to avoid crossing your legs.
- Store your bags overhead, don't make your feet more cramped than necessary



## If you notice:

- pain, swelling and tenderness in one of your legs
- redness of your skin, particularly at the back of your leg, below the knee
- a heavy ache in the area
- warm skin in the area

Please seek medical advice as soon as possible.

# Tips to prevent back pain while travelling

## from Dr Ewan Hauler

*Holidays are slow to arrive and quick to be over – unfortunately they usually mean long car trips or plane flights. Sitting cramped in a small space for an extended time can be the perfect combination for back pain. Next time you are enjoying a break, travel pain free with these tips;*

### 1. **Get adjusted before and after your trip**

– let your Chiropractor know that you are sitting for a prolonged period of time in a car or plane and ask for some travel tips that will suit your spine's needs

### 2. **Maintain good posture while seated.**

Position your lower back against the back of the chair to obtain the greatest amount of support for your spine. A rolled up sweater can also be used for added support. Use the footrests on your seat. Most importantly, try not to stay in one position for a long period of time.

### 3. **Keep Moving.**

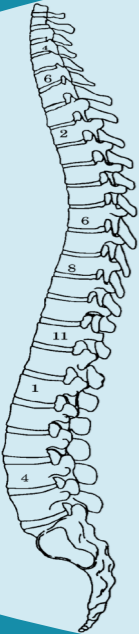
Each hour stand up and raise your arms above your head. If your neck muscles get sore from sitting, rotate your shoulders back and forth, bend your neck by bringing your ears to your shoulder and by bringing your chin to your chest.

### 4. **To find a chiropractor**

when you're away from home visit the Australian Chiropractic Association web site [www.chiropractors.asn.au](http://www.chiropractors.asn.au). Ask the chiropractor to contact n8 health and we will send through your notes



## Adjustment



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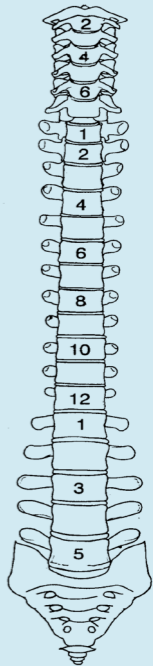
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