



# Stay Healthy AND COMFORTABLE during holiday travel

People tend to get a little lazy when they're standing around waiting during travel. You may find yourself in the line to get through TSA while traveling with heavy bags. You are doing what everyone else does by slinging the bags over one shoulder, and then you lean on a hip and you're hiking up your shoulder to compensate for the weight. This stance causes muscle imbalances. You're compressing or overusing one side. This leads to aches and pains down the road, maybe even just hours later. You've been standing there waiting, hoping that line is going to move for you, still awkwardly holding your luggage, causing more pain.

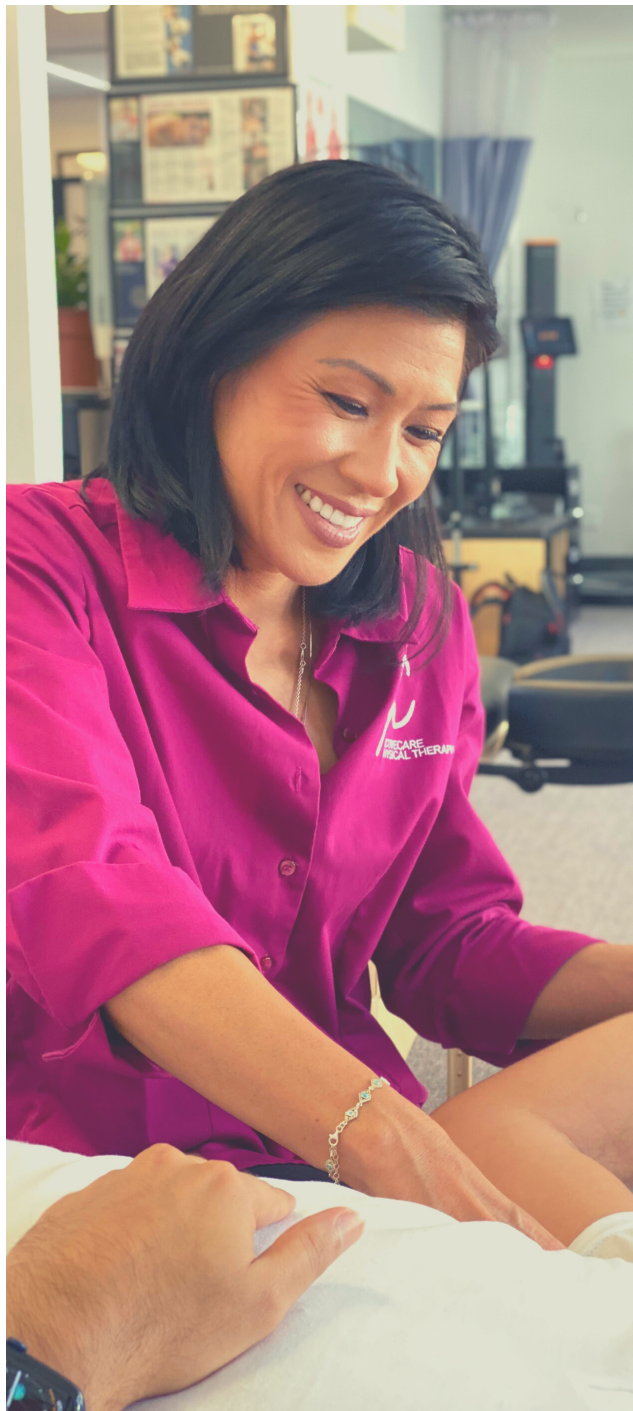
## WHAT CAN CAUSE BAD BACK PAIN ALL YEAR?

A few things can cause a painful back. Here are a few of the main causes:

- Bad posture
- Heavy bags/boxes
- Spinal and core muscle weakness
- Spinal and tissue damage
- Improper form when lifting
- Limited hip, thigh and spine flexibility
- Lack of back, pelvic and abdominal muscle coordination

BACK PAIN  
LEFT  
UNTREATED  
CAN LEAD TO  
LONG-TERM  
JOINT, SPINE  
AND NERVE  
DAMAGE.

Medication may mask the pain but it won't cure the problem.



## 3 Tips For Carrying Your Suitcases:

### 1. Use your legs first to lift.

Lift with your legs, not with your back! Square with your knees. Ask for help if you need assistance with your luggage. Luggage on wheels is great to tote behind you, with loading your other smaller bags on top of it.

### 2. Try compression socks.

These socks stimulate circulation, helping with better blood flow, especially when sitting for long periods of time. You can find them at your local drug store or Amazon.

### 3. Use good posture and stretch your back and shoulders.

Sit up straight, all the way back in your seat, keeping your head against the headrest.

**BONUS: CARRYING A BOOKBAG? USE BOTH STRAPS PROPERLY TO EVENLY DISTRIBUTE THE WEIGHT.**

**CARRYING A LAPTOP BAG OR TOTE? SWITCH SIDES REPEATEDLY TO SHARE THE WEIGHT. STRETCH IN BETWEEN.**

## Movement is key!

We sit for a long period of time and our muscles can get tight and staggered. One of the most serious things that you have to avoid when you're traveling is something called deep vein thrombosis, which is a blood clot. Movement is always beneficial and it helps with your circulation. When you're sitting in that small plane and you're stuck on the tarmac, what you want to do are small little exercises like ankle pumps, ankle circles, and shoulder rolls. Try neck rolls and glute squeezes! These contract your muscles because contracting and relaxing your muscles will help with that fluid movement. When it's safe and the captain says it's okay to unfasten seatbelts, you will want to walk around a little bit to stretch and help your circulation. Need help? Bring your simple workout bands with you to use in your seat to help with movement.

# TOP 3 EXERCISES

## THAT INCREASE TRAVEL PERFORMANCE

### 01 Seated Twist

During the twist, tension is released, delivering blood and nutrients to your muscles and organs. Not only is this stretch great for your spine and upper body, it also helps fight disease due to the release of toxins. No more post-flight colds!



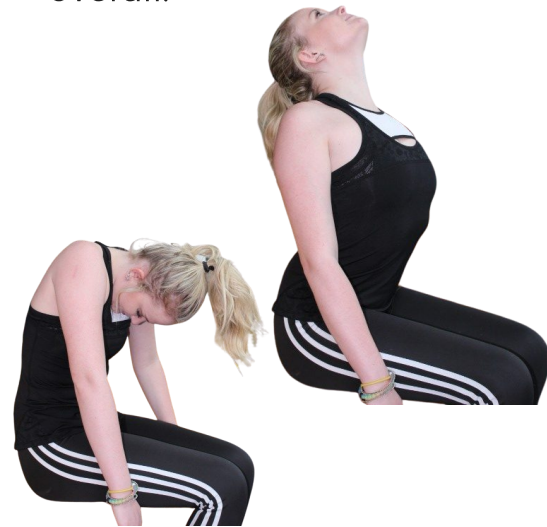
### 02 Arm Stretch

- Stand with your chin tucked in and raise your right arm straight up.
- Bend your right elbow and place your right palm behind your head.
- Place your left hand on your right elbow and pull toward the left. Stop when you feel a stretch in your right triceps.
- Hold for 30 to 60 seconds. Keep your chin tucked in.
- Switch sides and repeat.



### 03 Arch & Curl

This stretches out your back, neck, shoulders, as well as hips and abdomen. It also increases blood flow to the organs in your stomach, making your body more comfortable overall.



## CAR TRAVELING TIPS:

### STAY BALANCED.

- **Don't lean on armrests.**
- **Don't tuck your feet under.**
- **Don't cross your legs.**
- **Take rest breaks.**
- **Stand up and move/stretch.**
- **Stay hydrated.**

When you squish your legs or arms while riding in a car, you end up compressing the soft tissue and shortening the muscles. This leads to stiff muscles and cutting off circulation.

Body aches and pains can hinder your ability to reach, lean, kneel, lift or bend. Even minor aches and cramps associated with traveling can make you irritable and ruin a good time. Do the quick stretches to stay on top of keeping your body feeling the best it can while traveling!



**DR. SHREYAL PARIKH****DR. KARENA WU****DR. SHARVARI SATGHARE**

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welcome.**

ActiveCare is an outpatient private practice that focuses on manual therapies and sports-specific rehabilitation. We have a holistic approach to care, and we design individualized exercise prescriptions for every patient. We provide the most up-to-date progressive treatments including joint mobilizations, kinesiology taping, Pilates-based training, and functional training.

Dr. Wu leads her highly skilled team of physical therapists in treating everything from vertigo and jaw joint issues to all orthopedic and sports conditions. Our team works with all ages groups from young children to the elderly. Our services are sought out by those who are particular in their care and who have had failed outcomes in other therapies. All therapists practice the Maitland Australian Approach, Graston Technique, cupping, kinesiology taping and are trained under Dr. Wu in her holistic practice philosophy.

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## WHAT OUR CLIENTS SAY:

**"I arrived at ActiveCare with my right knee in bad trouble and my left knee not that much better. I left four months later walking normally, running up and downstairs, and, in short, completely fixed. I'm very impressed and extremely grateful." -Salman Rushdie, Novelist**

**"I wanted to thank you for all the energy and effort you put in to helping me - I have definitely benefited and learned from working with you and your team. I really enjoyed working with you all and have recommend you to several friends. It has been far and away the best physical therapy experience I have had." -Lucy Sawyer, Design Director Women's Sweaters, Banana Republic**

**"Karena is a genius/magician/miracle worker when it comes to the human body. Truly impressive in all aspects of her field. She's also warm and fun to be around, which really plays a part in the whole healing process. You'd be hard pressed to find a more talented PT in New York, or anywhere." -Paulo Costanzo, Actor/Director**

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