

# TRAVEL PAIN-FREE THIS HOLIDAY SEASON

TRAVEL / NOVEMBER 29, 2017 / RELAX THE BACK / LEAVE A COMMENT

This holiday season has begun. With the merriment and joy surrounding this time of year, comes the, sometimes, daunting task of holiday travel. Whether you're traveling by plane or by car, these tips will help keep you feeling fresh and energized so you can fully enjoy your time with friends and family.

- **Pack light:** Bring only the necessities to minimize your chances of over-packing. Try to avoid packing everything in one large suitcase. Instead, pack two smaller suitcases. This makes it easier to lift bags in and out of the car or in and out of overhead bins.
- **Lift bags in stages:** Start by lifting your bag to the seat armrest, then to the top of the seat-back, and lastly up and into the bin. Do this same pattern in reverse when removing your luggage. Lifting luggage slowly and in stages helps prevent muscle strain. Ask the flight attendants for help if you feel you may struggle with your luggage. When you are lifting, never twist. This is a common cause of lower back injuries. Pivot your feet so your entire body moves in the same direction instead of only your back twisting.
- **Bring a travel pillow:** By bringing your own pillow, you ensure you'll have proper support wherever you are going. Stop in to try out our travel size pillows, such as the [TEMPUR-Neck Pillow](#). We'll help you find the perfect one.
- **Dress comfortably:** Wear layers of non-restrictive clothes that allow you to comfortably move. Temperatures vary from airports to airplanes so layers will help keep you feeling comfortable.
- **Keep moving:** Long flights or car rides have us sitting in the same position for too long. Book an aisle seat so you can easily move about the cabin when allowed. Make pit stops along the way when driving. Moving around as often as possible will avoid muscle stiffness and tension. Simple stretches and [massage techniques](#) and tools help to loosen muscle tension. Handheld massagers like [Cohen's Acuball Kit](#) fit in carry-on luggage for quick relief.
- **Sit with support:** It will not come as a surprise that airline seats do not have the best lumbar support. Use a back cushion, like the [Self-Inflating Back Rest](#), to find proper support during your travels. [Seat cushions](#) can also provide joint pressure relief while increasing circulation during long flights or car rides.
- **Be realistic:** Make plans depending on how your body and energy levels feel and remember to pace yourself. Plan the more physical parts of your trip earlier in the day with frequent breaks. Try not to overdo it in the beginning so you can enjoy your entire trip.



Visit your local [Relax The Back](#) store to speak with a trained specialist who can help you prepare for your holiday travel. Follow us on [Facebook](#), [Twitter](#), and [Pinterest](#) for more holiday tips to keep you happy and healthy this season.