IT’S THE TRIP OF A LIFETIME… DON’T REGRET IT FOR A LIFETIME!

Injuries on vacation are quite common, yet a little thought before the trip could reduce risks, and help avoid the sprains and strains.

So what advice do chiropractors give intending travellers?

Heavy luggage? Reduce the amount and only take the bare essentials. When possible use a trolley.

When lifting, use your legs as leverage, and try to keep the back straight.

Hand luggage – only what you will need that day, leave the rest behind.

Wallets should be carried in a bum-bag, back pack or even the front pocket and not in the back pocket for this causes imbalances in the spine when sitting.

When flying for long periods get up every now and then and walk around.

Coach trips – when the coach stops a short walk will do you the world of good.

Always wear comfortable clothes and shoes. Two simple exercise while sitting for periods of time – foot flexion and ankle rotation.

If touring by car be very careful removing and placing things in the boot, if you can choose the sort of car you hire, choose a station wagon.

And if you do happen to get you body into trouble overseas don’t wait till you come home to get help. These days, most developed countries have a chiropractor in their major town or city, otherwise see a local doctor or visit the hospital. And remember, make sure you get checked by your regular chiropractor when you return!