

When you have little room to move and stretch on the plane, physical therapists suggest doing some simple, seated exercises to keep the blood flowing, the joints mobile, and the muscles relaxed while en route.

Cedar Hill Physical Therapy, in conjunction with The American Physical Therapy Association (APTA), offer the following exercises to prevent pain and make travel much more comfortable and enjoyable.

A Physical Therapist (PT) is an expert in movement and function. A PT who is a member of the APTA is bound by the Association's *Code of Ethics* and is committed to providing competent and compassionate care.

In North Carolina, you do not need a physician's referral in order to see a PT and you always have the right to see the PT of your choice.

This brochure is not intended as a substitute for professional health care.

To learn more about how physical therapy can help you feel better and move better, please visit us at cedarhillpt.com or contact us at 336.644.9661 or info@cedarhillpt.com.



In Flight Fitness Guide:

*A Physical Therapist's
Perspective on Taking the
Pain Out of Travel*



Heel Raises



Sit with feet flat on the floor, about hip-width apart. Lift heels so that only toes and the balls of the feet are on the floor. Hold for 5 – 10 seconds and lower feet back to the ground. Repeat 10 times.

Ankle Circles



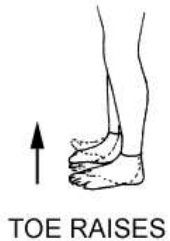
While sitting, lift right leg slightly off the ground and rotate the foot clockwise, making a circle in the air. Do this 15 times clockwise, then 15 times counterclockwise. Repeat with left leg and foot. Alternately trace the letters of the alphabet in the air with the right, and then the left, foot.

Erect Sitting



While sitting, be sure to sit tall with a small, inward arch in your lower back. Use a small pillow to support your spine in this posture. Let the back of your head rest against the seat back.

Toe Lifts



Sit with feet flat on the floor, about hip-width apart. Lift toes and balls of the feet so that only the heels are on the floor. Hold for 5 – 10 seconds and lower feet back to the ground. Repeat 10 times.

Overhead Stretch



Stand and reach arms straight up and stretch. Slowly lean to the left, then right, bending at the waist. Repeat this action five times to each side, holding each for 5 – 10 seconds. If you are unable to stand and stretch, then reach arms straight up while seated. If you have room, slowly stretch to each side as well.

Toe-Heel Walk



When walking down the aisle of the plane, walk heel to toe bringing the entire surface of your foot into contact with the floor of the plane. Use the seat-backs to help balance yourself.