



FROM THE OFFICE OF DR.

# Exercises for air travel

These exercises should be repeated every hour on a flight when you are awake.

## Neck roll

With your shoulders and arms relaxed and hanging down, tilt your head to your left, hold for a few seconds, then slowly roll your head toward your back and hold for a few seconds, then slowly roll your head toward your right shoulder and hold for a few seconds, and then slowly roll your head toward your chest and hold for a few seconds. Repeat this exercise for a total of five times clockwise and then five times counterclockwise.



## Shoulder roll

While in your seat with your arms on the arm rests, move both shoulders in a circular motion from front to back five times and then repeat in the opposite direction.



## Shoulder stretch

While in your seat, put your left hand on your right shoulder. With your right hand, grasp your elbow and pull your left elbow toward your right side. Hold this position for 15 seconds and then switch arms and repeat the stretch with the opposite side. Repeat these stretches five times with each arm.



## Knee-to-chest stretch

While in your seat, lean forward slightly and grab your knee just below the joint. Slowly pull your knee toward your chest and hold for 15 seconds. Repeat the stretch with your other knee. Repeat the cycle five times.



## Ankle circles

Raise your feet off the floor and rotate them in a circular motion five times clockwise and then five times counter-clockwise.



## Foot pumps

With your heels on the floor, first raise your toes as high as you can and hold that position for 10 seconds. Then lower your toes until they touch the floor, and then raise your heels off the floor as much as you can, keeping your toes on the floor, and hold that position for 10 seconds. Repeat this exercise five times.



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