

Greene Chiropractic Clinic  
1507-B Stillwater Ave  
Cheyenne, WY 82009



307-637-7463



www.greenewellness.com



## SUMMER TRIP TIPS

... for a relaxing and safe travel experience

Are you planning on taking a vacation trip this summer? Your trip should be an enjoyable, relaxing, safe experience. You want to have fun, visit friends and family, and feel great during the entire trip. But, what REALLY happens? Do you often feel cramped, out-of-sorts, and stressed during trips? Back problems may be caused by stress on the lower back and neck as a result of sitting for extended periods of time in seats designed for short term comfort, rather than long-term support. Often, back problems start with the position the traveler is forced to sit in. This distorts your spine and cramps the muscles, setting the stage for back problems AND a very uncomfortable trip! Avoid the backaches and discomfort that can result from long airplane or car rides by following a few simple tips:

**Regular breaks** - When travelling by car or plane, take a break at least every two to three hours. Get up and walk around the plane. If you're in the car, stop at a rest stop, get out and walk around for a few minutes. This will help stretch your legs, back, and neck. [CAUTION: Women travelling alone should avoid rest stops at night.]

**Drive Safely** - When traveling by car, be sure to wear your safety belt and adjust the headrest to an extended position. Even a sudden stop can cause whiplash, and both of these pre-cautions lessen the chance of severe whiplash.

**Lumbar support** - Travel with a lumbar support pillow or back rest. Car and airplane seats force the neck OUT. Placing a pillow or support behind the lower back helps straighten out the spine and relieve neck and back stress.

**Travel light** - Pack ONLY what you can carry or roll easily. Consider taking fewer items and smaller suitcases on your trips.

**Lifting techniques** - When lifting luggage out of the trunk or off the airport luggage carousel, make sure to lift in stages, keeping your head up and knees bent. Better yet, GET SOME HELP with those bags!

**Carrying techniques** - Be sure to balance the weight. Carry your suitcase in one hand, and your hanging bag in the other. Use airport and hotel porters whenever you can.

USE a luggage cart or "wheels" to transport your luggage. Buy luggage with built-in wheels.

**Travel exercises** - Breathe deeply and relax! Move your feet in a circle to loosen ankles. Lift your legs repeatedly from the floor to the bottom of the seat in front of you. Clasp your hands together and place them against your stomach, then tense your stomach muscles. Push firmly against walls or seat backs in a standing or sitting position.

**Take a trip to your chiropractor** - Don't let travel wear you down! Stay happy and healthy with regular spinal adjustments, exercise, and good nutrition. Your doctor of chiropractic will keep your spine in tip-top shape and provide you with exercise and nutrition advice tailored to your specific needs.

## LIVE PAIN FREE!



**NEW to Cheyenne** - Introducing All About Health LLC and **Frank Dapice-Energy Kinesiologist**

Frank is a Certified Kinesiologist and has been helping people get relief from pain, depression and illness using Energy Kinesiology Therapies.

**Energy Kinesiology** is a non-invasive holistic approach to a healthy, pain free body. Using muscle testing as a primary feedback mechanism, it determines the strength of the body and organs. Kinesiology treats the body as the intelligent computer that knows exactly what is wrong and what is needed to restore balance to the body. Dating back five thousand years ago with the Chinese Meridian System, this method is one of the oldest documented techniques for improving posture, attitude, wellness and hope.

Applying Energy Kinesiology therapies, we can determine what your body needs to regulate itself back to balance, and harmony - relieving pain, emotional issues, stress and illness. All About Health will help you to: Increase your Vitality, Discover your Reason for Being, Achieve your Personal Best, and Enhance Wellness.

**GRAND OPENING SPECIAL 50% OFF**

All About Health LLC  
1507-C Stillwater Ave. Cheyenne, WY 82009

CALL FOR APPOINTMENT **307-514-9735**

[www.youallabouthealth.com](http://www.youallabouthealth.com)