

Pain-Free Travel Tips



Use lumbar support for long flights and car travel.



Wear appropriate footwear for walking.



If needed, use bracing, heat and/or ice, and anti-inflammatories to manage existing orthopedic conditions.



Drink water to reduce fatigue and avoid missteps.



Train in advance for extra walking, hiking, etc.



If you have a joint replacement, be aware it may set off airport metal detectors.

