

Memorial Day is coming! School is just about over! It's time to pack your bags, and take the kids on that long overdue Road Trip!

Automobile Association of America (AAA) reports that 37.6 million Americans will travel on Memorial Day weekend, which is about 1 percent more than last year. Over 80 percent will travel by vehicle, about 10 percent will fly, and the last 10 percent will take trains and buses. So, whether you are taking a long trip or just going to be in your car for long periods of time, there are several things you can do to keep you going strong and feeling great while traveling.

When Driving:

1. Get in and out of car with back straight. Try not to stoop.
2. The car seat should be firm and positioned so the driver can operate the pedals with knees slightly bent.
3. Always fasten your safety belt and shoulder harness.
4. On long drives, stop occasionally. Get out of car, move around, and stretch.
5. Switch drivers as needed. This is a great excuse to stop as well as just change positions.
6. If you are having back discomfort, try sitting on a pillow and placing a small pillow or a rolled up towel between the lower back and the vertical seat.
7. As a passenger, do not sit with legs straight out. Keep your knees bent at thigh level. If you have short legs, you may need to bring a low support such as a 3" box or pillow for your feet.

When you get to your destination, be careful getting your luggage and other necessities out of the car and trunk. Here are some lifting hints:

1. Try to avoid lifting from a bent forward position with your legs straight, such as lifting objects from car trunks or reaching over furniture to open and close a window.
2. When lifting, keep the object close to your body and lift carefully.
3. Lift with the large muscles of your legs, thighs, shoulders, and arms; NOT with your back.
4. Don't be shy. Ask for help. Be sure to plan with the others how and where you will move the object you are lifting.
5. Be sure you can see where you are going. Have clear vision over the load.
6. Push-don't pull. You have twice as much power and less chance of injury when you push.

We hope these recommendations help you to have a fun and, above all, a safe Memorial Day weekend! Moreover, let's not forget those who have sacrificed so much for the freedoms we now enjoy...

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Stone Oak Location
19260 Stone Oak Parkway, Suite 107, San Antonio, TX 78258
210.545.9355/fax 210.545.9369

Medical Center Location
5282 Medical Drive, Suite 550, San Antonio, TX 78229
210.593.0774/fax 210.593.0707

www.mypri.net