

Experts Highlight Tips for Less Painful Travel for Arthritis Sufferers

Melissa Scott December 08, 2016



Divine Bounty Glucosamine MSM

NSAIDs and other pain medications are believed to be helpful to individuals with arthritis. One of these safer alternatives is glucosamine, which has the potential to repair cartilage damage.

(Newswire.net -- December 8, 2016) Orlando, FL -- Traveling is considered by the many to be rewarding and soul-nourishing. However, for individuals who suffer from painful conditions such as arthritis, traveling may be either be challenging or even impossible.

Experts highlight some tips for less painful travel for arthritis sufferers. There are actually techniques to make trips as enjoyable as possible.

One of the best methods is to simply research and properly plan the trip. Stress and tension of being unprepared during travel may lead to physical discomfort and aggravate joint symptoms. Reducing the risk of stress and tension may significantly decrease the likelihood of pain and anxiety. This may help arthritis sufferers have a pleasant and hassle-free journey.

Arthritis sufferers should also consider talking to a driver rehabilitation specialist or occupational therapist. These experts may be able to provide them with tips for choosing a rental car or preparing their car. It is important to remember that there are rental car companies that offer special programs such as cars with spinner knobs and swivel seats.

Congestion in the airport should be avoided, especially for individuals who are susceptible to feeling arthritis pain. Sufferers may want to avoid long lines and crowds by simply traveling mid-week.

During bookings, it may be helpful for sufferers to reserve a seat with extra legroom or that is located in the aisle. This may make it easier for them to stretch their legs. They may also want to inquire about exercise facilities, saunas, and hot tubs.

Having an assistant or a travel buddy may be of great advantage. Arthritis sufferers may also bring along some assistive devices, such as a walker or travel chair. They may even bring an extra pillow for back support.

Arthritis sufferers should also bring cold or heat wraps and pads to help control the temperature and reduce pain and stiffness. It is similarly important that they bring all of their medications with them. One of the most popular pain medications includes nonsteroidal anti-inflammatory drugs (NSAIDs).

NSAIDs and other pain medications are believed to be helpful to individuals with arthritis. However, since their use may be associated with side effects, there are arthritis sufferers who resort to the use of natural, safer alternatives.

One of these safer alternatives is glucosamine, which has the potential to repair cartilage damage. This naturally-occurring substance in the body is also thought to help improve overall joint health. Some even consider glucosamine to be one of the best joint health supplements today.

(amazon.com/vegetarian-glucosamine-supplement/dp/B0126ZF0B0)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at <http://www.DivineBounty.com>.

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