

Meta description: Traveling with knee pain can be troubling for many people. The following is a compilation of a few strategies and tips that individuals can implement when traveling with knee pain.

Tips for Traveling With Knee Pain



Traveling with knee pain can be troubling for many people. From bending your knees to climbing a staircase or to simply striding across your favorite park, all can be a nightmare. [According to Steven Stuchin, MD, director of Orthopedic](#), "sitting for long periods of time in a car or a plane can often make the stiffness and pain worst".

The following is a compilation of a few strategies and tips that individuals can implement when traveling with knee pain.

Pain Reduction Tips

- 1. Walking around periodically** - Let's be honest, airplane seats aren't the world's most comfortable seats and traveling with arthritis or other sorts of joints and knee pains can become seriously troubling for anyone. According to Dr. Stuchin, getting up off your seat frequently can help to reduce the pain and keep your joints from stiffening from staying in one position for a long time.
- 2. Stretching out** - Passengers in an air plane usually have just enough space to wiggle their legs and feet around. Although stretching your legs out completely wouldn't be possible sitting down, but there is enough room to stretch out enough that it will bring some relief. If you feel that you need to stretch completely, passengers can simply stand up and stretch out their legs.

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3. **Aisle seat are better than the window seat** - Sacrifice your "window-view seat" and pick the aisle seat for convenience. Ask the flight attendant if they can fetch you a bulkhead seat. Bulkhead seats have more leg room.

4. **Consider taking shorter flights** -take shorter flights instead of a non-stop transcontinental flights. By taking shorter flights, individuals can save the time spent sitting in one position for a long period of time. Thus, helps individuals to avoid having their knee issues get worst.

5. **Take the car if possible** - If the trip isn't "flight-material", consider travelling in a car. A car is designed to provide additional leg space and the seats are a lot more comfortable. Traveling in a car also grants the opportunity for individuals to take frequent breaks in between. Those that have knee pain can frequently stretch and walk around to ease the pain in the knees or the stiffening feeling in the legs. Sitting in the front passenger seat allows you to possibly scoot the seat all the way to the back for a better stretching and allowing the blood circulations flow to pass much sufficiently.

6. **Use Cruise Control** - There are a number of drivers that face knee pain and stiffening. Keeping your foot on the paddle requires bending of the knee, which can be problematic after the first few minutes. Using cruise control while in an interstate allows drivers to ease off the accelerator and relax with your legs stretched out.

7. **Wear a brace** - [According to Stuchin](#), wearing a brace can help to stabilize your knee positioning. A stable kneecap will result in less pain.

8. **Exercise regularly** - [According to Stuchin](#), strength training for your knees helps to stabilize the knee, just like the knee brace. It is recommended for individuals to start strength training and exercise programs several months prior to the trip.

Final Conclusion

Individuals that have knee pain should travel at minimum or not travel at all. However, sometimes traveling can be a requirement, but pain should be mandatory. Therefore individuals should consider these tips that can help to reduce the pain and help individuals better prepare for their next upcoming trip.

We hope these tips would help you. But for serious concerns, you can consult a [specialized orthopaedic surgeon](#) for your proper check-up.