



Tips for Traveling With Chronic Pain

Whether you're driving a few hours to the beach or flying abroad, if you have arthritis and chronic pain, the thought of traveling any distance can be unsettling.

In order to move from “bearable” to “enjoyable,” consider the following tips from Dr. Robert Danoff, family physician and Program Director of The Family Practice Residency at Frankford Hospitals in Philadelphia, PA:

- 1. Plan ahead.** Before you travel, make sure that you're as comfortable and prepared as possible. Check out the [Society of Accessible Travel and Hospitality](#). This website provides great tips on how to make your traveling experience not only comfortable, but enjoyable.
- 2. Consult your physician.** Be sure to check with your physician prior to traveling to make sure you are up to date on important immunizations (depending on your destination). Also, make sure you have enough medication to last throughout your entire trip, plus a few days extra (in case of delays or complications).
- 3. Prepare for plane travel.** If traveling by plane, ask for priority seating before the plane gets crowded. You can also:
 - o Take nonstop flights (if possible) to avoid extra walking from gate to gate
 - o Contact the airline ahead of time to make arrangements if a wheelchair is needed
 - o Use lightweight luggage on wheels
- 4. Plan for pit stops.** If traveling by car, take frequent rest stops to minimize stiffness.
- 5. Aim for better access.** When booking hotel rooms, choose a handicap-accessible room, preferably one close to the elevator. These special rooms have devices to make it easier for toileting, showering, and getting into and out of the bed.
- 6. Keep it short.** Take short trips first to see how you do and to fine-tune your travel routine.
- 7. Ensure your peace of mind—with travel insurance.** Consider trip or travel insurance to help pay for medical services in case they are needed.

Stopain® Summary—Before you travel with chronic pain, be sure to pack plenty of Stopain for immediate, deep-penetrating pain relief!