



Juzo

Passport? Ticket? Travel stockings!

Arrive relaxed, return rested: how to avoid health complications during long journeys

Freedom in Motion



Have a safe trip!

A dream hotel, impressive places, great food, interesting people – you hear that a lot when travellers tell you about their holidays or business trips. However, nobody talks much about the journey to the destination or back home. No mention of crowds or traffic jams, sitting down for long periods, limited space, tense muscles and painful legs. On journeys to far-away destinations, whether by plane, car, train or bus, the body often reacts with warning signs. In this brochure, we will explain what these warning signals are, the health risks associated with them and how you can counteract them. In addition, we have collected a large amount of information and practical tips that can make long flights and journeys easier for you – on holidays as well as business trips.

Innovation with experience

We at Juzo are passionately developing medical aids. Our high-end, trend setting compression products are already being exported to over 60 countries. But we have remained a family business which is now being run by the fourth generation of our family. Our compression garments, supports and orthoses are made with the latest technology to provide best solutions and meet every demand.

Our products aim to improve your quality of life and ease your discomfort sustainably – for a long time.



You can find more information about travelling at
www.juzo.com/travelling or www.juzo.co.uk/travelling

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The upsides of travelling

Further and for longer: travellers are drawn out into the world. But neighbouring countries are also very popular.

17 hours non-stop

Qantas flight QF9 travelled 14,498 kilometres and spent 17 hours in the air, before the plane landed at London Heathrow. That was the first non-stop scheduled flight between Australia and Europe. In 1947, a flight to London took four days and required nine stopovers. Technical advances – such as energy-efficient planes – connect continents and make trips possible that even until very recently were barely conceivable.

A meeting in Shanghai

These days, it's completely normal for holiday-makers to fly to the US, Mexico, Cuba, Thailand, Bali, Hong Kong – even to places like Dubai just to go shopping. Business travellers are just as likely to find themselves in China, South America or India for work. Even within a continent, the urge to travel remains strong. Efficient transport connections and familiar local structures make it easy to travel to neighbouring countries – whether it's to the seaside, the mountains or one of the fascinating metropolises.



Millions of passengers

In addition to planes, cars and trains, coaches are becoming increasingly popular. Millions of passengers use this cheap and flexible way of travelling to reach different destinations. The largest company in Europe for example currently connects 1,400 cities in 27 countries – and this number is growing almost daily.



The downsides of travelling

The drawback of many dream trips: long flights and journeys. Travelling becomes exhausting and can even be a risk to your health.

Journey duration: many hours

Nothing good can come from looking at your watch: flying to South-east Asia from Europe takes at least eleven hours. The same applies to California and Rio. Taking the car or a bus to one of Europe's dream destinations can take even longer. Off to Tuscany in the family car – an adventurous Dane would have to allow at least 18 hours. A coach to trendy Barcelona? No less than 21 hours for a couple from Munich. And if a Dutch traveller wants to catch some fresh mountain air, it would take about ten hours before he could get his walking sticks out at the Grossglockner.

Sitting space: very little

Dream destination – perhaps, but the journey there can be a real nightmare. This is particularly true when limited room between the seats doesn't allow enough space to properly stretch out your legs. Sitting for extended periods with bent legs isn't just a test of your patience – it is also a risk to your health. A lack of movement can be particularly problematic in planes, with their low cabin pressure and dry air. Under these conditions, circulation is impaired more quickly than on the ground.



Warning sign: heavy legs

The first warning sign that your body is struggling with the long journey is heavy legs. Fluid can accumulate and, by putting pressure on the tissue, hinder the return flow of blood. In extreme cases, a blood clot can form, blocking the vessels – travel-related deep-vein thrombosis occurs, also known as "Economy Class Syndrome". The worst thing is: symptoms may only occur after you are back from your trip – days, sometimes weeks later.



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Economy class syndrome

The hidden travel risk

You're watching an exciting film on the in-flight entertainment system, food and drink is served to you at your seat – this means travellers often stay seated without moving and don't even realise it.

If this happens, fluid can accumulate in the legs and, by putting pressure on the tissue, hinder the return flow of blood. In rare cases, a blood clot – known as a thrombus – forms on the wall of the vein and blocks the vessel. If this blood clot becomes detached, it can travel as far as the lungs and cause an embolism with severe organ damage.

What happens in the legs?

The veins in the legs have to pump blood from the lowest part of the body to the heart, against gravity, 24 hours a day, for an entire lifetime. The muscle-vein pump in the leg musculature – also known as the calf muscle pump – has the most important task when it comes to transporting the blood back. When the legs are moved, the muscles in the lower leg contract, acting like a natural pump which

transports venous blood from the legs back to the heart. If this pump is deactivated by extended periods of sitting in a plane, coach or car, venous blood may accumulate in the veins, inhibiting the flow. After a while, this backlog becomes apparent in the form of “heavy” or “swollen” legs.



The longer the journey, the higher the risk

Professor Karlheinz Peter, Cardiologist and Deputy Director of the Baker IDI Research Institute in Melbourne/Australia, warns of the dangers of travel-related deep-vein thrombosis: “Any flight above four hours is a risk. Flights that take longer than twelve hours are the most problematic.”

Watch out for these symptoms

Symptoms can vary widely and don't all have to occur together. That is why travel-related deep-vein thrombosis cannot always be recognised as such.

Watch out for the following warning signs in your legs – even if you have long completed the flight or journey:

- swelling
- pain on exertion, especially when walking, standing or sitting
- discolouration or glossiness of the skin (reddish or bluish)
- feeling of tightness
- a warm sensation in the affected limb
- the sudden appearance of veins on the surface (e.g. a “warning vein” over the shinbone)

If a thrombus forms in the superficial veins, this is usually accompanied by inflammation. One possible symptom of a superficial vein thrombosis is hardening or reddening of the affected area. Tenderness may also occur. If you suspect thrombosis, consult a doctor immediately!

Who is most at risk?

At-risk groups for travel-related deep-vein thrombosis include the elderly, those who are overweight and pregnant women. People who have previously suffered a thrombosis are also at risk, as are patients with venous disorders such as varicose veins.



Risk factors

- you have previously suffered a thrombosis
- there is a predisposition towards thrombosis in your family
- you are immobile (e.g. because your leg is in a plaster cast or you recently had surgery)
- you don't get enough exercise (e.g. frequent sitting and long periods of standing)



Optimal prevention

From reliable and durable to individual and trendy – you're sure to find your favourite stocking at Juzo

Relief on long flights and journeys

We recommend travel stockings for everyone on long journeys. They provide relief to veins and can prevent fluid accumulation, therefore counteracting travel-related deep-vein thrombosis.

Compression and support stockings from Juzo are effective because of their perfect fit and maximum wearing comfort. You can feel the benefit immediately. Juzo has been an expert in this field for more than 100 years. Using this long-standing experience and working in close collaboration with doctors and therapists, Juzo has developed a stocking range that covers all of your needs.

[This extensive selection includes everything from transparent to opaque and from below-knee stockings to pantyhose.](#)





Compression stocking or support stocking

What is the difference?

Support stockings ...

... look like standard stockings at first glance. This type of stocking supports the legs with gentle compression and is therefore ideally suited to travellers with healthy legs who don't suffer from venous disorders.

The **Juzo Light Line** support stocking is the perfect solution for fashion-conscious women, thanks to its silky sheen and elegant transparency – even for business outfits. It shapes the legs, massages connective tissue and supports blood flow through the veins. The cotton model is characterised by its high content of natural fibres and is therefore particularly soft and comfortable to wear.

Compression stockings ...

... are effective medical aids, providing the legs with daily compression treatment. They have a defined pressure distribution that reduces congestion in the legs and improves circulation to the heart. They are used for venous disorders, and are categorised in compression classes. The knitted fabric of the compression stockings is thin and fine. The Juzo range includes many individual designs and modern colours that can be easily combined with every outfit.

Thanks to its particularly fine microfibre knit, the **Juzo Soft** medical compression stocking allows perfect moisture transport. This ensures a pleasant feeling on the skin – even under extreme weather conditions at your destination. The distinctive ribbed structure of the sporty models not only ensure a special look, they also feel light and smooth on the skin. They are specially designed for active people and are suitable for sporting and outdoor activities, and adventure holidays thanks to its durable structure.

Your medical retailer will be happy to advise you on which stocking is best for your journey.



Please visit www.juzo.com/travelling or
www.juzo.co.uk/travelling for more information
on our products.



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Practical tips

Reducing the risk of deep-vein thrombosis

Before the journey

- If you belong to an at-risk group, discuss the journey with your doctor.
- Travel stockings can be highly effective. Get advice from your medical retailer.

During the journey

- Wear comfortable clothing that does not constrict.
- Regularly get up and stretch your legs.
- Do leg exercises (see page 22).
- If there are footrests, use them.
- Do not cross your legs.
- Drink a lot of water to prevent dehydration.
- Avoid alcohol, nicotine and excessive amounts of coffee.
- Avoid sleeping pills. You won't move enough when you're sleeping.

After the journey

- If you are affected by swollen legs, unexpected pain or shortness of breath even several weeks after a trip, see a doctor immediately.



Plane, train & bus:

Finding seats with more leg room

Most airlines offer seats with more leg room. They usually have an additional ten centimetres of space. Some of these seats are located in the emergency rows. The exact location can be found in the seating plans for each aircraft type on the airline's website. The additional charge is worth it on long-haul flights in particular – but remember to book early. Reserving a seat is usually possible for coach trips as well. For a small charge, you can get a seat with a table, for example, or upstairs in the front row of a double-decker. Here, too, it's worth studying the seating plan of the respective bus, and booking early.

Arrive relaxed: tips for long car journeys

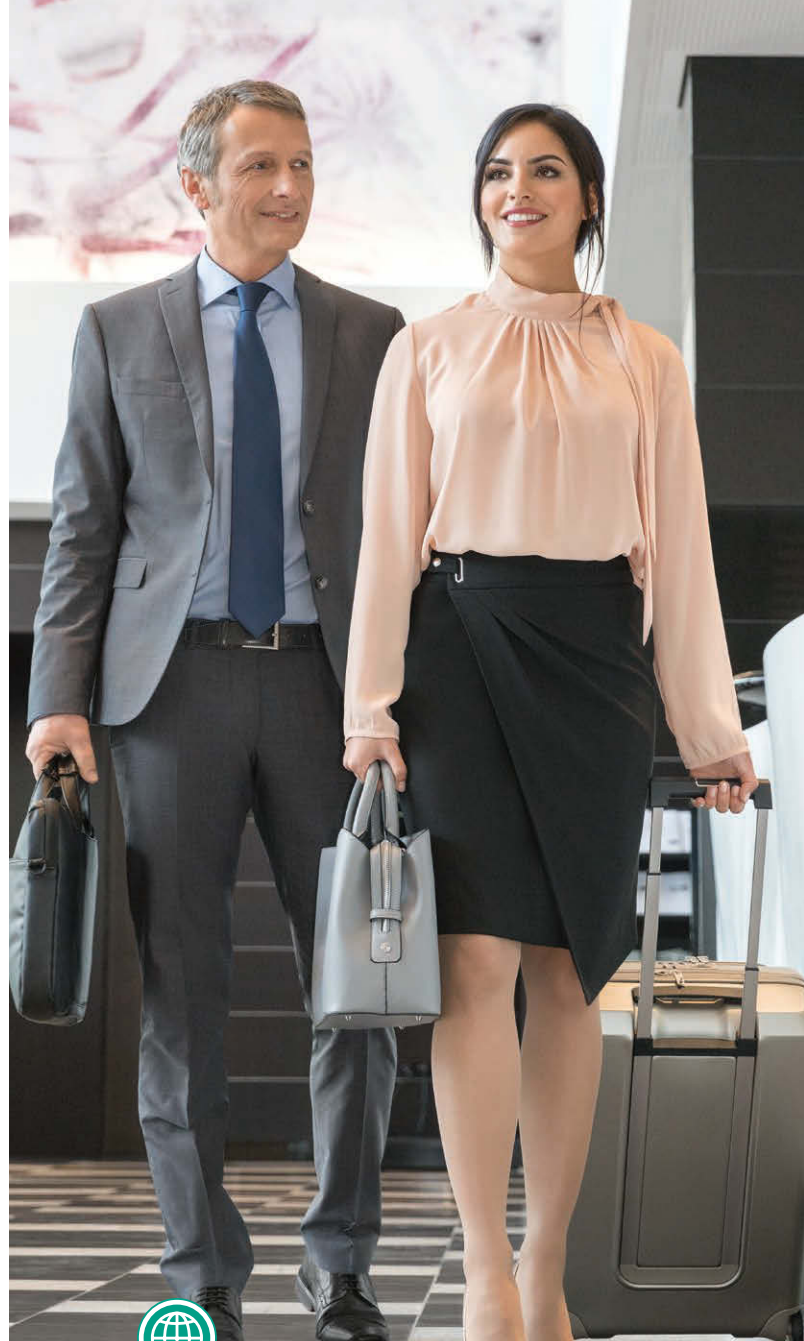
- The right clothing is important. It should be comfortable and loose, and not restricting or constricting.
- Remember your travel stockings – you can reduce the risk of thrombosis in the car, too.
- Before and during the journey, only ever eat light meals and take at least one to two litres of mineral water or unsweetened tea per person.
- When you're behind the wheel, vary your sitting position by arching your back every now and then, for example. This will prevent back pain.
- Do not drive for longer than two hours at a time. Take a break of about 15 minutes and include some relaxation exercises.



On-board exercises – four activities to keep your legs fit

You can do all of these exercises sitting in your seat:

1. Lift your heels and push your toes into the floor to increase tension in the calves. Then transfer your weight to the heels and push them into the floor. Repeat several times.
2. Place your feet in front of you, slightly apart. Shake out your legs.
3. Lift your feet and make several circles both ways.
4. Alternate lifting the right and left knee. Swing your foot back and forth in the air, keeping your knee static. Repeat as required.



Please visit www.juzo.com/travelling or www.juzo.co.uk/travelling for additional travel tips and advice to ensure a relaxing trip.

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ENG - 14999003/1/1 - 8401PH - 04/2018
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