



TRAVEL WITHOUT PAIN: KEEP
MOVING ALL SUMMER

CONSUMER
CHOICE AWARD
2026
TORONTO
CENTRAL

3 YEAR
WINNER

TABLE OF
CONTENTS

Why Travel Causes Back
& Neck Pain

Five Tips for Pain-Free
Travel

Summer Activities That
Can Lead to Injury

What Treatment Looks
Like at Rosedale

Staff Spotlight



THE HIDDEN IMPACT OF SUMMER TRAVEL

Summer is a time for vacations, road trips, weekends at the cottage, and exploring new places. While travel is exciting, it can also place unexpected stress on your body. Long hours sitting in a car or an airplane, carrying heavy luggage, and sleeping in unfamiliar beds can all contribute to stiffness and discomfort.

Many people don't notice these effects until they arrive at their destination. What starts as a stiff neck or sore lower-back can quickly interfere with sightseeing, hiking, golfing, or simply enjoying time with family and friends. Fortunately, a few simple habits before and during your trip can make a significant difference.

WHY TRAVEL CAN LEAD TO PAIN

Whether you're flying across the country or driving a few hours north, prolonged sitting reduces circulation and places continuous pressure on your spine and joints.

Common travel-related complaints include:

- Neck stiffness
- Lower back pain
- Tight hips
- Shoulder tension from carrying luggage
- Swollen feet and legs after long flights

Remaining in the same position for several hours also causes muscles to tighten, making it more difficult for your body to move comfortably once you arrive.

FIVE TIPS FOR PAIN-FREE TRAVEL

Planning ahead can help reduce discomfort and keep you active throughout your vacation.

Move regularly. Stand up, stretch, or walk every 60 to 90 minutes whenever possible.

Stay hydrated. Drinking enough water helps reduce muscle fatigue and stiffness.

Pack smart. Use luggage with wheels whenever possible and avoid lifting heavy bags with one side of your body.



PROVIDING UNIQUE DIRECT BILLING OPTIONS SO YOU CAN GET IN AND OUT OF YOUR APPOINTMENT FAST!

WWW.ROSEDALEWELLNESS.COM
CALL TODAY: 416-975-0499

Stretch before and after travelling. Gentle stretches for your neck, hips, calves, and lower back can improve circulation and reduce stiffness.

Wear supportive footwear. Comfortable shoes provide better support when walking through airports, sightseeing, or exploring new cities.

DON'T LET A SUMMER INJURY RUIN YOUR VACATION

Summer also brings an increase in recreational activities that can lead to injury, especially if you've been less active during the winter months.

Common summer injuries include:

- Golfer's elbow
- Shoulder pain from tennis or pickleball
- Knee pain after hiking
- Ankle sprains on uneven trails
- Neck and back pain after long bike rides

The key is preparing your body before increasing your activity level. Improving strength, flexibility, and movement quality can help reduce your risk of injury and keep you enjoying the activities you love.

WHAT TREATMENT LOOKS LIKE AT ROSEDALE

With more than 30 healthcare professionals working together under one roof, our team provides coordinated care to help you recover and stay active.

Every patient is different. After a thorough assessment, your practitioner will create a treatment plan based on your symptoms, activity level, and goals. Treatment may include:

- Physiotherapy
- Chiropractic care
- Massage therapy
- Acupuncture
- Corrective exercise programs
- Movement and biomechanical assessments

Whether you're preparing for a trip or recovering afterward, our practitioners focus on identifying the root cause of your discomfort—not simply treating the symptoms.

We want you to spend your summer making memories, not managing pain.

Early treatment can help prevent a small problem from becoming one that limits your summer activities.

PROVIDING UNIQUE DIRECT BILLING OPTIONS SO YOU CAN GET IN AND OUT OF YOUR APPOINTMENT FAST!

WWW.ROSEDALEWELLNESS.COM
CALL TODAY: 416-975-0499

STAFF SPOTLIGHT



Kyana Tayco
Resident Physiotherapist

Meet Kyana!

Kyana is one of our Resident Physiotherapists with a passion for helping patients recover from musculoskeletal injuries through hands-on treatment and personalized exercise programs.

She combines her clinical experience with a patient-centred approach to help people move better and achieve their recovery goals. Outside the clinic, Kyana enjoys reading, practising Pilates, exploring new restaurants, and travelling. Fun fact—her favourite movie is Interstellar!

GET \$25
FOR REFERRING A FRIEND
+WIN A \$150 GROCERY STORE
GIFT CARD

1 Refer a friend or family member
2 Receive \$25 referral credit
3 Enter to win a \$150 gift card

THE MORE YOU REFER, THE MORE ENTRIES TO WIN!

DEADLINE JUNE 30

rosedale wellness centre

PROVIDING UNIQUE DIRECT BILLING OPTIONS SO YOU CAN GET IN AND OUT OF YOUR APPOINTMENT FAST!

WWW.ROSEDALEWELLNESS.COM
CALL TODAY: 416-975-0499

