

## July Newsletter



**A warm welcome to our July newsletter!**

**As it is holiday time, I wanted to share with you some brilliant exercises to avoid problems during air travel. The author is Chartered Physiotherapist and yoga teacher Dr Christopher Norris and as the article has appeared here before you may recognise it.**

**Happy holiday time!**

**Christina Carlsen  
Director Ealing Physio**

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**No fat legs after flights!**

**Do you recognise this scenario - after a long haul flight you get up and**

your swollen legs feel like tree trunks and every step aches around the ankles? To avoid that, try these easy exercises designed by a well-known Chartered Physiotherapist.

[Read more](#)

Nip any pain or discomfort in the bud prior to going on holiday by seeing us. The stress of travelling can make musculoskeletal symptoms worse and make your holiday far less enjoyable. Call us on 020 8847 1887 today.

Team Ealing Physio

**Appointments**  
**0208 847 1887**

[email us](#)

[email Lois](#)

[email Ioannis](#)

[email Greg](#)

[email Karthik](#)

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