Taken from the Ministry of Health Labour and Welfare website

【英語】エコノミークラス

症候群予防のために

Things you should know in order to prevent economy class syndrome!

○What is economy class syndrome?

When we do not consume enough food or take in enough liquids while sitting for a long time in a confined space (car seat, etc.) without moving our feet, then poor blood circulation occurs and blood easily hardens. As a result, blood clots (thrombus) will flow in blood vessels and get clogged up in the lungs, causing pulmonary embolism.

〇Recommendations for preventing economy class syndrome.

1. Occasionally do light exercises and stretching

2. Frequently take in enough liquids

3. Drink less alcohol. Stop smoking if you can.

4. Wear looser outfits. Don’t tighten your belt too tight.

5. Do exercises involving raising and lowering your heel, and lightly rub your calves.

6. Raise your legs when sleeping.

〇Recommended Foot Exercises

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| 1. Squeeze your toes | 2. Spread your toes | 3. Repeatedly go on your tiptoes |
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| 4. Raise your toes up | 5. Hold your knees with your both arms, relax your feet and rotate your ankles. | 6. Gently rub your calves |
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