

motion sickness tips and tricks

WHAT IS MOTION SICKNESS?

Motion sickness happens when the brain gets conflicting information from the inner ears, eyes, and nerves in the joints and muscles (Mayo Clinic).

WHO DOES IT IMPACT?

Children ages 2-12 are especially prone to motion sickness (Mayo Clinic)

ROLE OF OT

Occupational therapists help individuals improve their ability to process and make sense of sensory information through interventions which incorporate vestibular, proprioceptive, and tactile input. A deep understanding of sensory processing areas of the brain and how dysfunction impacts participation in everyday life makes OTs a suitable fit to educate parents on ways to prevent motion sickness and ease discomfort when motion sickness arises. In collaboration with other health professionals, occupational therapy practitioners are well positioned to address barriers to participation caused by motion sickness and facilitate engagement in valued activities (Krpalek, 2018)

OT CONNECTION

Motion sickness takes place when there is a mismatch between the information that the brain receives from the inner ear balance mechanism (vestibular system) and what the eyes see (Chaun 2016).

SYMPTOMS

- Dizziness
- Nausea and or vomiting
- Headache
- Sweating or cold sweats

References:

- Cindy. (2016, October 7). Motion sickness... A sensory issue! sensory triggers when travelling in a car!. Your Kids OT. <https://www.yourkidsot.com/blog/motion-sickness-a-sensory-issue-sensory-triggers-when-travelling-in-a-car> Don't let motion sickness take you for a ride.
- Cleveland Clinic. (2021, April 8). <https://my.clevelandclinic.org/health/diseases/12782-motion-sickness>
- Krpalek, , D. (2018, November 1). Motion sickness and Progressive Gaze Stability exercises. https://research.aota.org/ajot/article/72/4_Supplement_1/7211520315p1/8134/Motion-Sickness-and-Progressive-Gaze-Stability

travel day strategies

MODE OF TRANSPORTATION	STRATEGIES
Car 	• Avoid large meals prior to departure • Get out of the car and take a walk if nausea gets bad • Cold cloth on head • Air conditioning or fresh air • Avoid reading and electronics (screens) • Look straight ahead
Plane 	• Sit towards the front if possible • Avoid greasy or spicy foods prior to departure
Boat	• Sit in the middle of the boat on the top deck • Hydrate • Look forward • Motion sickness wrist bands
Train 	• Choose forward-facing window seat if possible

Check out our youtube for more information on motion sickness:

https://youtu.be/sOKFt_gjptM