

---

## How to get in a car with your sore hip

---

To get into a car, follow these 5 steps:

### Step 1

Have your driver:

- Open car door fully.
- Roll down the window.
- Move bottom of seat as far back as it will go.
- Your knees should **NOT** be higher than your hip.
- Put a pillow or a foam wedge on the seat, if needed.
- Put a plastic bag on top of the pillow or foam wedge, if needed.



## Step 2

- Back up to the seat until you feel it behind your legs. Move sore leg forward.
- Put one hand on the back of the seat.
- Put the other hand on the car door.
- Sit down slowly – moving the sore leg forward.



sore leg

## Step 3

- Slide as far back as you can go.



sore leg

---

**Step 4**

- While leaning back, bring one leg into the car.
- Bring the other leg into the car.



sore leg



sore leg

---

## Step 5

- While sitting, lean slightly back.



sore leg

- ✓ You are ready to go!
- ✓ To get out of the car – reverse the 5 steps.

Getting in and out of all vehicles including vans and SUVs is almost the same as a car. You may need to make some adjustments depending on your height and physical condition.

Please talk with your therapist if you have any concerns about getting into your vehicle.

[www.mskciac.ca](http://www.mskciac.ca)