

# How to get in a car with your new knee

### To get into a car, follow these 5 steps:

#### Step 1

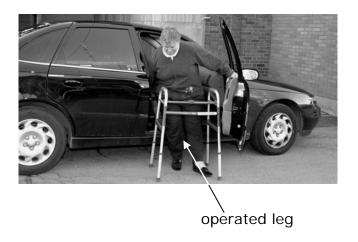
Have your driver:

- Open car door fully.
- Roll down the window.
- Move bottom of seat as far back as it will go.
- Tilt backrest.
- Put a pillow on the seat if needed. Put a plastic bag on the top of the pillow if needed.



#### Step 2

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



### Step 3

• Slide as far back as you can go.



## Step 4

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





#### Step 5

• Sit up straight or lean back. Buckle up!



- ✓ You are ready to go!
- ✓ To get out of the car have your walker ready in front of you
  and 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.