

# How to get in a car with your new hip

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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.
- Your knees should **NOT** be higher than your hip.
- Put a pillow or foam wedge on the seat, if needed.
- Put a plastic bag on top of the pillow or foam wedge, if needed.



- Your therapist will advise you about getting into a car
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## Step 2

- Put one hand on the back of the seat.
- Put the other hand on the car door.
- Sit down slowly.



operated leg

## Step 3

- Slide as far back as you can go.



operated leg

## Step 4

- While leaning back, bring one leg into the car.
- Bring the other leg into the car.
- **Keep the operated leg straight.**



operated leg



operated leg

## Step 5

- While sitting, lean slightly back. Buckle up!
- Remember, do not bend operated hip more than 90 degrees.



operated leg

- ✓ You are ready to go! Wear your seatbelt.
- ✓ 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.