

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 the 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.



Sore leg

Step 3

- Slide as far back as you can go.



Sore leg

Step 4

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



Sore leg



Sore leg

Step 5

- While sitting, lean slightly lean back.



Sore leg

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

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