

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.



Figure 1- Car door open fully with a wedge cushion on the passenger's seat.

Step 2

- Back up to the seat until you feel it behind your legs. Move sore leg forward. If using a walker, keep it in front of you.
- Put one hand on the back of the seat.
- Put the other hand on the car door.
- Sit down slowly.



Figure 2 - Keep sore leg forward when backing on to the seat of the car.

Step 3

- Slide as far back as you can go on the seat.



Figure 3 – Sit as far back on the seat with your legs still outside of the car.

Step4

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



Figure 4 -Bring one leg into the car.



Figure 5 - Bring the other leg into the car.

Step 5

- While sitting, lean slightly lean back and buckle up your seatbelt.
- You are ready to go!
- To get out of the car, reverse the 5 steps.



Figure 6 - Person sitting inside of car ready to go.

Getting in and out of all vehicles including vans and SUVs is almost the same as a car.

To get out of the car have your walker ready in front of you, if needed, and reverse the 5 steps.

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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