

How to get in a car with your sore 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.

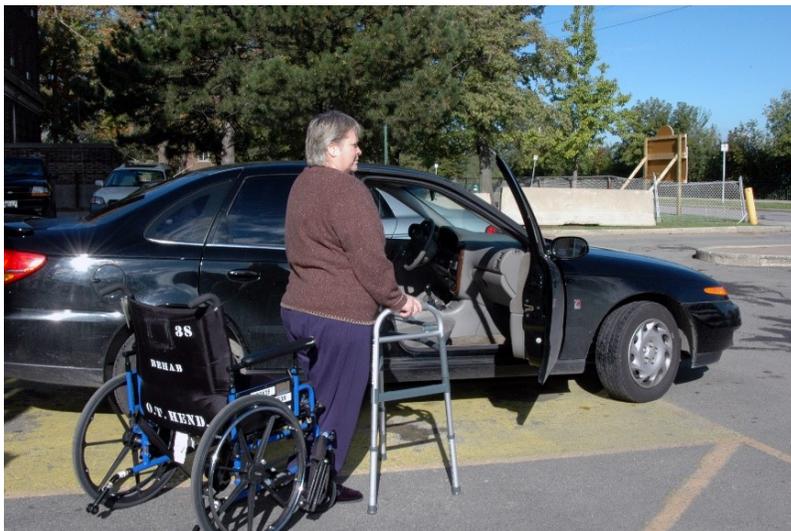


Figure 1-Woman standing beside car with walker.

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.



Figure 2- Woman backing into passenger seat of car.

Step 3

- Slide as far back as you can go.



Figure 3- Woman sitting on seat with legs outside of the car.

Step 4

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



Figure 4- Woman sitting in car bringing legs inside.



Figure 5- Woman sitting in car with both legs inside.

Step 5

- Sit up straight or lean back and do up your seatbelt.



Figure 6- Woman sitting in car with seatbelt on.

- 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.

www.mskciac.ca