



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 top of the pillow or foam wedge, if needed.



How to get in a car with your sore hip

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 – moving the sore leg forward.



sore leg

Step 3

- Slide as far back as you can go.



sore leg

How to get in a car with your sore hip

Step 4

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



sore leg



sore leg

Step 5

- While sitting, lean slightly back.



sore leg

- ✓ You are ready to go!
- ✓ 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.



NIAGARA HEALTH SYSTEM
SYSTÈME DE SANTÉ DE NIAGARA



Hamilton Health Sciences



St. Joseph's
Healthcare Hamilton



This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

www.replacemyjoint.ca