

### HIP SAFETY: GETTING INTO AND OUT OF A CAR

After hip surgery, getting into or out of a car can present a challenge. To keep your hip safe, follow the “hip precautions” you have been instructed in. The tips on this sheet offer specific suggestions to make it easier to get into and out of a car. **The steps below help you get into a car. Reverse them to get out of a car.**

#### Before Getting Into a Car:

- You will usually have the most room entering the front passenger seat compared with a rear seat.
- Have someone move the seat as far back as it will go.
- Recline the back of the seat if possible.
- Raise the seat height (if adjustable) so the seat is at its highest point. This will help keep your hip above the level of your knee.
- Place a firm pillow on the seat to keep your hips above your knees, especially if the seat is low.
- If the seat is a cloth material, you may find it helpful to place a large plastic garbage bag on the seat prior to sitting. This will eliminate friction/resistance as you rotate your body.

#### Getting Into the Car:

- Back up to the car with the walker until you feel the car touch the back of your other knee.
- Hold onto the side of the car and the edge of the door, lower yourself slowly onto the seat making sure to keep your affected leg out straight so you are not bending that leg at the knee.
- Back onto the seat in a semi-reclining position.
- Rotate yourself so that you are facing forward by lifting your legs in to the car one at a time. Move your body (do not twist to face the front).
- Adjust the height of the seat (if applicable), and the back of the seat so that you are comfortable.
- Fasten your seatbelt.

