

Techniques for getting into and out of a car

Warning

People with hip replacements should not bend their hips more than 90° for the first three months after the operation.

Getting out of the car:

- > Push your seat back as far as you can.
- > Recline the seat backwards from its upright position (when getting out), and raise the seat to its highest level (bearing in mind the position of your head).
- > When possible step out onto the road level (which is typically lower than the pavement).
- > Bucket car seats are more difficult to get in and out of.
- > You may find it easier to shuffle your bottom forward towards the front of the seat, which in turn makes it easier to swivel your legs out of the car.
- > You may find it easier to swivel both feet onto the ground before getting out. Place your feet as far back towards you as you can, as this will make it easier for you to stand.

Getting into the car:

- > It is much better to get into the seat in a controlled manner, for instance by backing up to the seat and holding onto the car so that you can control your descent.
- > Be careful not to bang your head.
- > It is usually better to get into the front of the car as there is usually more room.