

After Hip Surgery: Getting Into and Out of a Car



After hip surgery, getting into or out of a car can be difficult. To keep your hip safe, follow your "hip precautions" and the tips on this sheet. The steps below help you get into a car. Reverse them to get out of a car.

Before getting into a car

- Have someone move the seat as far back as it will go.
- Recline the back of the seat if possible.
- Place a pillow on the seat to keep your hips above your knees, especially if the seat is low.

1. Sit down



- Stand with your back to the car. Keep your operated leg straight and that foot slightly forward. Feel the car touch the back of your other knee.
- Hold onto the side of the car and the walker or dashboard.
- Lower yourself slowly onto the seat. Watch your head.

2. Bring your legs into the car



- Slide back into the center of the seat.
- Lift your legs one at a time into the car. As you do so, move your body. Do not twist.
- Keep your car seat as high as possible to prevent deep hip flexion as you get in or out of the car.

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