

Car Transfers Following A Hip Replacement

Do not drive for the first six weeks or until you have been told to do so by your consultant. You may need to inform your insurance company of your recent operation.

Position the car away from the kerb so you have less of a drop to negotiate when sitting down.

Have the passenger seat as far back as possible and angled so that it is partially reclined.

With the passenger door open, back up to the car with your walking aid to support you. Keep walking back until you feel the seat on the back of your knees (facing away from the car).



Before sitting down, put your left hand on the top of the passenger seat for support and with the door window fully wound down, grip the open door window frame with your right hand (have someone hold the door to prevent it from closing towards you) or the edge of the dash board.



Gently lower yourself down, remember to keep your operated leg extended. Lift yourself backwards lifting your bottom towards the driver's seat.



Carefully lift your left leg and slide into the car so you are now facing the dashboard.



To transfer out of the car reverse the above procedure, ensuring the operated leg is out before rising.

You may find it helpful to use a plastic bag to sit on to aid your transfer but ensure if you do this you remove the plastic bag before the car is driven.

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**If you have any feedback or comments on this leaflet please phone
PALS on 01284 712555**

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