

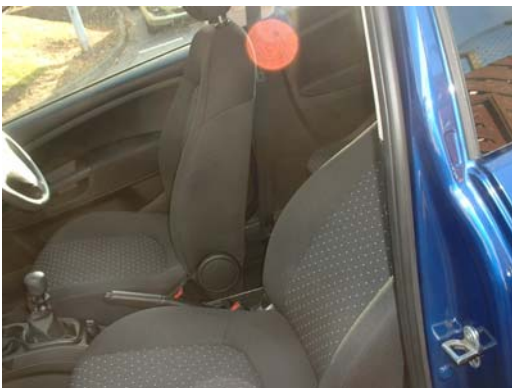
Getting into the Car After a Hip Replacement



- Get your friend to park the car away from the kerb



- Slide the seat as far back as it goes



- Make the chair so it is lying back a bit



- Step back until your legs touch the car
- Hold onto the outside of the car and the dash board



- Slowly lower yourself into the car



- Put your bottom back as far as you can
- Keep your legs together and lift your feet up



- Swing your legs into the car



- Sit back on the seat

