

Getting out of the Car After a Hip Replacement



- Make sure the car is parked away from the kerb



- Sit forward in the chair
- Lift your feet up



- Hold onto the car and seat
- Keep your legs together
- Swing your legs out



- Use the dash board and outside of the car to stand up
- Hold onto the car until you get your balance

Quality assured by the Good Information Fife Team, NHS Fife. March 2011
www.nhsfife.scot.nhs.uk/easvread

