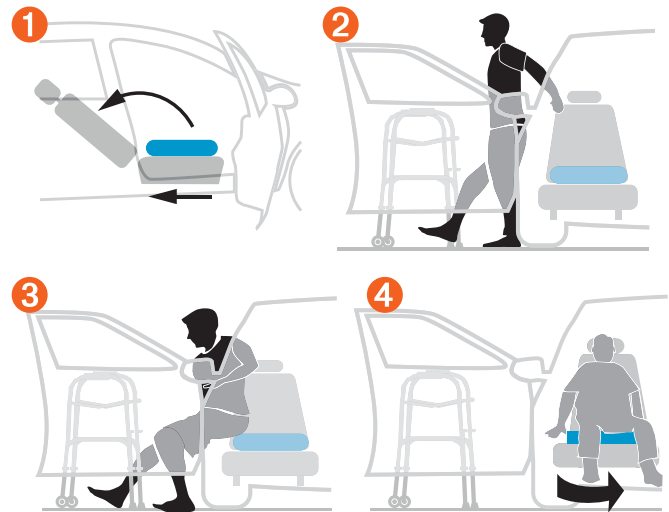


Getting Into a Car

- 1 Adjust passenger side seat to be reclined and pushed back as far as possible. (Place **hip cushion** on seat if necessary for a car low to the ground.)
- 2 Extend surgical leg in front of you and reach back to find seat.
- 3 Slowly lower yourself down onto seat keeping chest upright to maintain 90° precaution. Fully recline yourself in the car seat.
- 4 Swing non-surgical leg into car. Lift surgical leg with assistance into car while maintaining the 90° precaution.

Tip: Use outstretched arm as guide making sure kneecap does not go past palm.

Reverse order of Step 4 for contralateral leg.



Getting Out of a Car

- 1 Fully recline seat and slide it back as far as possible.
- 2 Swing non-surgical leg out of car.
- 3 Fully recline yourself in the car seat. With assistance, lift surgical leg into car while maintaining the 90° precaution.
- 4 Extend surgical leg in front of you. Use car seat or door frame to assist in standing. Keep chest upright to maintain the 90°precaution.

Tip: Use outstretched arm as guide making sure kneecap does not go past palm.

Reverse order of Step 2 and 3 for contralateral leg.

