

CAR TRANSFERS



Getting in and out of the car is a common activity you may take for granted. You can transfer more safely while putting less stress on your spine.

GETTING IN

1. Open the door wide.
2. Back up towards the seat.
3. Reach back with front hand for car's grip handle or front edge of seat.
4. Hold cane/walker or seat (back/headrest) with your back hand.
5. Lower yourself with control into the seat.
6. Once completely sitting, turn your body to face front, bringing one leg in at a time.

GETTING OUT

1. Open the door wide.
2. Swing outside leg out to the ground.
3. Turn your body to face out the door & move inside leg to the ground.
4. Scoot to edge of seat.
5. Hold the car's grip handle or front edge of seat with your front hand.
6. Hold cane/walker or seat (back/headrest) with your back hand.
7. Slide your feet back close to the car. Feet flat on the ground.
8. Rock back & forth. On the 3rd time forward (nose over toes), use momentum to stand up.

TIPS

- Don't use the door for support – it's unstable
- If it's hard to bend your hips or knees, slide the seat as far back as possible to allow more leg room.
- If it's hard to turn your body once sitting, put plastic (like a grocery bag) down on the seat first. This makes it easier to slide in the seat