



Car Transfer after a Total Joint Replacement

On the day you are discharged from the hospital after your joint replacement, you will be taken to the car in a wheelchair. Please have whoever is picking you up bring your walker with them. This brochure will give you some helpful suggestions for getting into and out of the car and having a safe and comfortable ride home.

Hip replacements must follow the hip dislocation precautions (movements to be avoided) at all times:

- ❖ Do not cross your legs past your midline (at your ankles, knees or hips).
- ❖ Do not turn your knees or toes inward (“pigeon toes” or reaching your toes or feet across your body).
- ❖ Do not bend your hips (flexion) beyond 90 degrees. Your knees should be below your hips when sitting.

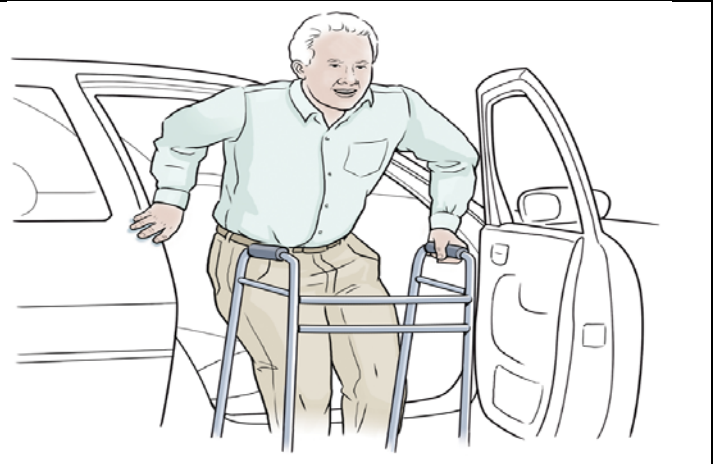
Preparing the car

Ask your family to bring an extra pillow for comfortable positioning. You may want to place it on the seat of the car to raise the height and help ensure you will not bend beyond 90 degrees at the hip. Before getting in the car:

- Keep the front seat clear of any objects such as purses, cell phones, sunglasses.
- Move the front passenger seat as far back as it will go. Recline the seat to give yourself more room.

Getting into the car

- Position the wheelchair on the front passenger side of the car.
- Make sure the wheelchair is locked before standing up.
- Use your walker to walk to the car.
- Turn around so your backside is lined up with the seat and you feel your legs touching the edge of the seat.



- Place your left hand on the doorframe or dashboard of the car and your right hand on the top of the passenger seat for support before sitting down. Do not hold on to the car door because it could move.
- Make sure your recovering leg is extended in front of you to prevent too much bending of the hip
- After you are safely seated, scoot back toward the driver's seat as far as possible.
- Avoid turning your recovering leg inward or twisting your body as you bring your legs into the car. Recline your seat and lean back as you bring your legs into the car in order to maintain at least 90 degrees between your thigh and torso. You may have someone help you bring the recovering leg into the car.



While riding in the car

Remember to:

- Keep your legs apart
- Keep your knees below the level of your hips
- Do not turn your operated leg inward (no “pigeon toes”)
- Always wear your seat belt

Getting out of the car

- To get out of the car, reverse the process.
- If possible, have someone waiting with your walker.
- Wait until you are stable to take your walker.