



GETTING IN / OUT OF THE CAR

Activities that involve bending and/or twisting can exacerbate or lead to back, hip and knee pain if done without proper body mechanics. Many people get into their cars with methods that may have worked previously, but no longer do for various reasons including sprains/strains, surgeries, neurological events, or deconditioning, to name a few. The following guidelines can help improve pain and safety with this common activity.

Guidelines:

- With the car door fully open, get as close to the car/seat as possible
- Turn so that your back is facing the seat with both legs touching the seat - use tactile cues for increased safety
- Using hands as needed to lower slowly, sit down onto seat with both legs facing outward
- Tighten abdominals, and bring both legs into car together, with hips and shoulders turning at the same time to avoid significant twisting
- To get out of the car, do the reverse → bring legs out together as much as possible, turning hips and shoulders together with abdominals engaged, use hands on car and door to stand as needed

