

## GETTING IN AND OUT OF A CAR

- Back up to your car seat.
- Reach back and find a stable hand hold.
- Slowly lower yourself onto the seat.
- Scoot back on the car seat. Lean back as you lift each leg into the car. You may need help lifting your involved leg.
- When getting out of the car, slide closer to the driver's seat and lean back as you lift each leg out of the car. You may need help lifting your involved leg.
- Scoot to the edge of the seat and place your feet on the street (not on the curb).
- Place your involved leg forward.
- Using the same hand holds, push up with your arms and your uninvolved leg to stand.
- Do not reach for your walking device until your balance is secure.

