

Crutch Training Car Transfers

Have an assistant: Open the door, slide the car seat back as far as they can, and recline the seat to allow for more room

Getting Into the Car

Standing and lowering into car

1. Back up to the vehicle until you feel the edge of the car with your legs.*
2. Support yourself with both crutch grips in one hand and reach for the seat back rest with the other hand.
3. Lower yourself into the car; as you lower, dip your head down to avoid bumping it.
4. Point your injured leg straight and forward allowing you to put all of your weight on your non-injured leg as you lower to sit down.



***Truck Transfer:** back up to the truck and step up with your good foot onto the side step or into the truck.

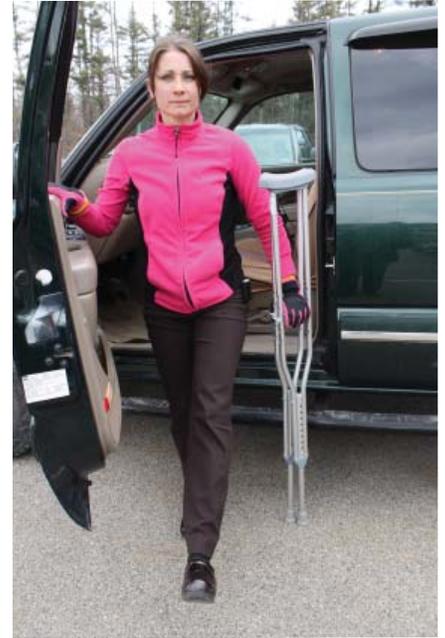
Once you are sitting

1. Place the heel of your good leg against the floor and push back. Move back in the car until your injured leg can be swung in.
2. As Passenger: If you have a long leg brace on your left leg you should
 - Fully recline the seat and back up to the car as close as possible
 - Use the console and the floor to help you scoot up in the seat until your leg can be moved into the car
 - Or sit in the back seat of the car by getting in on the driver's side and scooting across the seat



Getting Out of the Car

1. When getting out support affected leg and turn moving both feet until they are out of the door and on the ground.
2. Make sure to scoot forward and grab the back rest or door frame with one hand while holding the hand grips of the crutches with the other (crutches firmly planted on the ground)
3. Lean forward and stand up



Long Leg Brace: In order to get out of the car with a long leg brace you simply reverse the process used to get into the car.