



Oxford University Hospitals
NHS Foundation Trust

Car transfer

Information for patients



Introduction

You have been given this information leaflet to help you manage safe car transfers after surgery.

Before completing car transfer after your surgery, refer to this leaflet for guidance.

Please consider any post operation instructions you may have been given when completing car transfers.

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Getting into the car

Step 1:

- If you can, please park the car away from any curbs or raised surface.

Step 2:

- Move the passenger seat as far back as possible and slightly recline the back rest. With the passenger door wide open, turn with your walking aid facing away from the car. Keep walking back until you feel the car on the back of your legs.



Picture of a patient with mobility aid facing away from car seat with car door open.

Step 3:

- Hand your walking aid to the person helping you. Ask them to hold the passenger car door open to prevent it from closing on you.

Step 4:

- Place your right hand on a secure place in the car such as the dashboard. Place your left hand on top of the back rest of the seat.



Picture of a patient with one hand on the dashboard and one hand on the car seat preparing to sit.

Step 5:

- Gently lower to sit yourself down.



Picture of a patient gently lowering themselves into the seat of car.

Step 6:

- Lean back slightly, then gently and slowly, shuffle your bottom as far back as possible, placing hands on either side of you until you are almost sitting on the handbrake.



Pictures of a patient shuffling bottom back on car seat with both hands on either side of them.

Step 7:

- Lift your legs gently into the footwell. Readjust seat for comfort if needed.



Pictures of a patient placing legs into footwell and readjusting in car seat.

Getting out of the car

Step 1:

- Ensure back rest of seat is reclined and passenger door is opened as wide as possible.



Picture of a patient with seat reclined and car door opened wide.

Step 2:

- Lift legs and gently turn body towards the open car door.



Picture of a patient lifting legs and turning body towards the open car door.

Step 3:

- Put both hands on either side of you and shuffle forwards the open door until legs touch the ground.



Picture of a patient with both hands on either side of them, shuffling towards the open door until legs touch the ground.

Step 4:

- Place right hand on dashboard and left hand on back rest of seat and slowly push to stand.



Picture of a patient's right hand on the dashboard.



Picture of a patient right hand on dashboard and left hand on back rest of seat, slowly pushing to stand.

Step 5:

- Take walking aid and mobilise as able.



Picture of a patient standing facing away from the car, with a mobility aid.

Useful tips

Placing a pillow over the hand brake, may be more comfortable.

Avoid excessive twisting to reach the seatbelt.

Ensure there is sufficient space behind the passenger seat.

Place any equipment provided from your hospital admission safely in the trunk of the car.

Please adhere to any relevant restrictions advised to you post operatively i.e. hip precautions, full knee extension, weight bearing status, elevation requirements.

Department information

Occupational Therapy Department (Orthopaedics)

Nuffield Orthopaedic Centre

Windmill Road,

Headington

Oxford,

OX3 7HE.

Telephone: 01865 737 551

(8:30am to 4:30pm, Monday to Friday)

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

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