

Greater Baltimore Center for Rehabilitation Medicine
Acute Care Physical & Occupational Therapy
Car transfer with spinal precautions



Back up to until your legs touch the car.



Reach for the back of the seat and the dashboard, watch your head as you lower yourself to the seat. Limit bending forward as much as possible.



Move back onto the seat as far as possible. Slowly turn your body to face forward, moving your shoulders and hips at the same time to avoid twisting, while lifting your legs into the car one at a time.



Reverse the steps to exit the car.

Scan QR Code for a
video demonstration

