

# Greater Baltimore Center for Rehabilitation Medicine

## Acute Care Physical & Occupational Therapy

### Car transfer



Back up to until your legs touch the car.



Reach for the back of the seat and the dashboard, tucking your head as you lower yourself to the seat.



Move back onto the seat as far as possible. Lift your legs into the car one at a time. Maintain any precautions you have been instructed to follow.



Reverse the steps to exit the car.

Scan QR Code for a  
video demonstration

