



Getting out of your car may seem like a simple enough process but can very easily result in a bend/twist injury to the back. So often we are taught to put both feet on the ground then pull ourselves from the car. This, however, is incorrect and unfortunately can lead to injury. Instead, create a 3 Point Contact. To do this, open the car door, swing one leg out of the car placing your foot on the ground. Then with one hand on the steering wheel and one hand either on the door frame or the car door, pull yourself up and out of the car. Once you are totally out then swing your opposite leg out of the car and to a standing position on the ground. Going into the car is the same process but in reverse. Using a 3 Point Contact places you in a wide stance as your back is moving from a deep sitting position to a standing position.

GETTING OUT OF THE CAR (3 POINT CONTACT)