Shoulder: Push-Ups – Sitting

Purpose: To strengthen muscles of the shoulder blades, shoulders and arms.

Position: Sit close to the edge of either a chair with sturdy armrests, or a wheelchair. Place your hands on the armrests or on the top of the wheels of a wheelchair (be sure the brakes are locked).

Action: Lean forward from the waist and keep your back straight. Squeeze shoulder blades down and back. Push down with your arms and lift your buttocks up off the chair.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.