

# Arm Chair Push Ups-Knee

Being active will keep you strong before and after your joint replacement surgery. Arm chair push ups strengthen your arm muscles. You will need these muscles to get up from your chair or bed after surgery until your strength and flexibility returns to your joint.

Try an Arm Chair Push Up now.

Step 1. Sit on a firm arm chair.

Step 2. Push down on the arms of the chair, straightening your arms and elbows raising your bottom a few inches off the seat.

Step 3. Work up to holding for five seconds.

Step 4. Slowly lower yourself back into the chair.

Let's try that again. Sit on a firm chair with arms. Push down on the arms of the chair, straightening your arms and elbows to Raise your bottom a few inches off the seat. Work up to holding this position for five seconds. Slowly lower yourself back into the chair. Repeat 10 times or one set. Do this exercise twice a day.

To get the most out of this exercise, follow your physical therapist's instructions and do this exercise regularly.