

Joint-Friendly Movement Swaps™

A small change in support, range, position or resistance may help a movement feel more comfortable and controlled.



A modification is not a lesser exercise. It is a way to match the movement to your body today.

1

Squat or Deep Knee Bend

Instead of
A deep unsupported squat



Try

- ✓ Chair sit-to-stand
- ✓ Smaller squat range
- ✓ Hold a counter for support



 **Note:** Keep the range comfortable for your knees and hips.

2

Lunge

Instead of
A deep forward lunge



Try

- ✓ Supported step-back
- ✓ Shorter split stance
- ✓ Low step-up



 **Note:** Use support while you build balance and control.

3

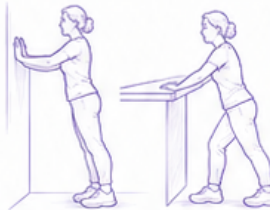
Floor Push-Up

Instead of
Hands and knees or toes on the floor



Try

- ✓ Wall push-up
- ✓ Counter push-up
- ✓ Neutral wrist position if available



 **Note:** A more upright angle reduces the amount of body weight you press.

4

Overhead Movement

Instead of
Pressing or reaching through a painful range



Try

- ✓ Use lighter resistance
- ✓ Stop below the uncomfortable range
- ✓ Choose a forward or angled reach



 **Note:** Do not force shoulder motion.

5

Jumping or High Impact

Instead of
Jumps, hops or running in place



Try

- ✓ Marching
- ✓ Side steps
- ✓ Low step-ups



 **Note:** You can raise your heart rate without leaving the floor.

6

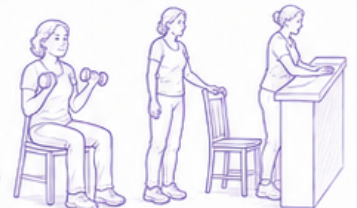
Floor Exercise

Instead of
Getting down to the floor when it is difficult



Try

- ✓ Seated exercise
- ✓ Standing exercise with support
- ✓ Wall or countertop variation



 **Note:** Choose a position you can enter and leave safely.

Five Ways to Modify Almost Any Movement



Add Support

Use a wall, chair or counter.



Reduce the Range

Move only as far as feels controlled.



Lower the Resistance

Use less weight or a lighter band.



Slow the Pace

Give yourself time to control the movement.



Change the Position

Try seated, standing or more upright.

✓ May Be a Signal to Modify

- Mild joint discomfort
- Unsteadiness
- Form beginning to change
- Difficulty controlling the range

What Are You Feeling?



✗ Stop and Seek Guidance

- Sharp, catching or electric pain
- A joint giving way
- New swelling, redness or warmth
- Pain that persists or worsens
- New numbness or weakness



Movement I want to modify: _____

Swap I may try: _____

How it felt: Better / Same / Worse



Gentle Reminder

The goal is not to copy the most difficult version. The goal is to move with confidence and control.



Martine's Midlife Wellness Tip

Change one feature at a time. You will learn whether support, range, position or resistance made the difference.



When to Ask for Guidance

Seek guidance for persistent pain, new swelling, joint instability, recent injury, numbness, weakness or difficulty bearing weight. 