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# 7 MOVEMENTS THAT PROTECT YOUR JOINTS AFTER 40

A practical guide to keeping your body strong,  
mobile, and resilient at every stage.

Maria Laverde, NASM CPT | 200-HR Yoga Teacher | Certified Doula  
Garret McCann, NSCA-CPT | Animal Flow | MAT | VIPR Certified

# WHY JOINT HEALTH MATTERS MORE AFTER 40

Your body at 40, 50, 60, and beyond is not the same body you had at 25. That is not a limitation. It is information.

After 40, natural changes in cartilage, synovial fluid, muscle mass, and connective tissue mean your joints need more intentional care. Not less movement. Smarter movement.

The good news: your body responds remarkably well to the right kind of training at any age. The movements in this guide are grounded in biomechanics and corrective exercise principles. They are the same foundations we use with every client at Quantic Wellness Collective, whether they are an athlete, recovering from surgery, or simply ready to feel stronger and more capable in daily life.

These are not random exercises. Each one was chosen because it addresses a common area of vulnerability after 40: hip mobility, spinal stability, shoulder function, ankle resilience, and grip strength. Together, they build a foundation that protects your joints while improving how you move, feel, and live.

## A few things to keep in mind before you start:

- **Move with intention.** Focus on form over speed or weight. If something doesn't feel right, adjust.
- **Start where you are.** These movements can be modified. There is no minimum fitness level required.
- **Listen to your body.** Mild discomfort during a stretch is normal. Sharp pain is a signal to stop.
- **Be consistent.** Three to four sessions per week of intentional movement creates lasting change.

*Let's begin.*

## 01 THE HIP HINGE

### WHY IT MATTERS

The hip hinge is the foundation of safe lifting, bending, and daily movement. After 40, tight hips and weak glutes are among the most common contributors to lower back pain. Learning to hinge properly protects your spine by loading the movement through your hips and posterior chain instead of your lower back.

### HOW TO DO IT SAFELY

Stand with feet hip-width apart, slight bend in your knees. Push your hips straight back as if closing a car door with your backside. Keep your chest up and back flat. Lower until you feel a stretch in your hamstrings, then drive your hips forward to stand. Start with bodyweight. Progress to a light kettlebell or dumbbell.

#### QUANTIC COACHING TIP

*Think "hips back" not "bend forward." Your spine stays neutral the entire time. If you feel this in your lower back, you have gone too far or lost your hip position.*

## 02 THE CONTROLLED SQUAT

### WHY IT MATTERS

Squatting is one of the most fundamental human movement patterns. It strengthens the quads, glutes, and core while maintaining knee and hip mobility. After 40, losing the ability to squat safely means losing independence in everyday tasks like sitting down, getting up, and navigating stairs.

### HOW TO DO IT SAFELY

Stand with feet slightly wider than hip-width, toes turned out about 15 degrees. Sit your hips back and down as if lowering into a chair. Keep your weight through your heels and midfoot. Go as low as your mobility allows while keeping your chest upright and knees tracking over your toes. Press through your feet to stand.

#### QUANTIC COACHING TIP

*Depth matters less than control. A half squat done well is better than a full squat done with compensations. We often start clients with a box or bench behind them for confidence.*

## 03 THORACIC ROTATION

### WHY IT MATTERS

Your thoracic spine (upper and mid-back) is designed to rotate. When it stops moving well, your lower back and shoulders compensate, leading to pain and stiffness. This is one of the first areas we address at Quantic because it affects everything from reaching overhead to turning to look behind you while driving.

### HOW TO DO IT SAFELY

Start on all fours. Place your right hand behind your head. Rotate your right elbow down toward your left hand, then open up toward the ceiling as far as you comfortably can. Move slowly and breathe. Repeat 8 to 10 times per side.

#### QUANTIC COACHING TIP

*Keep your hips square and still throughout. The rotation should come from your mid-back, not your lower back or neck. If you feel this mostly in your lower back, reduce the range of motion.*

## 04 THE BIRD-DOG

### WHY IT MATTERS

This movement builds core stability, balance, and coordination between opposite sides of your body. It strengthens the deep stabilizers of your spine without compressive loading, making it one of the safest and most effective core exercises at any age or fitness level.

### HOW TO DO IT SAFELY

Start on all fours with wrists under shoulders and knees under hips. Extend your right arm forward and left leg back simultaneously, forming a straight line from fingertips to toes. Hold for 2 to 3 seconds, then return to start. Alternate sides. Perform 8 to 10 repetitions per side.

#### QUANTIC COACHING TIP

*The goal is zero movement in your hips and torso while your limbs move. Place a water bottle on your lower back. If it falls off, you are rotating too much. Slow down.*

## 05 THE WALL ANGEL

### WHY IT MATTERS

Shoulder mobility declines with age, desk work, and daily posture habits. Wall angels open up the chest, strengthen the muscles between your shoulder blades, and restore overhead range of motion. This is essential for anyone who wants to reach, carry, and move overhead without pain.

### HOW TO DO IT SAFELY

Stand with your back flat against a wall, feet about 6 inches from the base. Press your lower back, upper back, and head into the wall. Place your arms in a "goalpost" position with elbows bent at 90 degrees. Slowly slide your arms up the wall toward straight, then back down. Maintain contact with the wall the entire time. Repeat 10 to 12 times.

#### QUANTIC COACHING TIP

*Most people cannot keep their arms on the wall at first. That is normal and it is exactly why this movement matters. Work within the range you have. It will improve.*

## 06 THE ANKLE MOBILITY DRILL

### WHY IT MATTERS

Limited ankle mobility affects your squat depth, walking gait, balance, and knee health. After 40, ankles get stiff from years of wearing supportive shoes and sitting. Restoring mobility here has a ripple effect up the entire kinetic chain.

### HOW TO DO IT SAFELY

Stand facing a wall with one foot about 4 inches from the base. Keeping your heel on the ground, drive your knee forward toward the wall. If your knee touches easily, move your foot further back. Find the distance where your knee just barely touches with your heel flat. Hold for 2 seconds, return. Repeat 10 to 12 times per side.

#### QUANTIC COACHING TIP

*This is not a calf stretch. It is a controlled mobility drill. Keep the movement slow and deliberate. If your heel lifts, you have gone too far. Your goal is to increase the distance over time.*

## 07 THE FARMER'S CARRY

### WHY IT MATTERS

Grip strength is one of the strongest predictors of overall health and longevity after 40. The farmer's carry builds grip, core stability, shoulder health, and posture all at once. It trains your body to move under load in a way that translates directly to carrying groceries, luggage, children, and life.

### HOW TO DO IT SAFELY

Pick up a moderate weight in each hand — dumbbells, kettlebells, or even heavy bags. Stand tall with shoulders back and down. Walk 30 to 40 steps with control. Keep your core engaged, posture upright, and avoid leaning to either side. Rest and repeat 2 to 3 times.

#### QUANTIC COACHING TIP

*If you only do one loaded exercise this week, make it this one. Start lighter than you think you need to and focus on posture. The weight should challenge your grip without compromising your walk.*

# THESE 7 MOVEMENTS ARE A STARTING POINT.

## PERSONALIZED PROGRAMMING GOES DEEPER.

At Quantic Wellness Collective, we use tools like the Functional Movement Screen (FMS) to identify exactly where your body has strengths, imbalances, and opportunities.

Then we build a program around you. Not a template. Not someone else's plan. Yours.

Whether you are rebuilding after surgery, managing a condition, returning to movement after a break, or simply ready to feel stronger and more capable — we meet you where you are.

## YOUR INITIAL CONSULTATION IS FREE.

Book yours at [quanticwellness.com](https://quanticwellness.com) or call 949-735-3317



125 E. Chestnut Street, Suite 2, Asheville NC 28801

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