



KITA SUGG
Exercise Physiology

Joint Support & Stability

Simple Ways to Help Your Joints Feel More Supported

Enjoyable Movement for Every Body

Sometimes sore or uncomfortable joints do not need resting alone.

They may also need better support from the muscles around them.

Gentle strengthening and controlled movement can help joints feel steadier, more supported and more confident during everyday activities.

This guide includes simple movements often used to help improve joint support and stability.

Why Joint Support Matters

Support muscles help joints:

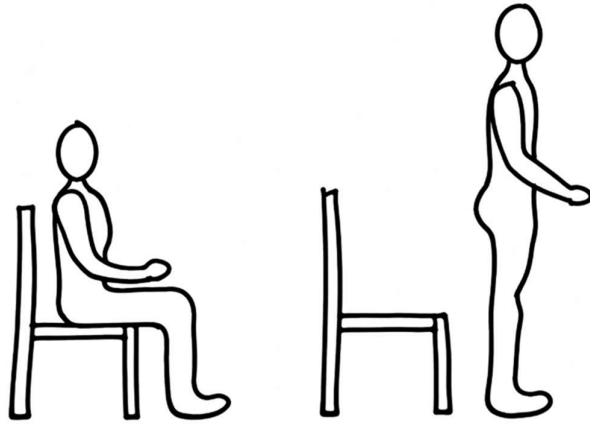
- absorb force
- improve control
- guide movement
- improve balance
- reduce overload during daily tasks
- improve confidence in movement

Small amounts of consistent movement can make a meaningful difference over time.

Simple Support Exercises

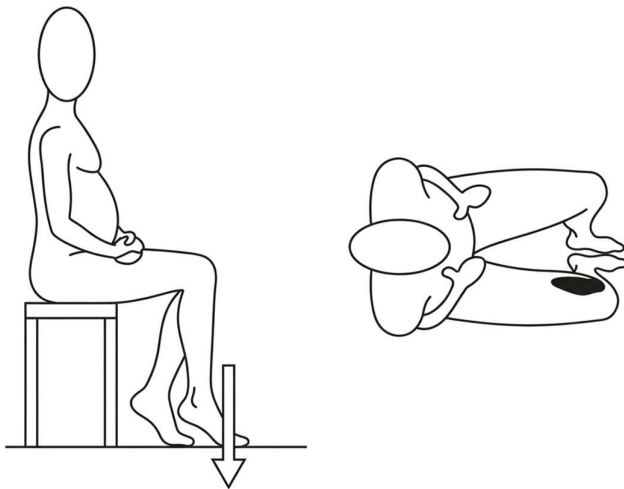
Sit-to-Stand

Start seated in a chair, drive your hips forward and squeeze your buttocks to come to standing in front of the chair. Sit back down in to the chair and then repeat.



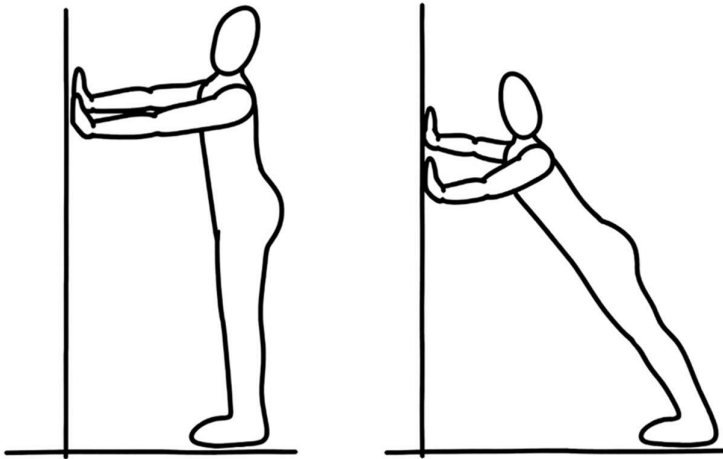
Seated VMO (Bug Squishes)

Sit upright on a chair with feet on the floor directly under your knees, push through the inner side of the ball of your foot as though squishing a bug, hold for 3 seconds and relax, repeat again. It helps to place your hand over the VMO (indicated in the image below) during the movement.



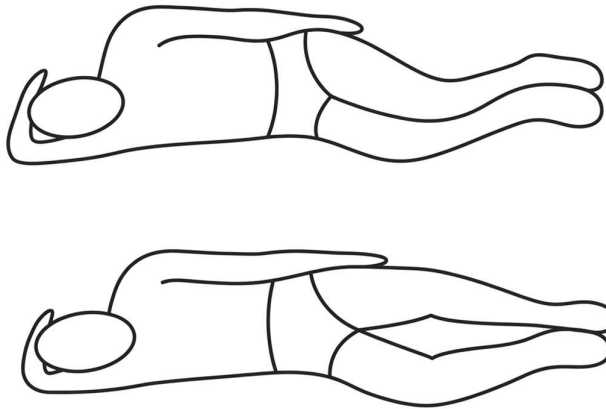
Wall Push-up

Standing in front of a wall, place your hands out wide on the wall at shoulder height. Keeping your hands on the wall, take a step backwards – this is your starting position. Lower your body towards the wall and then push back out, repeat.



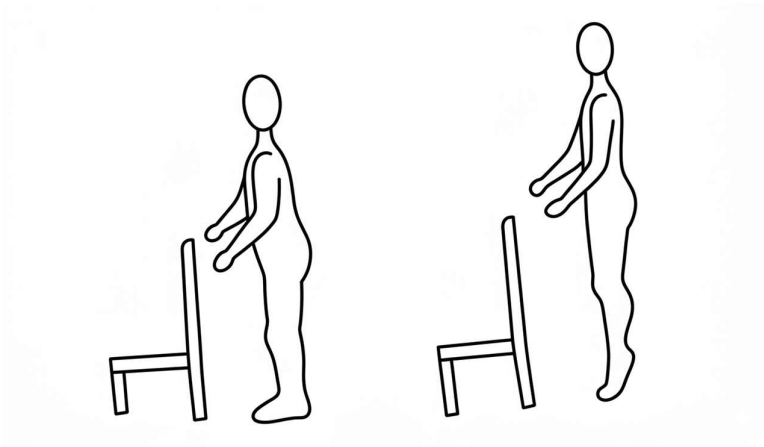
Clamshells

Lie on your side with knees bent. Lift your top knee slightly while keeping your feet together. Feel the side of your hip working!



Calf Raises

Holding onto a bench or wall if needed, rise up onto your toes, lower back down slowly. Repeat with control.



Helpful Tips

- Start small
- Move slowly and with control
- Mild muscle effort is okay
- Consistency matters more than intensity
- Use support when needed
- Build gradually over time

Takeaway

Strong support muscles help joints tolerate movement and daily activity more comfortably.

Gentle strengthening exercises can help improve confidence, control and overall movement capacity.

Small, regular movement often adds up over time.

How an Exercise Physiologist Can Help

An Exercise Physiologist can help identify whether your joints may benefit more from mobility work, strengthening or improved movement support.

Exercises can then be tailored to your body, symptoms, confidence levels and daily activities to help movement feel more manageable and sustainable.

To book a personalised Exercise Physiology session with Kita visit

www.kitasuggphysiology.com.au