

Lying Nerve Flossing:

Exercise Purpose:

To gain relief from leg pain or a tight leg



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=824>

Key Points:

- In the picture the right leg is being mobilised
- Lie on your back with your left leg straight and your right thigh vertical up in the air
- Support your right thigh with 2 hands
- Slowly straighten your right knee
- Slowly bring your right ankle and toes towards you
- Slowly push your toes and ankle away from you. As you do this, curl your head towards your chest.
- Keeping your head curled, bend your knee down towards your buttock
- Keep your thigh vertical and supported by your hands the whole time
- As you straighten your knee again take your head back down to the floor
- The order you perform this movement is very important
- Repeat this movement the required amount of times

*If you have back pain and your pain becomes worse this position may not be suitable for you

*If you have referred leg pain that is coming from your back and this position gives you more leg pain then this position may not be suitable for you

*If you have back pain or back-related pain it is best to consult your therapist prior to using this rest position