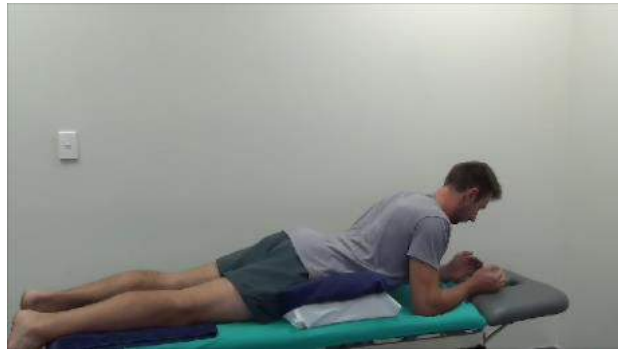


## **Prone Lying on Elbows:**

### **Exercise Purpose:**

To gain relief from lower back pain or referred leg pain that originates in your back



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=839>

### **Key Points:**

- Lie face down with your lower stomach over 1-3 pillows
- Have your elbows under your chest and your shoulders relaxed
- Let your back relax the whole time
- Once comfortable hold this position for the required amount of time
- Breathe gently throughout. Think about breathing from your lower stomach

\*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