

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=764>

Z-lying

Exercise Purpose:

This is a pain control position for those with back and leg pain



Key Points:

- Lie on your back with your head on a pillow and your feet and lower legs up on a chair
- You may wish to place a pillow underneath your bottom
- You will need to experiment with how close you have the chair to your bottom. This decision is based on symptom relief and differs for everyone
- Practice some relaxation breathing (slowly from your stomach) whilst lying there
- If it feels good then you can hold this position for a period of time

*If you are performing this rest position because you have back (and leg symptoms coming from your back) then please remember that back symptoms usually have better outcomes than leg symptoms (if they are coming from your back)

*Stop this stretch if it makes your leg symptoms worse. If however it makes your leg symptoms better and your back symptoms remain the same or get slightly worse then it still may be appropriate for you

*Please consult your therapist if you are unsure if this position is appropriate for you