In this screen capture the Constraint option "insert" is being used. With this option you can't use the X,Y and Z options. You can't see the mouse on the Y axis but it's there and no red axis line is indicated on the spring.

In the next screen capture I used the Constraint option "Mate". With this option you can use the X,Y and Z options. You can't see the mouse on the Y axis but it's there. Look closely and you can see the red axis line is indicated on the spring.