

# Aches and Pains

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[giff1023](#) 4 posts since

Jul 2, 2007

I'm new to running, I started in March, and have been doing about 20-25m/week. I'm not overweight, don't have terrible form as far as I know, but there just seems to be one minor nagging pain after another. How much of this is normal? For example today my hip is stiff and walking is painful. Since this weeks long run, the outer arch of my foot has been sore to the touch. During my long run last week my left achilles was bothering me. Next up my knee I'm sure.

I guess I'm just wondering if I need to suck it up because these minor pains come with running.



[lyric12](#) 53 posts since

Dec 14, 2007 1. **Re: Aches and Pains** Jul 2, 2007 9:22 AM

what kind of shoes are you wearing? The right shoes make a big difference. A running specialty store can help you choose the right pair.

Here's an article on pronation and supination.

<http://www.runningwarehouse.com/LearningCenter/PronationFAQ.html?URL>  
target="\_blank">

Good luck

-S



[newerunner](#) 10 posts since

Jul 24, 2008 2. **Re: Aches and Pains** Jul 24, 2008 12:32 PM

I thought the same thing when I started running again... First knee pain, then shin pain.....Found out my shoes were too old and not supportive enough. I bouth Saucony's ProGrid Omni 7 and insoles for pronation... Before a long run I take a couple of advil (not a doctor, nor am I prescribing anything for you to take) and no more pain. If you just "suck it up" you may end up doing more damage than good.



[sherrymclaughlinpt](#) 27 posts since

Apr 21, 2008 3. **Re: Aches and Pains** Jul 30, 2008 12:23 PM

## Aches and Pains

If the pain is on the outside of your foot, the last thing you want is a foot for an overpronator. If you feel like when you run, you tend to roll on the outside of your foot, then you want to get into a neutral shoe and the work to loosen up your hip and ankle, specifically in the frontal plane. I can send you some specific exercises if you are interested, I just want to make sure we are on the same page.

You can email me at [smclaughlin@mihp.net](mailto:smclaughlin@mihp.net). Resting will not cure the cause and the pain will just keep moving. This is fixable! You can fix it easily with some smart movement retraining.

Sherry

[www.mihp.net](http://www.mihp.net)