

Knee Pain



[dnavarro82](#) 42 posts since

Apr 24, 2008

So I went for a run yesterday (6 miles) and around the 4th mile, I started getting a pain on my left leg, and left side of the knee cap. It wasn't bad, and I only felt it every now and then. Right now, walking is fine, and again only feel it every now and then. What can I do to make it go away? Do I need to relax a little?



[newerrunner](#) 10 posts since

Jul 24, 2008 1. **Re: Knee Pain** Jul 24, 2008 11:22 AM

When I started to run again, I started to have severe knee pain. Even when I wasn't running or doing any activity actually. But for me, insoles and a couple of advil before a run has really helped. The combination of the two are the only things that allow me to run and I'm not elderly nor overweight. I hope you feel better soon!



[dnavarro82](#) 42 posts since

Apr 24, 2008 2. **Re: Knee Pain** Jul 24, 2008 11:32 AM

👤 in response to: [newerrunner](#)

I might have to go that route. I had a pretty bad wreck about 3 weeks ago in a mountain bike race, so I'm not sure if the pain is still from that.



[KED1976](#) 4 posts since

May 22, 2008 3. **Re: Knee Pain** Jul 29, 2008 3:07 PM

I have the same pain that you are talking about. I thought I sprained my knee a couple of weeks ago during a soccer game but rest hasn't helped me. This pain is recurring for me. A couple of years ago it happened to me when I was training for a marathon and my Dr. told

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me that it was bursitis (sp?). He told me that rest and naprosen should make it go away, which it did with about a year of rest?!

I'm training for an olympic that is on Sept 13 and I haven't really been running at all the last couple of weeks. Anyone have any advice?