



Nagging pain? Don't ignore it because it may become a debilitating injury. Recently I had a nagging pain in my foot and it was not actually keeping me from running but it was just this annoying slight pain. So after two weeks of dealing with this nag I took 5 days off of running. On the 6th day when I tried an easy short run that nagging pain was still there so I took 5 more days off & sure enough after my 10th day of rest the pain was 100% gone. (yup I went 10 days without running & I did not have to be committed to the mental ward). There was no quick fix, no medicine, no procedure, no expensive equipment to purchase, just REST. It's a simple solution, get rid of the nagging pain once & for all so it does not keep nagging with REST not just low intensity but real REST. Now trust me I still worked out those 10 days. I just restricted myself to nonimpact activity in which I never felt any foot pain at all. If I felt it, I stopped and tried something else.

This is my method whenever I feel a nagging pain or even an injury. I take 3 full days off all activity that causes me to feel the slightest pain. I then give it a go with LOW volume & low intensity like 10-15 minutes max. If I still feel the nag then I call my doctor to schedule an appointment to get it checked. (A good orthopedic doctor like Dr Brian Maiocco or Podiatrist like Dr Sal Delis or Ortho Chiro like Dr Gerard Bogin are my first choices) Chances are I will probably have to wait a few days maybe even a week or more to get an appointment so I continue to rest and test myself every three days to see if I feel any pain. In the mean time if the nagging pain goes away I can always cancel my doctor's appointment. If it does not go away, when I do finally see the doctor, I always ask for an X-ray or MRI (depending on the nag) to find out the real diagnosis. I then take action to fix it. More rest? Physical therapy? A change in form? A change in equipment?

The bottom line is don't ignore a nagging pain because it could eventually become a debilitating injury & REST.

Written by USAT Triathlon Coach Celia Dubey. [Celia@TarponTotalFitness.com](mailto:Celia@TarponTotalFitness.com)