

‘No pain, no gain’sounds tough, but you may only be hurting yourself

Notes & Cues:	<p><b>Article:</b></p> <p>While training for a half-marathon last fall, Janet Sherman, 57, started noticing pain in her right leg and left foot. A diagnosis of a quadriceps strain and plantar fasciitis led to shoe inserts and cross-training. Before long, the Wyoming-based teacher was "just good enough" to get back to training, and so she did, although she opted to drop down to a shorter 10K race distance.</p> <p>On race day, Sherman’s foot began bothering her early, and by a water stop two-thirds of the way through the course, she knew she should drop out. "It was so painful, but I was stubborn and finished out the race, " she said. "Afterward, I could barely walk."</p> <p>To the inactive, Sherman’s attitude might be hard to understand. But for amateur athletes and weekend warriors, pushing through pain is a common refrain. "As a society, we are more active in sports than ever before, " said Adrienne Langelier, a Texas-based sports psychology consultant. "But at the same time, as a culture we have developed a 'no days off' mentality."</p> <p>That needs to change, said Mark Cucuzzella, a physician and a professor at the West Virginia University School of Medicine. " 'No pain, no gain' - no, thank you, " he quipped. "For too long, we have glamorized that way of thinking. It’s not sustainable."</p> <p>Pressing too hard can lead to injury, illness and exhaustion. With running, for instance, pushing through pain can lead to a secondary injury, said Adam Tenforde of the Spaulding National Running Center at Harvard Medical School. "A stress fracture, if you continue to run on it, may progress to a full fracture and require a much longer recovery period, for example, " he said. "I advocate for addressing pain early, rather than ignoring it."</p>
Summary:	