

OUCH!

There's not a fixed formula to express **aches and pains** in English. We tend to choose different **parts of speech**, depending on the part of the **body** involved.

✧ involving NOUS:

- ▣ The best formula to learn is
 "I've got a pain in my... + (any parts of your body.)"
 - ◆ I have **a** (sharp) **pain in** my chest / jaw...
 - ◆ It gives me **a pain in** the neck.

- ▣ Another combination of nouns is
 "I've got (a)... -ache" (*Americans prefer using the article*)
 - ◆ I've got **a** (splitting) **headache**
 - ◆ I've got (a) **stomachache / toothache**
 - ◆ I've got **backache / earache**

✧ involving ADJECTIVES:

- ▣ For very sensitive parts, we prefer the adjective **"sore"**
 - ◆ I've got a **sore throat**
 - ◆ I have **sore arms**.
 - ◆ My **eyes** are **sore**.
 - ◆ My **feet** (are) get(ting) **sore**.

✧ involving VERBS:

- ▣ We can also start with the painful spot, and add a verb:
 "hurt" (*sometimes "ache": a duller kind of pain*)
 - ◆ My fingers / hips / joints / toes... **hurt**
 My elbow / neck / shoulder / wrist... **hurts**

 - ◆ My shoulders **ache**.
 My left knee **aches**.