

The Record

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Saturday, September 9, 2006

YANKEES
NOTES

Swinging away

Gary Sheffield took 40 swings off a tee Friday and finished with "a grin from ear to ear," said Gary Flink, the physical therapist who has supervised the slugger's workouts at his Bergen County facility.

"He could not have felt better. He couldn't be stronger right now. [Friday] was a huge step," said Flink, who added that "all indications are yes," that Sheffield would return at 100 percent this month. After another tee session today and Sunday, Sheffield is expected to begin regular batting practice Tuesday.

Sheffield hadn't made contact since undergoing surgery to repair a torn ligament and dislocated left wrist tendon.

Yankees blog

Model patient

September 9, 2006

Gary Sheffield has been a model patient, according to Gary Flink, the physical therapist whose idea it was to have the slugger swing under water after his left wrist cast was removed last month. "He's really focused on getting better, and getting back [to the field]," Flink said, adding: "He's probably stronger now than he's been in his left hand and wrist. He's really made incredible progress."

— Pete Caldera

Monday, September 11, 2006

Yankees blog

Sheff, Matsui update

Gary Sheffield was scheduled to take off today, after making 50 swings off a tee Sunday. He's expected to start full batting practice Tuesday.

The slugger's first two tee sessions have gone "as good or better than we could hope for," said physical therapist Gary Flink, who is rehabbing Sheffield in Fort Lee. There's been "no stiffness, no discomfort" in his surgically repaired left wrist.

With Class AA Trenton eliminated from the postseason, Hideki Matsui rested Sunday. He'll resume batting practice today at Yankee Stadium, and could be activated by Tuesday.