



Giants offensive lineman Rich Seubert's spirits high as he recovers from major knee injury

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Mike Garafolo/The Star-Ledger



Giants offensive lineman Rich Seubert believes he'll recover from a major knee injury suffered in last season's finale just like he returned from a ghastly broken leg in 2003.

9:40 a.m. UPDATE Corrected the part below about Giants physician Russ Warren's being able to contact Seubert during the lockout. Warren can remain in contact with Seubert. However, team trainers Ronnie Barnes and Byron Hansen are not permitted to work with Seubert.

Shaun O'Hara received a text from Rich Seubert on the morning of April 1, though he apparently forgot the date.

Seubert told O'Hara he had fallen down three steps, his knee was "clicking" and that O'Hara should alert his physical therapist, Matt Gibble.

O'Hara bit on the April Fools joke. Gibble didn't.

"He knew better," Seubert said.

Truth is, Seubert's rehab from major knee surgery is going just fine. He's working with Gibble at EXCEL Physical Therapy in Waldwick, where he's trying to increase the flexibility and strength in his right knee after having his patella and medial collateral ligament reconstructed. Seubert also needed a hole in the cartilage of his kneecap repaired - a procedure he believes was mosaicplasty. The surgery was performed by team physician Russ Warren.

Seubert is rehabbing at EXCEL because the current lockout prevents Giants trainers Ronnie Barnes and Byron Hansen from working with him - though Seubert takes time to say hello to the latter two in the video below.

But the lockout also means there's even more of a reason for Seubert, whom Giants general manager Jerry Reese called the team's "MVP" last season for his sliding from guard to center, to not rush his rehab.

"Maybe a couple of weeks before August I start running and it goes well," Seubert said. "Just hope for the best and hope I can get out there as soon as I can which August 1st puts me right at crunch time."

If the lockout is resolved by then, of course. In the meantime, the 32-year-old Seubert continues to work his way back from the second major leg injury of his career. And on Monday, he allowed The Star-Ledger and NJ.com to sit in on his rehab.