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WeightWatchers' Contributor

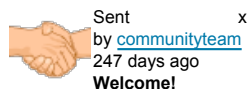
Sports Stack

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kylestack

NCAA Tourney!
3/18/2011 8:46 AM

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[333louie](#) Earn some activity points with me right now... Stand up, shake your butt, wave your arms over your head, and hollar... It's Friday!!! Woot Woot!
3/17/2011 11:49:35 PM

[devifl1](#) I am absolutely STUNNED by a contract that a MAJOR COMPANY who we ALL KNOW, tried to induce me to sign today! Read my blog!
3/17/2011 11:42:03 PM

[devifl1](#) Thursday: Day 6 of the GOUT ATTACK! But I'm fighting back! Back to work! Pain? Sure, but it can go straight to H*LL - it ain't going to run ME!!!!
3/17/2011 10:08:33 AM

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Kobe Doin' Stretching

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Written by [kylestack](#) on 3/18/2011 8:57 AM

Los Angeles Lakers guard Kobe Bryant makes plays on the court that amaze fans night-in and night-out. Yet, after 15 years of watching him—I'm an unbridled Lakers fan—his ability to play through injuries that would sideline others is what impresses me most. The Lakers' Monday night game against the Orlando Magic offered a perfect example of that; Bryant played despite spraining his left ankle in a Saturday night game against the Dallas Mavericks. In fact, he returned to Saturday's game after sitting out a few minutes following the injury.



I believe Bryant's toughness is what keeps him on the court when he's hurt—his coach thinks it's his excellent physical conditioning. He highlighted that by making some interesting comments recently about Kobe's stretching routine.

Jackson explained to the media on Sunday that Bryant is more physically flexible than most players, particularly in the tendons and muscles of his ankles. Only Bryant knows the severity of his turned left ankle. Jackson isn't a doctor, but I won't discount his theory. He's an ex-NBA player; Jackson understands what an athlete needs to do to maximize injury prevention.

Bryant's ability to focus mentally when hurt is legendary among fans, coaches and players in the NBA. I wasn't surprised when he returned to Saturday's game, since the score was close. But the time off between games, when Bryant's ankle had swelled to the size of a baseball, made it seem to me as if he might not play.

Bryant's commitment to staying on the court is unshakable. He proves that by taking care of his body. He's been known to stay up all night rehabbing his injuries, sticking to rigid icing and stretching routines. Whatever stretching he does for injury prevention seems to speed him back into action sooner than other athletes, especially NBA players. After nearly 1,300 games as a pro, I feel that Bryant's commitment to stretching is as awe-inspiring as anything he's done on the court.

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