

Blues defender playing 'without pain' again

WILL Antwi has admitted there dark days during his rehabilitation when he feared his career was over.

The Blues defender and stand-in skipper is back to full fitness after months on the sidelines with a complicated groin injury, but says there were times when he wondered if he would ever get back.

He said: "It's difficult with a complicated injury. I'm only human and you do get days when you don't know if it's worth it.

"You have doubts, but you come in the next day and start again."

Antwi played his first game since January last month, but says

lining up against Swansea was not the finishing line.

He said: "There was no magical moment when I ran onto the pitch. The pleasure of football is just playing, it doesn't matter where it is, or if it's training or a match.

"I got that feeling long before my first game back, five or six weeks earlier when I started training."

Antwi's return was not a simple one, and he says it was a colleague of club physio Dave Jones that provided the finishing touches to

his recovery.

He said: "I'd been training for a while but couldn't get through whole games without pain. Dave brought in a colleague to tie up the loose ends.

"He introduced us to different techniques and it was just a slightly different approach to rehab. It's different from person to person and we just needed something extra to tip us over the precipice.

"I'm playing without pain now and when I'm on the pitch I'm going 100 per cent.

It wouldn't be fair on my teammates and friends otherwise."

MIKE Williamson, right, is edging closer to full fitness.

The centre back has now had two week of full training following a cruciate knee injury back in January.

Wycombe physio Dave Jones said: "Mike saw a surgeon last week and was delighted to be able to start training again. He's hit the targets all the way through and he's champing at the bit to get back into the team – he was looking quite ferocious in training."

