



## LOS ANGELES RAMS

### Rams Running Back Todd Gurley II – Media Availability – January 3, 2019

**(On how he is feeling this week)**

"I'm feeling better. I'm feeling good this week. Just me and my boy (Director of Rehabilitation/Assistant Athletic Trainer) Byron (Cunningham) been in the training room just getting right. Just trying to get back on the field next week."

**(On if he's just doing rehab at this point and what that entails)**

"Yeah, just mostly the morning sessions. Trying to knock out my like rehab stuff. Then, the stuff that I do with the team, as far as like weight room-wise and then when those guys are at practice, we're trying to do cardio on the bike. That was my biggest emphasis this week was just – since I wasn't able to play the last two weeks – was trying to get my cardio back."

**(On if his knee is still sore at all or if it's just a matter of getting his cardio back and feeling in football shape)**

"Both. Just still doing stuff for my knee. I've been able to do a lot more this week. It's been reacting pretty good. But that's going to be the main thing, obviously, that cardio since I haven't been able to do much the last two or three weeks. Then, just seeing how my knee responds in the game."

**(On how RB C.J. Anderson has performed during his absence)**

"He's done a great job. He just came in and he's been doing better than me (laughs). So, he's been killing it, man. Not sure if he got FedEx (Ground) Player of the Week again, but to be in the mention twice, just from coming not on a team. So, he's been doing a great job. He's been a Pro Bowl running back, Super Bowl player. He's a great player, man."

**(On how his relationship with QB Jared Goff has grown off the field)**

"Me and (QB Jared) Goff don't hang out off the field (laughs). No, he actually invited me to his house Saturday. I'm considering going (laughs). No, that's my boy. He's cool. He's a cool dude. Yeah, we've just been – you know, in the offseason we may go out here and there. He doesn't go out, but I might catch him every once in a blue moon. But yeah, J.G. is my boy, for sure."

**(On if he got Goff to come to his Halloween or Christmas party)**

"He came to the Halloween, but I was disappointed he didn't come to the Christmas one. It's cool."

**(On what it was like to be on the sideline and not play in the last two games)**

"I hate watching football games. I love watching my team and stuff, but just being at football games, it's just – I mean I'm always playing, you know? But, no, it's different. It's definitely different. I knew those guys was going to take care of business, so I just kind of was up there and just try to be the hype man every now and then. Just try to stay out of the way. It's definitely different on the sideline looking. But, we've been getting the wins, so that makes everything much better because if we didn't win, I would feel like it would be my fault."

**(On what he took from the experience of playing in the playoffs last season and how long the loss lingered with him)**

"It just doesn't really matter what you've done, everybody's starting over, everybody's getting a fresh start. I just remember it being real fast. I mean, not much room for error, not much room to make moves. Guys are just running around reacting. Obviously, last year we were playing the (2016) runner-ups in the Super Bowl and those guys came out ready to play. Hopefully, we'll be on our P's and Q's this year and to be able to go out there and execute and get the win. Definitely looking forward to it. It's definitely a lot faster than – you've got preseason, regular season, December and then playoff speed. So, definitely looking forward to it."

**(On how the speed of the playoffs is a little faster paced in other sports as well and if that was a surprise to him last year and if he feels like he knows what it takes to get to that level having experienced it before)**

"I would hope that we know. Every guy feels a different way, but we just came out there, had a home-field game and didn't get it done. That just wasn't an excuse. So, hopefully this year, we just know what to do – go out there and try to attack that team – whoever we're playing."

**(On the appearance of his profile growing in L.A. more this season and if he feels like it has grown)**

"I guess so. Yeah, we've been able to win – been on a winning team. We've been having a lot of success here in L.A. Obviously, offensive guys get all the attention. I guess it's been growing quite a bit."

**(On if he'll follow the playoff games this weekend)**

"Oh, yeah. I love watching them at the house. I'm talking about actually at the game, like in the stands or something like that. But yeah, I'll definitely watch it."

**(On if he'll be looking for anything in particular while watching the games or if he plans to just watch to enjoy it)**

"Usually I watch games just to show my friends support. Got like (Seattle) Seahawks – watch (RB) Mike Davis. Then, the (Houston) Texans – watch (WR) DeAndre (Hopkins) and (RB D'onta Foreman) 'D-Fore'. Definitely studying those teams. But, obviously, the teams that's in the playoffs is every team we've played except for what? Dallas (Cowboys). So, kind of got a good reminder of every other team. But, I'll definitely be just watching as a fan and supporting my friends. Then also, just looking at defenses."

**(On if he anticipates that he'll be able to practice next week before the game or if he's just day-to-day and going to see how it goes)**

"Yeah, I hope so. That's the plan. Hopefully, I'll be able to get on the ground and then just see how I feel. But, I definitely don't want to just go straight into the game – at least be able to get two good days under my belt just to see how I'm feeling and stuff, but we'll see. I'll talk to (Senior Director, Sports Medicine and Training) Reggie (Scott) and (Head) Coach (Sean) McVay and just kind of get a plan and just see how I'm feeling from there."