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J.J. Watt's recovery: All-Pro to set resume training in two months



By Ian Rapoport
NFL Network Insider

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The [Texans](#) officially placed star defensive lineman [J.J. Watt](#) on injured reserve this week, ending his season after he re-injured his back. By rule, Houston can bring back one player off injured reserve after eight weeks, but there are no plans to do so for Watt.

His season is over, and unlike the 2016 winter and spring when he had two surgeries, he'll now get a full offseason in 2017 to recover and prepare.

While Houston will likely start [Christian Covington](#) in place of Watt, with [Jadeveon Clowney](#) at left defensive end, Watt's long road is just beginning. What lies ahead?

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surgery again.

ALL SEASON

Watt will stay in L.A. early on in his rehab, away from Houston with only a focus on recovery. He'll walk on the beach and rehab. In three or four weeks, he should be feeling somewhat normal, and he can resume training in under two months.

But consider what Watt has been through since last season: Last year, he played through five partially or fully torn core muscles. He had surgery, and that led to a miserable rehab. Then he was training in Wisconsin and suffered the back injury. That led to his other surgery, then his race to get back.

The [Texans](#) have no long-term concerns about Watt. But the hope from Watt and those who know him well is that a full, slow recovery will be to his benefit.

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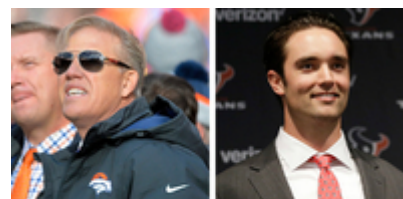
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