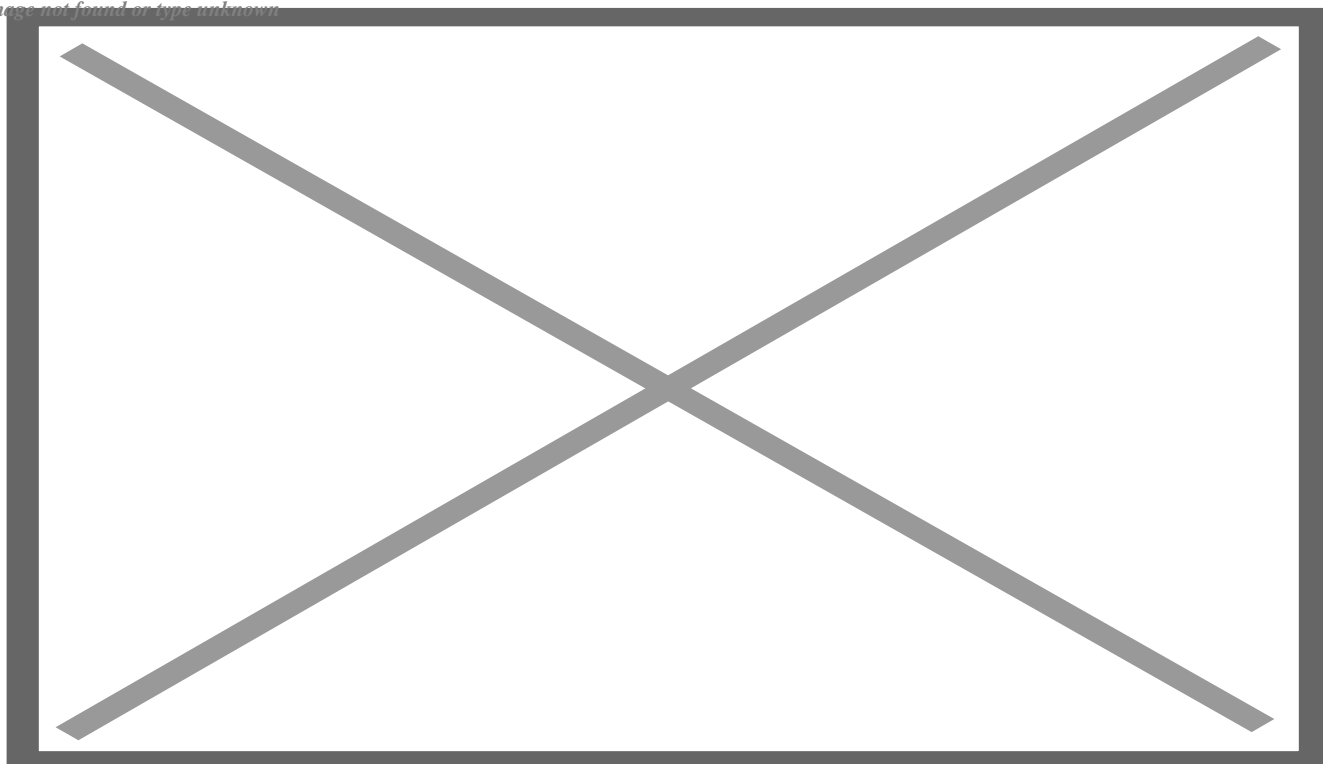


Cuba's Maykel Massó in Europe to continue knee surgery rehab

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Maykel Massó

Havana, January 30 (RHC) - Jumper Maykel Massó, one of Cuba's top athletes, will continue his rehabilitation in Europe after knee surgery, although he will not compete in the winter tour and has not set a date for his return to the track.

24 years old and Olympic bronze medalist in long jump in Tokyo-2020 (2021), Massó underwent an operation last July, after seriously injuring his knee in the middle of a jumping competition at the Centrocaribes in San Salvador.

"We are giving continuity to his rehabilitation by incorporating some elements such as jogging on the grass and exercises for the recovery of muscle tone of the quadriceps of the operated leg," his trainer Daniel Osorio told Radio Habana Cuba from Monte Gordo (Portugal).

On medical advice, we have not yet set a date for his return to the courts. "We will go little by little to be able to return when we are ready. The most important thing is his health," he remarked.

Massó, also fourth at the Eugene-2022 World Championships, traveled in the last few hours to the Monte Gordo training center along with four other jumpers from the island, including Centrocaribes champion Alejandro Parada.

Several of his teammates have uploaded in recent hours videos to social networks with phrases of encouragement for Massó, in which the jumper has been seen on the lawn of Monte Gordo jogging and smiling.

<https://www.radiohc.cu/index.php/en/noticias/deportes/345820-cubas-maykel-masso-in-europe-to-continue-knee-surgery-rehab>



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