



**Rams OL Joe Noteboom – Media Availability – August 21, 2020**

**(On what the rehab process was like for him before taking the field)**

"It was definitely extremely long. First and foremost, kind of feel hopeless and all that, but our training staff is so good. The process is so long, you can kind of get down on yourself and not feel like you're ever gone get back, but they did such a good job. I lost weight, I gained strength, so I feel better now than I ever had before. Pretty much I was around here the whole offseason. So, pretty easy transition to camp, and knee is feeling really good so far."

**(On if he ever worked with Sports Psychologist Dr. Carrie Hastings and if so what was the process like)**

"Yeah I did. A couple of weeks and we had to shut it down because Covid-19, but we would just go in and talk about how to get the right mindset and how to get the right mentality for rehab. Just kind of what we can do, not being able to move and be on crutches, just kind of get our mindset back into like we're playing a game or practicing just so we don't lose anything like that. Just kind of talking through how not to get down on yourself, and how to bounce back, and how to stay motivated, so she was really helpful for sure."

**(On if that mindset stayed with him throughout the whole process)**

"Yeah. She talked a lot about, kind of visual stuff because that's all we could do. Watch film and you could visualize yourself in there, visualize yourself running, doing certain techniques. So, you still can visualize stuff like that."

**(On if this was his first time working with a sports psychologist and if he was apprehensive about using that as a resource)**

"We actually had it in college available to us as well and the Rams always made it known that we have something like that here. I just feel like being injured, it was the perfect time to do something like that. So, people talk highly of her and what she has been able to do, so it was definitely very beneficial."

**(On if he is looking forward to practicing at SoFi stadium tomorrow)**

"Yeah, for sure. I haven't been there since it was under construction like two years ago. So, it wasn't anything in there. So, just to get in there and kind of, it's going to be the same, there's going to be no fans, so it'll be good. This is what it's going to feel like and just to get on the turf, and feel that out, so it'll be good for sure because it'll be the exact same atmosphere come game day."

**(On how he stayed engaged with the process while injured)**

"I was in many meetings. I went down to locker room before games and kind of hung out down there, went in after, still had a spot in there. I still hung out with everybody and went to like all the O-line dinners. Just wasn't able to practice. Everything else was pretty much the same, just trying to keep the same exact schedule going, so I didn't feel too much isolation there."

**(On how it feels to finally be out there practicing post rehab)**

"Yeah. So, it's actually a testament to our training staff. They've done such a good job. When you're in the middle of it, you kind of feel, you're like how am I ever going to be able to do anything like I was before. You can barely pick up your leg, let alone lift as much as you were before. Just how they were able to tell me to stay patient and trust the process, I feel better now than I did last year. So, just getting out there and feeling

that, is just extremely surreal and exciting to just go out there and feel like, better, let alone having the knee surgery. So, it's just makes me excited to just go out there every day and not take it for granted."

**(On how he felt being one of the strongest guys at his position to being physically challenged due to injury)**

"Yeah, for sure. That's one of the things we talked about. Just kind of not being able to take your competitive edge out on some things, because every day we're kind of doing something athletic. Just to not be able to do, like even walk around your house is just, you know, it was, easy to get down on yourself. So, just kind of talking through that with her and trusting the trainers promise. It really worked out in the end. Just not try to get too down on yourself through it and trust the process, was the biggest thing for that."

**(On was it a given that he would go back to playing where he last left off or was there any doubt once he arrived to camp)**

"In my mind the trainers were telling me I was going to be limited in camp coming into it. I guess that's where they felt good just putting me in there. The walk-thru is kind of fairly good. Was I expecting to come right back in there? No, but I'm just going to do whatever the coaches say. If they tell me to go in at left guard and that's where I'll be."

**(On if the O-line has a since of how they will lineup due to guys coming fresh off of injuries)**

"Pretty much right now we've been doing the same stuff every day. The guys who are in there. But we're just trying to listen to coach and we're just trying to get better as an O-line in general. It doesn't matter who's in there. He keeps three, four guys ready at all four positions. So, we're just running with what we got in there right now and trying to get better with those guys."

**(On how he feels where he stands with his development as a guard and how does he process it)**

"I definitely feel way better than I did last year. I felt good last year, but it was just kind of the inexperience at guard. That was my first time playing it. I definitely feel way more comfortable there right now. I kind of learned, like even when I wasn't playing I was just watching it over and over again. So, I think it's guard right now. I'm trying not to think about it if I'll play anything in the future. Just kind of trying to focus on guard because that's most likely what I'll be playing. But definitely feel way more comfortable there than last year."

**(On how many times he's heard Head Coach Sean McVay mention the Rams ecosystem and what he's learned about it)**

"Yeah, he does bring that up a lot. Culture is one of the big things he talks about, well as our team meetings where he'll talk about certain things we should have, or just around the building and how to approach everyday. Our big thing is be on time, that's our one rule. We're pretty relaxed other than that, but we try to keep everything detailed and stay on time. Ecosystems kind of, one of his big things, and team bonding and everyone on the same page, everyone's thinking about the same thing at once, have the same common goal. So, he does a good job of keeping everyone on the same page."

**(On the last time he's heard the word ecosystem before McVay started using them)**

"Probably early high school. Like biology or something."

**(On if there's anything he did differently during the recovery process to be in the best position possible)**

"Yeah. Talked with trainers a lot, talked with the nutritionist, talked with the strength staff. We're really trying to focus on lowering the body fat percentage, getting leaner, but maintaining that strength. They have all these numbers they keep track of. So, just trying to, I lost like 15 pounds from last year, but I'm stronger, I'm faster. They talk about, certain amount of body percentage lowers, has way more force so you're way stronger even though you lose the weight. So, just talking in like details and numbers like that, focusing on nutrition and just stuff like that. Just trying to get my body in better shape was the main thing. And definitely feels way better than last year."