



**Rams QB John Wolford – Media Availability – January 14, 2021**

**(On how he's feeling)**

"I'm feeling better. Just taking it day-by-day, making some progress and just trying to get back as quickly as possible."

**(On what it was like being taken in the ambulance after his injury)**

"I walked off the field and there was some stiffness in my neck. Just with that type of injury, the doctors and the paramedics that brought the ambulance thought it was best that I put the neck brace on and get on the chair, even though I felt completely like I could just get in the car and drive there. So that was just a precautionary measure and it's the safe thing to do. So, that's what we did."

**(On how disappointing it was to get injured)**

"I mean, it was not fun. I was extremely excited to have that chance in a big game up in Seattle. I really wanted to play that whole thing and really show what I had to offer. So just bad timing, but you take these things and stride, you move on, you work to get better and I'll be ready the next chance I get."

**(On what the injury is)**

"I'm not going to disclose exactly what it is."

**(On is it a possibility for him to available in the next round)**

"We're taking it day-by-day. So, I'm going to defer to the doctors on that. I'm going to do everything in my power to be ready as soon as possible and then we'll consult with them and see what their opinion is."

**(On how QB Jared Goff did after coming in)**

"I thought he did a good job. I mean, he's battling through it. He's 12 days off of surgery and we got a win as a team. That's not an easy thing to do, to come back that quick. I'm happy for him. I'm happy that he's progressing and he'll be ready to go again."

**(On when he returned to the stadium to continue watching the game after getting injured)**

"I would say probably late third quarter, I want to say is when I got back. I had them hold up a camera for me on the way to the hospital and while I was at the hospital so I could watch the game. I was tuned in the entire time."

**(On was he in connection with his family after getting injured)**

"The first thing I did when I got in the locker room was make sure that they knew I was okay. I had the team docs call my parents and anyone who was close to me that would be concerned, just to kind of alleviate some stress on them. They all had an idea that I was fine and when the picture surfaced, they at least didn't have to panic. I did have a bunch of texts from a lot of people, again. I keep having 600 texts in my phone at the end of these games, but it's all people who are wishing me well. It's unfortunate that the picture was taken because it made it look worse than it was."

**(On has he responded to any texts yet)**

"I've responded to a few. I'm just going to wait until the season ends and get back to everyone."

**(On what it means to still travel despite being inactive this week)**

"I think it's exciting. It's a historic venue. It's going to be a great game and anything I can do to support the team on the sidelines, something I see, etcetera, I'm going to be open to do it. So, I'm excited to go. It'll be a cool atmosphere to watch a game in. I'm excited for the guys to go out and compete."

**(On where he is in terms of functionality of his upper torso)**

"I feel like I'm progressing pretty well. It's not out of the question that – from a functionality standpoint, I'm not super limited, I would say. There just are risks with these type of injuries and coming back too soon, so that's kind of where we're at."

**(On how much will he be talking with Goff on the sideline during Saturday's game)**

"I'll be looking at the Microsoft Surface and then I'm obviously closely watching the game. So, it'll be the same rhythm that it was for the first 16 weeks of the year. Sometimes you get a feel for when a guy wants something or when he doesn't want to be bothered. We've kind of built a rapport in that regard. So, I'll be available just like I was the first 16 weeks."

**(On if he looks at his injury as another setback to overcome)**

"Yeah, absolutely. In life, everyone faces some adversity. I was extremely excited for that game. I really wanted to play and you kind of get thrown a curve ball, but that doesn't mean you sit around and mope about it the next couple of weeks. The only thing you can do is get back to work and work yourself to get better, one percent better every day, and that's the mindset I'm going to take. I'm not going to dwell on it. I'm not going to woe is me. It just is what it is, and you keep moving."

**(On QB Blake Bortles getting reacquainted with the offense)**

"I think this is his third week and he was with us all last year. (QB) Blake's (Bortles) a great guy to have in the room and he's a vet, I think this is his seventh year. He's pretty much got it down and he'll be ready to go if called upon."