

Football 209

Chapter 209 Eye Of The Tiger

The next few days passed by in a flash for Rakim and his family as it turned into weeks and eventually months. Rakim was transferred to the Ace Academy in Munich where he would undergo targeted rehabilitation. He travelled to the German country with his mother Lisa who made it a point to oversee his recovery.

The rest of the family would join them on weekends or sometimes Lisa would fly back to be with them. Rakim on the other hand hadn't left the facility since the moment he set foot in it. Whatever exercise his trainers wanted him to do he followed their instructions. He worked his hardest to retrain his right shoulder and integrate it into his body.

By the end of October, he regained a minimal range of motion in his shoulder. It no longer took him minutes to start an exercise allowing him to complete his yoga routine with much more ease. It still caused him pain when stretching beyond a certain limit but he prefers it from what he could do before.

Rakim's days at Ace Academy followed a strict regimen. Mornings began with physical therapy sessions, focusing on strength and mobility exercises. Afternoons were reserved for specialized training, where he worked on rebuilding his mobility and coordination. Evenings were for rest and reflection, often spent with his mother, as they underwent a yoga routine.

Being able to eat solids again was something he was thankful for as that proved to be the only thing he was thankful for. His every meal was colourful thanks to his mother making sure his diet was healthy and nutritious. The goal of regaining mobility in the first month was achieved like this as Rakim kept a singular focus.

November proved to be much more intense as his coaches had him do a lot of his training in the pools. First, they started him off with a dynamic workout that would challenge his range of motion. From squats to jumping jacks, all exercises were aimed at synchronising his right side with the rest of his body.

He would spend 2hrs a day doing exercise in or around the pool before being taken to a yoga routine. Doing these exercises caused his muscles to become more compact giving him a skinnier frame. All the fatigue from the day's workouts was figuratively squeezed out of him. He would undergo different massage sessions each one more bizarre than the next.

A big buff guy gave him one of the softest yet effective massages he had ever had in his life. If his massages made him feel like he was in heaven the little Polish woman named Anna made him question life. He felt like he was dropped from a plane only to be trampled by heard of wild horses.

If that wasn't enough she had a way of squeezing and pulling his muscles that made the pain last that much longer. Every time he received her care tears would involuntary well up in his eyes. Still, he would endure it with minimal complaints as her massages were quite effective.

All the tight knots created through the week of training would be released after her massages, allowing him to manoeuvre his body with more ease. By mid-November Rakim's progress since starting the new regiment was noticeable. He had regained significant mobility in his shoulder and was starting to feel like his old self again, though he knew he still had a long way to go.

The trainers seeing the progress he was making with his shoulder upped the intensity. They began focusing on rebuilding his overall strength and stamina. His coordination was improving, and he was able to perform exercises and drills that had seemed impossible just a week prior.

Rakim's days at the Ace Academy continued to be intense and structured. As the trainers pushed him harder, he found himself rising to the challenge, determined to reclaim his former physical prowess.

Each morning began with rigorous physical therapy, where he worked tirelessly on strength and mobility exercises. The afternoons were dedicated to specialized training sessions aimed at rebuilding his coordination and endurance.

By late November, Rakim's shoulder had regained around 80% of his mobility. He was starting to feel more like his old self, making him more excited to continue his training. Seeing his progress the trainers started to let him actively swim in the pool effectively working out his shoulders.

Once he started swimming his workouts in the pool became particularly challenging, yet he found them immensely beneficial. The resistance of the water helped strengthen his muscles while being gentle on his healing shoulder. Squats, jumping jacks, and other dynamic exercises became a part of his daily routine, helping to synchronize his right side with the rest of his body.

Rakim's workouts in the pool were gruelling but rewarding. Each session left him exhausted but also gave him a sense of accomplishment. He felt his body becoming stronger and more coordinated with each passing day. The combination of water resistance and dynamic exercises did wonders for his recovery, and he began to appreciate the intensity of his training regimen.

December rolled in, bringing with it colder weather as the Munich skies were painted white. Rakim's daily routine had become almost second nature to him. Mornings were still filled with physical therapy, afternoons with specialized training, and evenings with yoga and reflection. His shoulder and the right side of his chest were practically healed at around 98%.

The last per cent would be fixed with more progressive overload training aimed at building sturdy muscles to absorb impact. As for the final digit was mostly mental which would be addressed once he got back to actively playing. He would have to learn to trust that his right side wouldn't shatter after being hit with a tackle.

Seeing December pull in Lisa put a break to his training and dragged him out of the training centre. It was his first time stepping out of the facilities making him involuntary look around in curiosity. Before he could react she ushered him into a beige G-wagon she had chartered for when she was here.

The car ride was rather smooth going by in a flash for Rakim whose eyes were glued to the scenery outside. The highlight for him was when they drove by the Allianz Arena which stood in all its majesty. Seeing the beautiful stadium from afar gave him the urge to one day play there under the watchful eye of a roaring crowd.

It didn't take them long to arrive at their destination the Munich International Airport which was huge. The airport consisted of two layers due to the amount of traffic they received daily. Luckily they didn't have to wait or search around the airport for their guests since they were waiting at a nearby Starbucks.

At an impressive height of 6'4, his father wearing a casual navy suit and a matching overcoat was seated on a bench. In his left hand, he held today's issue of the Münchener Post and the other a pink strawberry frappuccino. His all-so-serious demeanour was shattered by the pink liquid he was sipping now and then.

Next to him were 3 girls dressed in stylish winter clothes animatedly chatting as they took pictures now and then. However, once they noticed him they all stopped and sped in his direction the next moment. Emma was the first to reach him pulling him into a hug before he could say Hi. With his height at 6'1, he only had an inch or so on her who perfectly inherited her parent's growth gene.

"Hello to you too angel," He whispered into her ear causing the girl to blush lightly instantly remembering his first words to her. Before she could respond Rakim was pulled into another hug by the other two girls. Lexi and May's hug was also abnormally long but it made sense since they hadn't seen each other in person the moment he left the US.

They only stopped hugging him when his father's voice resonated in their ears. "Someone's popular?" those simple words instantly made the two girls blush in embarrassment. "Old man shouldn't you be focusing on your wife," Rakim retorted with a sly smile as he noticed the less-than-pleased smile on his mother.

His father had yet to even hug his wife as he decided to tease us instead when he got close. Realising his mistake he instantly pulled her in a hug ignoring his pout as he planted a kiss on her. That seemed to do the trick as the two lovebirds instantly got lost in their world since they hadn't seen each other a lot over the months.