

'Isometric Contraction Helps Arm'—Eagles' QB

RG 8-15-62 *Exercise Aids Jurgensen*

HERSHEY, Pa., Aug. 14 (AP)—Sonny Jurgensen spent the winter trying to knock down walls.

As a result the brilliant passing quarterback of the Philadelphia Eagles is ready, willing and eager for the 1962 National Football League season.

There was grave doubt

that the 24-year-old Jurgensen, whose 235 completions and 3,723 yards gained last year established NFL records, would be the same after his arm was severely injured in the Rannerup Bowl game against Detroit at Miami last January.

But the 200-pound former Duke star is throwing the ball 60 and 70 yards these days at the Eagles' training camp and says he is feeling no pain. He credits a large part of his physical comeback to isometric contraction.

For the uninitiated, isometric contraction is pressing, pulling, pushing against walls or other immovable objects. Jurgensen says he also worked constantly with an isometric bar, a contraction stuck in a doorway, held fast by suction cups.

"I could hardly lift my arm after it was operated on last winter," Jurgensen recalled. "But two or three days of isometric exercises and I could throw a ball."

Jurgensen, whose 32 touchdown passes helped the Eagles finish second in the East, half a game behind Division Champion New York, says he was introduced to the isometric treatment at Florida State University where he went to help Coach Bill Peterson with spring training.

"Trainer Don Falls of Florida State touted me on isometrics," Jurgensen says. "It really strengthened my arm. I'm still doing it, but not as much as before."

Jurgensen says he feels fine, that the injury hasn't

affected his ability to throw. He's held up well under blitzing tactics in both practice and exhibition games.

"I'm not concerned about the arm," he asserts. "I'm busy trying to improve my passing."

How does a guy who gained almost 4,000 yards and tied the league record for touchdown passes improve?

"I'm working on hitting my secondary and tertiary receivers," he explains.

Jurgensen is forgetting all about last season. "You can't live on past laurels. What is it they say, you're only as good as your last game. That's an established fact."

"I don't expect to throw 32 touchdown passes again but I do hope to help this club win a championship. That's the important thing."