Austin's taking one step at a time

The Virginia Tech cornerback learned to take his time coming back from knee injury

By BUCKY DENT

BLACKSBURG — One step at a time.

From the moment Virginia Tech cornerback Larry Austin ripped the anterior cruciate ligament in his left knee Sept. 30 at Boston College, that's the approach he's used to get back to full strength.

"I looked at my rehab like we look at preparing to win by myself, didn't want to talk to nobody." — Larry Austin

"When I got the MRI result, I was devastated. I wanted to be by myself, didn't want to talk to nobody." — Larry Austin

Austin’s seclusion didn’t last long. He was required to see a counselor, who quickly got him on the right path.

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Moments later, Austin jogged off the field, fully confident that he would re-enter the game.

"The doctor looked at it and thought it was just a bruise, so he gave me a knee brace so I could go back out there," he said. "But I thought the knee brace was too tight, so I walked back to the doctor and my leg just buckled.

At halftime, Austin was informed he wouldn't finish the game. The next day, his worst fears were confirmed.

"I was praying it wasn’t an ACL," he said. "I was hoping it was maybe a strain or something else. When I got the MRI result, I was just devastated. I wanted to be by myself, didn’t want to talk to nobody." — Austin

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