

Washington Wizards Media Conference

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Washington, DC, USA

Kyle Kuzma

Media Conference



Knicks 126, Wizards 106

Q. First of all, how did you feel out there?

KYLE KUZMA: I felt great. Just blessed to be able to get back on the court. It's been a long month. Put a lot of work in to get back early. Typically my injury was a six to eight thing, breaking a rib, but just very thankful.

Q. It's not often that you sit out this long and then have to come back. What was that process like, given you haven't done it too often throughout your career?

KYLE KUZMA: I mean, it was a lot. It was a lot of solitude, just a lot of being by myself, which was great for me. It's probably one of the best times of my life, honestly, being hurt right now. I learned a lot, got stronger, got my body right because I've practically been hurt and on a minute restriction for every game but maybe two this year. So just happy to be back.

Q. You took a couple nasty falls tonight. How is your body feeling after those falls?

KYLE KUZMA: Oh, nothing. I feel great.

Q. It's not often someone says during a convalescence that you learned a lot. What did you learn and how did you grow?

KYLE KUZMA: Just as a person, having patience. Probably one of the bigger things that I don't have enough of, patience. I think being in that situation really allowed me to embrace that and then also just learning a little bit about just the body, anatomy, and just the respiratory system. Breaking a rib, I couldn't breathe for a couple days, so really just locking into those type of things, so it was great.

Q. How much did the injury restrict your mobility, and how much did it add as far as conditioning to get back?

KYLE KUZMA: I mean, a lot. I've probably been running for maybe 12 days now, 10, 12, 14 days. Still trying to get there, but we've got a great staff that have been taking care of me and getting me right.

Q. You talked about how you've been trying to adjust to a new role in this offense. How do you feel that progression went today?

KYLE KUZMA: Shit, I don't know. It was my first game. Felt good, though.

Q. It looked like Bub was in good spirits after the game. How nice is that to see after that scary moment he had out there?

KYLE KUZMA: Man, I'm just happy he's okay. He's a tough kid, took a tough, nasty fall, probably got hit in the head. I didn't necessarily see it, but just glad he was in good spirits. Love Bub, so happy for him to be healthy.

Q. You told us kind of what you thought about for yourself while you were out. What stood out to you about the team as you observed from that perspective?

KYLE KUZMA: I mean, playing with a lot more energy. I think tonight was probably the first night the team lacked that in quite some games, and I think just learning more about the young players and watching them expand and grow has been beautiful. Love watching Bilal blossom, love Alex coming along really well offensively from the start of the season to now, and just collectively as a team just playing a little bit more cohesive. It's looked good some nights, so yeah.

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