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## Hamilton continues to make progress

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OAKLAND -- Josh Hamilton, who is sidelined with small fractures in two bones in his right rib cage, continues to report improvement in that area. The Rangers' outfielder had two injections on Tuesday to relieve the pain and inflammation.

Hamilton did a stationary bicycle for 15 minutes and some light exercises to strengthen his core and abdominal muscles. Dr. Robert Watkins, the back specialist who is now treating Hamilton, wants him to build up the muscles in those areas before resuming baseball activities.

"Today was the first day I got my breath going and was out of breath," said Hamilton, who has found deep breathing painful because of the injury. "That's encouraging. The shots seem to be helping with the pain factor. I'm going to keep doing something every day as long as it's not setting me back."

Hamilton injured himself falling into the center-field wall while making a catch on Sept 4 in Minneapolis and has not played since then. The Rangers, going into Thursday, had 11 games left in the season and Hamilton is still hoping to play in at least the final three. That would allow for 12-15 at-bats in preparation for the playoffs.

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