

Berto Can Begin Light Sparring

Written by The Sweet Science
Tuesday, 11 March 2014 16:04



(LOS ANGELES, CALIF.) - Former two-time World Champion **Andre Berto** (Winter Haven, Fla.) has received clearance to begin light sparring following his August shoulder surgery. Berto returned to Dr. Neal ElAttrache's office for a follow-up appointment on Monday, during which the world-renowned surgeon also stated that he could begin full contact sparring in mid-April.

"These last seven months and the whole rehab process haven't been easy at all, but it was worth it to finally be able to get back in the ring," Berto said. "I'm refocusing all my energy on coming back at 100% and showing all of my fans the best Andre Berto both mentally and physically. I have learned a lot during this time off and everyone is going to see all of that in my next fight."

Berto suffered a tendon tear in his right shoulder in the second round of his July match-up with Jesus Soto Karass in San Antonio. He underwent successful surgery on August 14, 2013, and has been doing rehabilitation in Los Angeles and San Francisco over the past seven months.

Despite the sparring restriction, Berto spent nearly a month earlier this year in the Bay Area with his trainer Virgil Hunter honing his skills. He plans to return to northern California in the next month to resume training and is currently focused on his conditioning work near his Los Angeles home until that time.

Berto and his team are tentatively looking at a July date for a return to the ring for the 2004 Haitian Olympian.

Berto Can Begin Light Sparring

Written by The Sweet Science
Tuesday, 11 March 2014 16:04

[WATCH RELATED VIDEOS ON BOXINGCHANNEL.TV](#)