

Carmelo Anthony Nurses Elbow

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Yesterday, the New York Post reported that Carmelo Anthony has been prohibited from lifting weights and shooting since secretly rehabbing a bum right elbow since the season ended in late April. After his second game as a Knick on Feb. 25 in Cleveland, Anthony said his right elbow felt numb in the fourth quarter. Stating the following:

"When I shoot it's hard for me to follow through after a shot, it's just painful,"

Well with the recent NBA lock out...you have plenty of time to recover Melo!!