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Aljamain Sterling Thanks Doctor and Medical Staff as He Begins His Road to Recovery

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By [AKSHYAY SRICHANDAN MAHAPATRA](#) 

After his disqualification win at UFC 259, Aljamain Sterling became the first fighter to claim the belt in that fashion. Following his triumph, 'Funk Master' opted to cure a niggling issue and underwent neck surgery. The fighter needed surgical procedures to get rid of the muscle weakness caused by the narrowing of the left neural foramen between the C6 and C7 vertebrae.

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His surgery was successful, and he took to Instagram to show his appreciation towards his doctor and the entire medical team. ‘Funk Master’ said in his Instagram post, *“HUGE thank you to Dr. Robert Watkins Jr for repairing my neck with an artificial disc replacement, at the C6-C7 level. Most of strength came back immediately and so far, there’s no more numbing or tingling pain!”*

He further says, *“The entire staff @cedarssinai were amazing, and I appreciate all of our conversations today.”*

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HUGE thank you to Dr. Robert Watkins Jr. [@robertwatkins4](#) for repairing my neck with an artificial disc replacement, at the C6-C7 level. Most of strength came back immediately and so far, there's no more numbing or tingling pain! The entire [@cedarssinai](#) staff were amazing, and I appreciate all of our conversations today.

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April 15th begins Day 1 of my road to recovery! I'll be sharing a lot of my experiences with you all as best as I can on my YouTube podcast ([@theweeklyscraps](#)) as well as IG. Looking forward to living a pain free life again! 🙌🙌🙌🙌🙌

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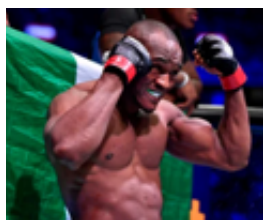
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Sterling added that he would share more of his recovery videos in the coming future. Rehabilitation and training will be important, as Sterling is all set to return in a title fight against **Petr Yan**, who was dominating before he landed the illegal knee in round 4.

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'Funk Master' (20-3) was on a five-match win streak before facing Yan. His win prior to the fight against 'No Mercy' came against Cory Sandhagen at UFC 250. He won the fight via submission in the first round and earned his first 'Performance of the Night' bonus to seal his spot as the top contender.

His last loss came against Marlon Moraes, who defeated him via first-round KO in December 2017.





PHOENIX, ARIZONA – FEBRUARY 16: Aljamain Sterling poses on the scale during the UFC Fight Night weigh-in at Comerica Theatre on February 16, 2019 in the Phoenix, Arizona. (Photo by Josh Hedges/Zuffa LLC/Zuffa LLC via Getty Images)

Sterling is expected to be out for the rest of the year, as the rehabilitation process will take time. Meanwhile, the UFC could make an interim title fight involving top contenders like Yan, Sandhagen, or Rob Font. What do you think about UFC's plan going further? Will the challengers bide their time, or will they be as active as 'Funk Master' was before he became champion?

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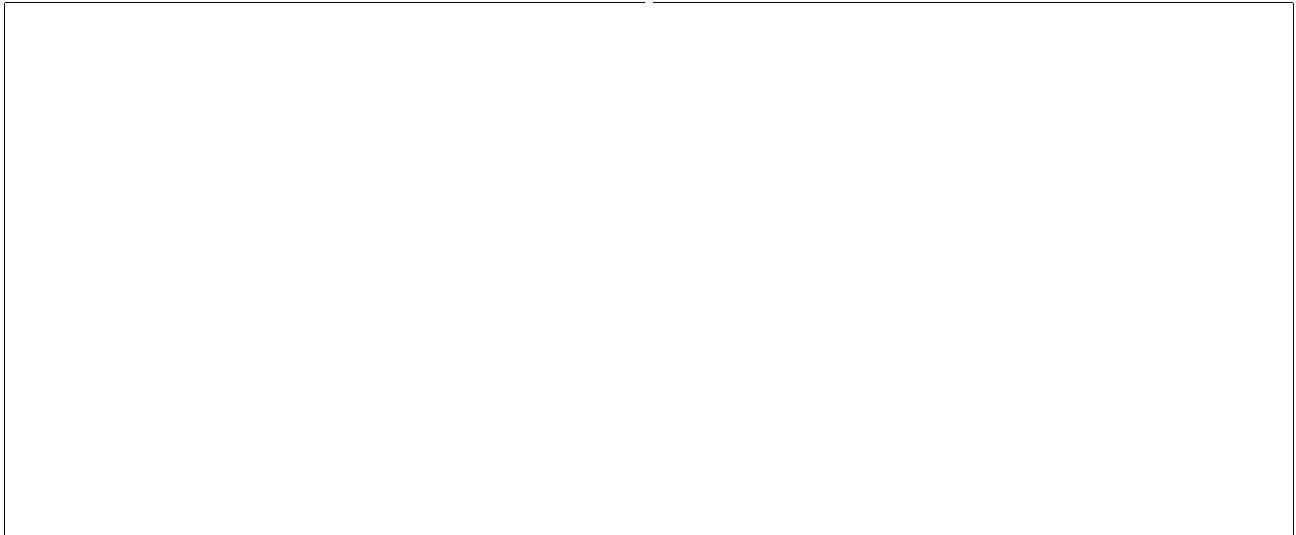
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Akshyay Mahapatra is a UFC author for EssentiallySports. He wished to combine his passion for the UFC (that he has been following since 2008) as well as his love for writing. This motivated him to enter the world of combat sports journalism.

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