

August 7, 2026

DE Dorance Armstrong

On how it feels to be back:

"It feels good. I'm excited to be back. It's been a long journey for me. A lot of ups and downs throughout the process, but it feels good to be back outside with the guys."

On what it was like to be out with an injury:

"It's just been a grind, you know? A long nine months. A lot of work into it. And, you know, that's really it."

On when he started to feel like himself again:

"About three, four weeks ago. I was really starting to move around, turn the corners, change the direction, just the basics that come with the position, so yeah."

On the mental toll of recovery:

"A lot of good days, a lot of bad days, a lot of days that you just sometimes may wanna give up but gotta push through. And having a strong support team."

On reminding new players that he's the sack leader on the team:

"They know what's up."

On how big the team can be up front:

"I mean, as far as the, the sky's the limits. We got a lot of good guys that can rush, across the whole board. And we're just looking to be better than what we was last year."

On what he learned about himself throughout the process of recovery:

"That's a great question. I feel like patience was the biggest thing and keeping my mental strong. There were days where I felt like I was good and where I thought I was ready to go a while ago and I got results that showed that I wasn't, but I still had to continue to push to get to where I am today."

On learning the new scheme:

"I just gotta put in more work to make sure I know the scheme. I couldn't do the walkthroughs and stuff, but I had to get with the coaches, find extra time, steal their time and make sure I know my stuff."

On the team adding more pass rushers overall:

"That just makes us stronger, you know? I guess the better the pass rushers, the better our team gonna be. And so, like you said, we didn't have a lot of help last year, but now we got guys that, you know, [are] young, fresh, and ready to go."