

Hibs' defender Darren McGregor hopes to be back for Aberdeen game



Hibs defender Darren McGregor hopes to be fit enough to be included in the team to face Aberdeen at Easter Road Stadium a week on Saturday as he continues his recovery from injury.

Hibs have a free weekend after going out of the Scottish Cup which will allow him more time to recover from the slight strain picked up in the 2-1 victory at home to Motherwell.

The 32-year-old was taken off to prevent the injury worsening during the closing half hour of the game thanks to the advice of Nathan Ring, Head of Sport Science and Medicine.

McGregor told Hibernian Media: "I'm hoping to be back running by the end of the week. The injury was nothing more than a slight niggle.

"I thought it was a little bit of cramp and that's why I played on. I felt it about two minutes into the second half, which I thought was down to sitting down for 10 or 15 minutes in the second half.

"I thought that I could run it off, but it turned out to be more than cramp. Because I haven't had any muscular injuries, I spoke to Nathan who advised me to come off as a precautionary measure.

"He told me that hamstrings can be a volatile thing and advised me not to play as I could tear it and be out for a while.

"The type of niggle I picked up usually recovers in about ten

days, so I will be back next week and hopefully in contention for the Aberdeen game.

“As good as the team done at Ibrox, it is vital to get experienced players back ahead of a big match.

“Youth is one thing, and we’re blessed at the minute with really good youngsters coming through, but you also need the guys who have been there and done it.

“I’ve been there, as have Paul, Steven and Dave, and it’s about having the right blend of player and mixing youth and experience, which is something that the gaffer knows about and is doing well.

“I’m looking forward to the game and maybe being involved, because I think we are due a good result against Aberdeen.”