

# Mario Herrera Sets Recovery in Motion, Recalibrates Early 2026 Plans

*Super middleweight Mario Herrera begins therapy after sustaining injuries during CPD duty late last month, prompting a short adjustment to early 2026 plans.*

CHICAGO, IL, UNITED STATES, December 8, 2025 /EINPresswire.com/ -- Undefeated professional boxer [Mario Herrera](#) (9-0-1, 7 KOs), a Chicago native and active Chicago police officer, is beginning a targeted therapy program this week after sustaining injuries during CPD duty late last month. Herrera suffered left-side injuries impacting his hand, shoulder, and lower back, leading to a brief pause in full-intensity training and a careful recalibration of early 2026 fight timing.

Herrera's team confirmed the injuries are being addressed proactively through therapy and recovery work designed to support a full return without compromising long-term performance. The focus, Herrera says, is to rebuild correctly and come back sharper, not rushed.

"I'm not the type to cut corners with my body," Herrera said. "This is my career and my calling. I got hurt doing my job, so now I'm doing the right thing, therapy, recovery, and a smart return. When I step back in, it'll be the right way."

Known for his pressure-driven style and calm counterpunching, Herrera has built his undefeated run on controlled aggression, a pace that breaks opponents down while staying defensively responsible. Even while managing recovery, he remains mentally engaged in the technical areas that define elite contenders: timing, patience, and clean execution under pressure.

Herrera has balanced boxing and public service throughout his career, working overnight patrol shifts and training afternoons. That rhythm shaped his rise from a decorated amateur background into an unbeaten professional, and it continues to resonate across Chicago among



Mario Herrera balances recovery and readiness, keeping his 2026 momentum moving forward

supporters who see him as a fighter built on substance and service.

"Chicago doesn't respect talk, it respects work," Herrera said. "That's how I live and how I fight. This setback doesn't change the mission. It just makes me more focused on the details."

Alexsis Pappas, Herrera's manager, emphasized that this recovery phase is strategic, disciplined, and built for longevity at the highest level.

"Mario is an elite professional, and elite professionals don't gamble with their future," Pappas said. "He's taking care of his health the right way so that when 2026 opens up, he's not just back, he's better. His focus, discipline, and character are exactly why Chicago stands behind him."

While therapy begins, Herrera will continue reduced-impact conditioning and skill work as cleared by his medical team. His camp is expected to ramp up steadily as recovery progresses, with early-season planning adjusted to match his return to full readiness.

Herrera also continues using his platform to encourage younger fighters to value patience and discipline over rushed momentum, lessons drawn from both boxing and public service.

"I want young athletes to see that setbacks don't define you," Herrera said. "How you respond does. I'm staying steady, doing the work, and trusting the process."

Further updates regarding Herrera's recovery and 2026 schedule will be shared as therapy progresses. Official news and training updates are available at [www.teamherrerachicago.org](http://www.teamherrerachicago.org) and on Instagram at @Mario\_Herrera22.

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