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Lions trade lineman Tyler Polumbus to Seattle

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The Detroit Lions made two roster moves today to get down to the 75-man limit, moving cornerback Jack Williams to the reserved-physically unable to perform list and trading offensive lineman Tyler Polumbus to the Seattle Seahawks for a seventh-round 2012 draft pick.

Williams has not practiced this fall as he continues to recover from the torn knee ligament he suffered last November in his first game as a Lion. He was on the active PUP list before today.

By starting the season on PUP, Williams must sit out the first six weeks. He's eligible to return for the Lions' Oct. 31 game against the Redskins.

By trading Polumbus, the Lions got something in return for a player who wasn't a lock to make the team after being claimed off waivers a week earlier from the Denver Broncos.

Last year, the Lions made a similar move, claiming quarterback Kevin O'Connell off waivers from the Patriots and trading him to the Jets days later for a conditional draft pick.

The Lions and Seahawks have completed two trades in the last two weeks and three since the end of the 2009 season.

The Lions dealt a sixth-round pick to the Seahawks for defensive end Lawrence Jackson last month and acquired guard Rob Sims for defensive end Robert Henderson and an exchange of picks in April.

Teams have until 6 p.m. Saturday to cut their rosters to 53 players.

Running back Kevin Smith and safety C.C. Brown were not taking part in the individual portion of practice this morning. Louis Delmas (groin) and Jonathan Wade (finger) returned to practice after sitting out Monday with injuries.

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