

POWER RACING UPDATE

Karl Power Update – 07-11-2012

No news is normally good news but not in my case.....

Just over 4 weeks ago I had a serious crash while training and manage to break my thumb in an unusual way. It was a fracture in my right hand and at the base of my thumb resulting with some metal in my hand. After surgery, post 4 weeks now things are back on track. Going to rehab and getting some movement back in my thumb.

You know the pain of hurting yourself and there is the pain of not racing and competing at a high level – I'm not sure which hurts the most? Once again racing has been put on hold and getting healthy is at the top of the list. I am told 12 weeks to a near 100% recovery (give or take). But on the bright side in between every time I have been injured this year I have come back to win every race entered – you think it would be easy just not to crash.

There were a few good races I was looking forward to coming into summer but these plans are on hold for the mean time.

Goals from here for the next month is to get healthy and my thumb back to 100% and hope to have some good news sooner rather than later.

Below is a picture from my check up today.

Regards,

Karl Power

