

# AdvanceHealing

Summer 2007

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## The Dog Days of Summer



**Dive Right In**

**Management  
of Scar Tissue**

**Life in the  
Fast Lane**

# LIFE IN THE FAST LANE



The thrill of the ride, the freedom of the track, the sleek and powerful design of the bike, mixed with a hint of forbidden indulgence... those are just a few of the reasons why motorcycle racing has become so popular. Dr. David Boll is lucky enough to combine his love for motorcycles and racing with his love for medicine and rehabilitation into his role with Safety First Racing.

Safety First Racing is a motorcycle racing and safety services company committed to educating children and their families about the importance of wearing helmets and overall bicycle safety. The team travels to schools giving presentations, and has impacted over 10,000 young minds since its development in 2002. The team owner, Kevin Hanson, is a former police officer and former professional motorcycle racer who believes in the power of education to prevent injuries and deaths related to bicycle accidents.

When Safety First Racing is not giving presentations at schools the team is traveling the AMA Superbike motorcycle racing series. The series takes place every year from March through September. Dr. Boll is the only doctor that travels the entire Superbike series. He has been with the team for three years, and acts as both operations manager and sole physician. Even though he is part of the Safety First Racing team he takes the time to care for racers from other teams as well.

The Safety First Racing Team is made up of Bobby Fong and Scott Ryan. Fong is only 16-years-old, but has already become an accomplished racer for the team. Ryan is also a decorated racer, and aspired to be a professional racer since age eight. Both racers ride Suzuki GSXR600's in the superbike series, but have backgrounds in other racing styles as well. Dr. Boll cares for both Ryan and Fong, but also cares for many other racers traveling the series with different teams.

Dr. Boll resides in Appleton, Wisconsin where he is one of four doctors in the office he works at. Back home he focuses on athletic rehabilitation, and utilizes Kinesio taping methods often. As a fan of Kinesio tape it was only natural to introduce it to the racetrack. He uses the tape mainly for soft tissue injuries and strains. He also uses the tape for arm pump, which is "when the fascia muscle does not expand with the muscle as it's worked." Even though motorcycle racers have significant arm strength there are some courses that are harder on the body than others. In that case, riders often complain of severe tightness in the forearms, along with tingling and numbness. It is a common motorcycle related injury and is often treated with surgery, but Dr. Boll finds that Kinesio tape really helps with the arm pump when he tapes the muscles of the forearm in support, which allows for better lymph and circulation flow. "In most cases, it knocks arm pump right down, in some it lessens it and allows the riders to go the full 45-60 minutes hard," said Dr. Boll.

Even with his busy schedule, Dr. Boll, also finds time to contribute to his pod cast and his motorcycle oriented blog, Side Stand Cafe. His desire to heal and his passion for racing have allowed Dr. Boll to lead quite an exciting lifestyle.



If you would like more information about Safety First Racing visit their website at: [www.safetyfirstracing.com](http://www.safetyfirstracing.com)  
Kinesio Taping is a proud sponsor of Safety First Racing.