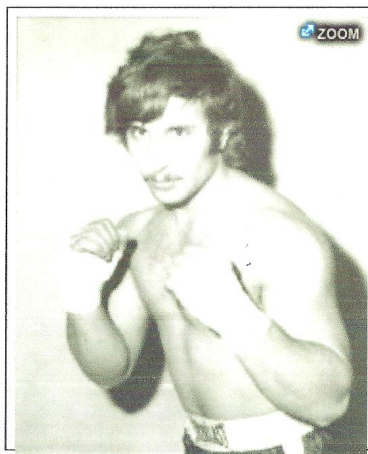


## Former Boxer Ray Ciancaglini Spoke In Canisteo

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His message: Don't Ignore Concussion

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**CANISTEO, NY** - A sports tip for young athletes: don't ignore your concussion and get back into the game too quickly after a head injury. That's what concussion expert/former middleweight boxer Ray Ciancaglini of Seneca County is telling students across the state.

Ciancaglini, who spoke at Hornell and Dansville schools recently, will be talking with parents and students at Canisteo Greenwood School officials tonight at 6pm at the high school in Canisteo about concussion management.

Ciancaglini tells the story of how he got back into the ring to quickly during his boxing years, while he was supposed to be recovering from a concussion. The former boxer stresses the importance of understanding that head trauma is not just a problem at the professional athlete level. "Most people are under the misconception that any type of brain damage from concussions only happens to pro-football players or pro-hockey players or boxers. That's not true. Injuries to the brain can happen right at Vince Lombardi, they can happen in high school or in college sports. The repercussions can be

life-changing."

Ciancaglini talks about the steps to recovery from a concussion. "I call it the 'three big R's'," Ciancaglini told WLEA/WCKR News. The first big R is report. That's so important, report the injury. With a head injury, even if you think the symptoms are mild, report it, no matter how mild you think the symptoms are. The next two are Rest and Rehabilitation, and they go in according to your doctor's instructions and your school concussion protocol."

Ray Ciancaglini, who suffers from serious head trauma, explains how young athletes often rationalize their way out of taking the proper time out to recover. "They worry about things like scholarships, and missing their starting position, peer pressure, there are a lot of things that weigh in on that. But once they realize how serious a concussion is, and they get that education, it puts a lot of that to the wayside."

Ciancaglini has been interviewed by YNN, ABC News and numerous other media outlets about his story. His website is [www.thesecondimpact.com](http://www.thesecondimpact.com).