

DRIVING AFTER CONCUSSION: IS IT SAFE TO GET BEHIND THE WHEEL?

In a recent study using a driving simulator; asymptomatic, concussed participants exhibited poor vehicle control, especially when navigating curves.

Asymptomatic participants with a concussion exhibited **32%** more lane excursions than healthy, matched controls.

The asymptomatic concussed group showed more variability in speed adaptation and tended to drive closer to the road edge when compared with the control group.

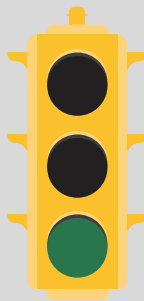
DRIVING BEHAVIORS

ATHLETE OPINIONS

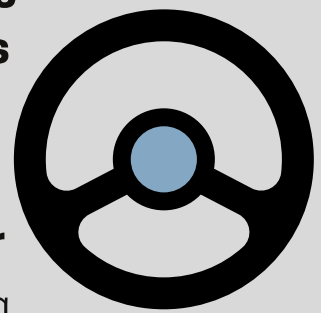
Overall, **student-athletes felt driving immediately after concussion was not safe** and that they would be unlikely to drive following a concussion

The **majority** (56%) of student-athletes who suffered a concussion **did not refrain from driving** at any point following their concussions.

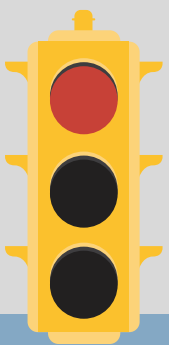
Athletes who continued to drive commonly indicated (31.4%) that they **did not refrain from driving because a health care provider had not advised them to do so.**



Perceptions of safety were higher when student-athletes thought of themselves as the driver instead of the passenger in the car being driven following a concussion



Athletes who did not drive commonly indicated (33.3%) that they **refrained from driving because a health care provider advised them to do so.**



Overall, **athletic trainers agreed that drivers post-concussion were a danger on the road**, but only **somewhat agreed that patients should refrain from driving until cleared** by a medical professional.

ATHLETIC TRAINER MANAGEMENT



Driving Behaviors: Julianne D. Schmidt, et al. (2017) Driving after concussion: Is it safe to drive after symptoms resolve? *Journal of Neurotrauma*, 34:1571-1578.

Athlete Opinions: Julianne D. Schmidt, et al. (2018) Post-concussion driving behaviors and opinions: A survey of collegiate student-athletes, *Journal of Neurotrauma*, 35:2418-2424

Athletic Trainer Management: Julianne D. Schmidt, et al. (2019) Post-concussion driving management among athletic trainers, *Brain Injury*, 33:13-14, 1652-1659