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.

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

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.

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

Athletic Trainer Management:
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.

Driving Behaviors:

Athlete Opinions:

Athletic Trainer Management: