

# Driving Experiences of Individuals with Chronic Pain



## Prolonged sitting in a car flares up pain

“ Sitting for long periods of time in the car becomes an issue and then you're in so much pain. I think that's when accidents are likely to happen (F, 52). ”

## Difficulty monitoring the road environment

“ Shoulder checking to look right is probably the biggest problem I have noticed - to give way, to change lanes (F, 43). ”

## Avoid driving in peak traffic hours

“ I avoid peak hours at all costs because that means that I am sitting for longer, which then impacts my back (F, 52). ”

## Using activity pacing strategies for driving

“ I just drive shorter trips now. I cannot be in the car longer than 20–30 mins. I need to take breaks (M, 53). ”

## Avoid driving when experiencing medication side-effects

“ When I take the stronger medication, I can't concentrate, so I don't drive (F, 36). ”

## Physical & cognitive difficulties lead to slower reaction time

“ I have to concentrate a lot harder. My reaction time is a lot slower than it used to be (F, 38). ”

“ If I drive and my knee is bent for a long time, it affects my ability to brake quickly (M, 64). ”

## Driving concerns rarely initiated by health professionals

“ It's up to the individual. If I had been a negligent person, I probably could have done a bit of damage in my own vehicle (M, 56). ”

## Not discussing driving difficulties out of fear of limiting driving

“ Most people with disabilities aren't likely to bring it up because we don't want to be told we can't drive - that would severely impact our freedom to get around. I wouldn't be likely to mention it unless I thought I was a danger on the road (F, 58). ”

## Driving Difficulties

## Self-regulation Strategies

## Potential Barriers

### Read the full paper:

Vaezipour et al. (2022). Exploring driving behaviour from the perspectives of individuals with chronic pain and health professionals, Applied Ergonomics. DOI: 10.1016/j.apergo.2022.103755.

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