



DOT Medical Clearance Request

Post-Traumatic Stress Disorder (PTSD)

In accordance with Federal Motor Carrier Safety Administration (FMCSA) guidelines, we respectfully request your professional opinion regarding this driver's ability to safely operate a commercial vehicle given their diagnosis of **Post-Traumatic Stress Disorder (PTSD)**. The medical examiner will use your clinical input to determine whether this driver's condition and treatment are unlikely to interfere with the ability to safely operate a commercial motor vehicle.

PATIENT NAME	DATE OF BIRTH

FMCSA Guidelines — Post-Traumatic Stress Disorder (PTSD)

Note: Per the 2024 FMCSA Medical Examiner's Handbook, PTSD now has a dedicated section and is evaluated on a case-by-case basis under 49 CFR §391.41(b)(9). This is a significant 2024 update — PTSD was previously evaluated under the generic mental disorders framework with a strong disqualifying tendency. The medical examiner must assess whether the PTSD condition itself, or the medications used to treat it, are likely to interfere with the driver's ability to safely operate a CMV. Psychiatrist or psychologist clearance is required. A minimum of 12 months of symptom stability is the clinical benchmark for certification consideration.

For certification, please confirm:

- How long the driver has been **Driver has been stable and symptom-free for a minimum of 12 months — no active intrusive symptoms, hyperarousal, avoidance behavior, or dissociative episodes during this period** unaccompanied by suicidal behavior (minimum 6 months required)
- How long the driver has been **No psychiatric hospitalization, crisis intervention, emergency psychiatric evaluation, or involuntary hold within the past 12 months** (minimum 1 year required)
- Current psychotropic medication regimen documented (SSRIs, SNRIs, prazosin, or other agents) with prescriber attestation that medications at current doses do not cause sedation, cognitive impairment, or psychomotor slowing that would interfere with safe CMV operation
- No active suicidal ideation, self-harm behavior, or homicidal ideation within the past 12 months
- Treating psychiatrist or psychologist clinical opinion that the driver is currently able to safely operate a commercial motor vehicle given their current level of functioning and treatment status

The following are disqualifying:

- **Active PTSD symptoms interfering with daily function — active intrusive symptoms (flashbacks, nightmares), severe hyperarousal, or dissociative episodes within the past 12 months**
- **Suicidal ideation, self-harm behavior, or homicidal ideation within the past 12 months**
- **Psychiatric hospitalization, involuntary hold, or crisis intervention within the past 12 months**
- **Current psychotropic medications causing sedation, cognitive impairment, or psychomotor slowing at current doses that would interfere with safe CMV operation — including benzodiazepines prescribed for anxiety or sleep at impairing doses**
- **Active co-occurring substance use disorder that has not been addressed and would independently affect certification**
- **Driving-specific PTSD triggers — documented history of trauma responses, panic attacks, dissociation, or hyperarousal specifically triggered by driving, highway settings, or commercial vehicle operation**



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Commercial Driver Physical Demands

Commercial motor vehicle operation places substantial physical demands on drivers that extend well beyond the act of driving. Drivers are routinely required to load and unload cargo, couple and uncouple trailers requiring full range of motion to climb, grip, and pull, lift and install tire chains weighing between 35 and 90 pounds, and tarp open trailers requiring lifting motions of 50 to 100 pounds — often after extended periods of sitting without a stretching period. In addition to these labor demands, drivers must maintain sustained perceptual alertness, control an oversized steering wheel, operate manual transmissions, maneuver large vehicles in confined spaces, and safely enter and exit the cab, which is physically comparable to climbing a ladder. These combined physical and cognitive demands should be carefully considered when determining this driver's fitness for commercial driving duties.

Provider Certification

- ☐ **CLEARED** — The driver meets the above requirements and in my clinical opinion is medically cleared to safely operate a commercial motor vehicle.
- ☐ **NOT CLEARED** — The driver does not meet the above requirements and in my clinical opinion cannot safely operate a commercial motor vehicle at this time.
- ☐ **CLEARED WITH DISCRETION** — The driver does not meet one or more guidelines; however, in my clinical opinion the driver is safe to operate a commercial motor vehicle for the following reason(s):

PROVIDER NAME (PRINT)

SPECIALTY / TITLE

DATE

PROVIDER SIGNATURE

ADDRESS (CITY, STATE, ZIP)

PHONE / FAX

This form must be completed and signed prior to the scheduled examination date. A physician office stamp is strongly recommended to validate the authenticity of this document. Incomplete or unstamped forms may delay the certification process. Thank you for your cooperation in supporting the safe operation of commercial motor vehicles on our nation's roadways. [RoadReadyMed.com](https://www.RoadReadyMed.com)