

**Position Statement –NC Board of Physical Therapy Board of Examiners
Approved: June 16, 2011**

20. Nutritional Supplements, Vitamins, Over-the-Counter (OTC) Medications

Posted: June 22, 2011, June 17, 2015

Reviewed- June 6, 2018, June 8, 2022, June 5, 2024

Updated: September 02, 2020

In accordance with the following Board rule:

SUBCHAPTER 48C - SCOPE OF PHYSICAL THERAPY PRACTICE

SECTION .0100 - PHYSICAL THERAPISTS

21 NCAC 48C .0101 PERMITTED PRACTICE

- (a) Physical therapy is presumed to include any acts, tests, procedures, modalities, treatments, or interventions that are routinely taught in educational programs or in continuing education programs for physical therapists and are routinely performed in practice settings.

the Board determined that the selling or promoting the use of nutritional supplements/vitamins/over-the-counter (OTC) medications to patients/clients does **not** fall under the purview of physical therapy practice as it does not meet the criteria as outlined above.

Similar to the practice of promoting vitamins, nutritional supplements and over the counter medications, the promotion of CBD products does not meet the criteria as laid out in 21 NCAC 48C .0101. CBD products can vary widely with regard to ingredients, manufacturing, and quality, and the promotion of these products does not fall under the purview of physical therapy practice at this time.

*Kathy Arney, PT, MA, Executive Director
NC Board of Physical Therapy Examiners
8300 Health Park, Suite 233, Raleigh, NC 27615
Phone: 1-919-490-6393/800-800-8982
karney@ncptboard.org /www.ncptboard.org*