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  
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.

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