

The Use of Topical Cannabidiol (CBD) Oil in Musculoskeletal Treatment

Preamble

The AAMT Code of Ethics and Standards of Practiceⁱ governing massage therapy apply to the topical use of cannabidiol (CBD) oil in musculoskeletal treatments.

Aim

This position statement is to serve as a context for therapists to work within an appropriate manual therapy practice. They provide a platform from where the National Ethics Committee can make an informed determination in relation to any complaints that arise.

Position Statement

The research on the benefits of the use of CBD Oil in musculoskeletal treatment is very limited and an informed decision about the benefits is difficult to make.

Currently, there is no research available about the risks for the therapist when using CBD Oil.

Due to the lack of research available supporting the benefits of using CBD oil in musculoskeletal treatment, or for the effects of CBD Oil on the patient and the therapist, along with relaxed regulation and testing of imported cannabis for quality, and no batches of oil being the same, the use of CBD oil is at the discretion of the therapist and the patient.

This Position Statement will be updated as necessary subject to availability of further research.

Decision-Making (Therapist and Patient)

Every therapist has the right to make the decision about the appropriateness and application of CBD oil during a treatment. The therapist should consider their scope of practice, the possible risk factors when considering the use of CBD oil on the patient, and on themselves, including short and prolonged use.

The therapist must recognise, accept, and respect the right of every individual patient to choose whether they wish to decline treatment with CBD Oil.

It is also reasonable for the therapist to refuse the use of CBD Oil or to decide to wear gloves during a massage that the patient has requested CBD oil be used.

Informed Consent

When CBD oil is used during treatment, the therapist must ensure written informed consent is obtained from the patient. Treatment notes should include when CBD oil was included in treatment.

Insurance

Members are advised to check with their insurance provider regarding insurance cover for the use of CBD Oil.

Members who are insured with Aon should note:

The use of CBD oil is approved, subject to the following conditions, and the policy wording terms, conditions and exclusions:

- The oil is provided by the Insured's patient. The Insured is not covered for the supply or prescription of CBD oil.
- The Insured has disclaimers in place around the use of the CBD oil within their practice.
- The Insured is not recommending the use of CBD oil but is only using it at the request of their patient.

Whether insured with Aon or with another insurance provider, members are advised to check their specific cover for the use of CBD Oil and contact their insurance provider directly.

ⁱ Code of Ethics and Standards of Practice