

Cannabis and Physical Therapy

Cannabis is the genus of plants including marijuana and hemp. Both marijuana and hemp contain the Cannabinoids CBD (Cannabidiol) and THC (delta-9-tetrahydrocannabinol). Hemp contains more CBD and less THC as compared to marijuana. By definition, marijuana contains more than 0.3% THC by dry weight and conversely, hemp contains 0.3% or less THC. THC is the major active ingredient in marijuana, which provides the “high” to the user.

Key Similarities and Differences between CBD and THC

	CBD	THC
Produces a "high"	NO	YES
Interacts with endocannabinoid system	YES	YES
Side effects	Almost none, usually the result of drug-drug interactions	Psychoactive <ul style="list-style-type: none"> ▪ Increase heart rate ▪ Coordination problems ▪ Dry mouth ▪ Red eyes ▪ Slower reaction times ▪ Memory loss
Shows on drug test	Possibly	YES
Pain Reliever	YES	YES
Reduces nausea	YES	YES
Eases migraines	YES	YES
Reduces anxiety	YES	YES
Eases depression	YES	NO
Decreases seizures	YES	NO
Anti-inflammatory	YES	YES
Helps with insomnia	YES	YES
Helps with psychosis	YES	NO
Increases appetite	NO	YES

Chart created by Suzanne Tinsley, PT, PhD, NCS

FSBPT Sponsored Presentations

What's the Buzz All About? Marijuana Legalization and Physical Therapy

<https://members.fsbpt.org/Portals/0/documents/Saturday%20Marijuana%20and%20PT.pdf>

PT Articles

<https://www.fsbpt.org/Free-Resources/FSBPT-Forum/Forum-Winter-2019/Whats-the-Buzz-About>

What's the Buzz All About? Marijuana Legalization and Physical Therapy. Troy Costales and M. Suzanne Tinsley, PT, PhD, NCS. October 2019

<https://www.apta.org/apta-magazine/2018/02/01/a-growing-interest-in-medical-marijuana>

A Growing Interest in Medical Marijuana. Keith Loria. February 1, 2018

<https://www.apta.org/article/2020/07/27/cannabis-resources>

Physical Therapy and Patient Cannabis Use July 27, 2020

https://www.physio-pedia.com/Evidence_for_Medicinal_Use_of_Cannabis

Evidence for Medicinal Use of Cannabis

Cicccone CD. Medical Marijuana: Just the Beginning of a Long, Strange Trip? *Phys Ther.* 2017;97(2):239-248. doi:10.2522/ptj.20160367 (*Limited Access*)

Other Resources

Centers for Disease Control and Prevention. Chart: What are the health effects of Marijuana

<https://www.cdc.gov/marijuana/index.htm>

2020 American Physical Therapy Association Combined Sections Meeting Presentation. When Our Patients Are Using Cannabis: What Every Physical Therapist Should Know. Ellen Zambo Anderson, Rhea Beth Jacobsen, and Lori S. Zucker. (*Limited Access to APTA members*)