



REMEDIAL MASSAGE THERAPISTS ASSOCIATION

Legalization of Cannabis

Introduction

As of October 17, 2018, the [Cannabis Act](#) and associated regulations will come into force. The recreational use of cannabis will be legal for adults who are 18 years of age or older. Access to cannabis for medical purposes, which is currently administered under the **Access to Cannabis for Medical Purposes Regulations**, will now be administered under the **Cannabis Act** and associated regulations.

Impact on Massage Therapy Practice

The RMTA has received questions from members about how the legalization of marijuana will impact massage therapy practice. Therefore, the RMTA is providing the following guidance to the profession

1. Recreational or Medical Use of Cannabis by Patients

RMTA Members have asked what to do if a patient seeks massage therapy treatment while exhibiting signs of having recently used cannabis, or if a patient discloses the recent use of cannabis, whether recreational or medical.

- RMTA members must obtain informed consent for therapeutic services. To provide informed consent, the patient must be capable of providing consent.
- If the patient is unable to consent to treatment due to impairment by drugs (legal or otherwise), alcohol or another substance, or it is unclear whether the patient can consent to treatment, then the RMTA member is advised not to proceed with treatment.
- RMTA members are advised that it is not within the scope of practice for massage therapy to provide information or advice about how cannabis may affect a person's health. RMTA members are advised to direct patients with these types of questions to a physician.

2. Recreational or Prescribed Use of Cannabis by RMTs

The RMTA's current stance is that RMTA members must not practice massage therapy while impaired. In the context of cannabis use, this applies regardless of whether an RMTA member is using cannabis for a prescribed or a recreational purpose.

- The use of any drug or substance, whether prescribed or recreational, has the potential to compromise the ability to provide safe and effective care to patients. If the substance affects communication, professional judgment or decision-making skills, then RMTA members must refrain from practicing massage therapy while taking the drug or substance or while feeling its effects.

3. Use of Cannabis Oil and/or CBD in Treatment

Several RMTA members have asked whether they may apply cannabis oil or oil/lotion containing cannabidiol (CBD) as part of the provision of massage therapy. RMTA advises that our members **NOT** to apply or administer cannabis oil or a CBD product to a patient unless and until the RMTA provides confirmation that it may be considered within the scope of practice for massage therapy. We will update with any new information.

The following will apply to ALL RMTA Members

1. **DO NOT USE** any products, or apply any lubricants, that contain any amounts of CBD or THC (tetrahydrocannabinol), regardless of the source of these compounds, in your clinical environment during providing treatment as a Massage Therapist.
2. **DO NOT SELL** any products that contain any amounts of CBD or THC, regardless of the source of these compounds, in your clinical environment unless you are an approved Licensed Producer by Health Canada.
3. **DO NOT RECOMMEND** any products that contain any amounts of CBD or THC, regardless of the source of these compounds, to any persons /clients in your clinical practice.

Questions

If you have any questions, please contact the RMTA office at info@rmta.ca or 404-356-1160