

**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**

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.

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