Medical Cannabis and OMT

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Objectives

• At the completion of this presentation the attendee should be able to:
  1. Cite the pharmacological mechanisms of action of cannabis
  2. Know the established efficacy of medical cannabis
  3. Prescribe medical cannabis to complement OMT
  4. Apply seated thoracic/rib HVLA, seated rib 1 HVLA, and C1 HVLA

I have no financial conflicts of interest for the presentation of this material.
Female *Cannabis sativa* bud

Cannabis

(Cannabis sativa, C. indica, C. ruderalis)

- Parts used: buds, leaves
- Uses
  - Actions: analgesic, antiemetic, appetite stimulant, sedative, hypnotic
  - Specifics: chronic pain, spasticity, insomnia, Tourette syndrome, AIDS wasting, chemotherapy nausea, glaucoma
- Dose
  - Whole plant: up to 120mg q 30days
  - Tincture: 5-10 drops SL BID-QID
  - CBD oil: 5-15 drops PO BID-QID
- Risks: mental illness, sedative use, seizure disorder, machinery operation
- Efficacy: systematic review (Whiting 2015), biochemistry, empirical

[Image of cannabis plant]

Cannabis mechanism of action

Tetrahydrocannabinol (THC)
• Serotonin release
• Catecholamine increase
• Parasympathetic inhibition
• Prostaglandin inhibition
• Brain high
• Antispasmodic

Cannabidiol (CBD)
• Activates 5-hydroxytryptamine receptor
• Activates vanilloid receptors
• Inhibits adenosine reuptake
• Body high
• Analgesic
Efficacy of medical cannabis
(Whiting 2015, 79 studies)

• “There was moderate-quality evidence to support the use of cannabinoids for the treatment of chronic pain and spasticity.”
  • Mean reduction in both number of patients with decreased pain (37%) and in pain rating (-.46) significantly greater than for those taking a placebo

• “There was low-quality evidence suggesting that cannabinoids were associated with improvements in nausea and vomiting due to chemotherapy, weight gain in HIV infection, sleep disorders, and Tourette syndrome.”
Prescribing Medical Cannabis

Legal States
• Dried plant legal
  • Up to 120mg q30days
• Medicinal products only
  • Tincture 5-15 drops SL BID-QID
• Dispensary agents help patients select form and strength

Illegal States
• CBD oil (industrial hemp)
  • 5-15 drops PO BID-QID
• Dronabinol (Marinol)
  • 5mg PO q2-4hr up to 6 doses/day
  • Increase in 2.5mg increments up to 15mg/dose
Cannabis species/strains (Leafly.com)

High THC

- *Cannabis indica* strains
  - Bruce Banner
  - Death Star
  - Kosher Kush
- *C. sativa/hybrid* strains
  - Girl Scout Cookie
  - Ghost Train Haze
  - Gorilla Glue
  - Red Dragon
  - White Fire

High CBD

- *Cannabis ruderalis*
- *C. indica* strains
  - Dark Star
  - Pennywise
  - Remedy
- *C. sativa/hybrid* strains
  - ACDC
  - Charlotte’s Web
  - Dance World
  - MediHaze
  - Zen
Cannabis products legal in WV 2019

https://www.mpp.org/states/west-virginia/west-virginia-medical-cannabis-act/
http://medcanwv.org/

Oil (vaporizer)

Tincture
https://kayacollective.org/menu/akasha-care-thca-cannabis-tincture/

Pill (capsule)
http://www.ismokemag.co.uk/homemade-thc-pills-5-easy-steps/

Salve, gel, ointment, cream
http://budrub.com/
Cannabis and OMT

- Pre-treatment muscle relaxant
  - Facilitates forceful techniques
- Post-treatment analgesic
- Co-treatment for chronic pain

Seated thoracic/rib HVLA
(image from Beatty 2011)
Techniques facilitated by pre-treatment cannabis

Rib 1 HVLA seated

C1 HVLA

(image from Beatty 2011)

(image from Beatty 2011)
References

- Leafly catalog of cannabis strains. [https://www.leafly.com/](https://www.leafly.com/)
- West Virginia Office of Medical Cannabis: [http://medcanwv.org/](http://medcanwv.org/)