



Could CBD Influence Recovery After Muscle Injury?

CBD has become popular in the sports and recovery world, but popularity and clinical evidence are two very different things.

A small randomized, placebo-controlled feasibility study published in 2026 investigated CBD following experimentally induced muscle injury.

Among the 29 participants included in the final analysis, those receiving CBD reported less pain at rest and during movement 48 hours after the injury. Researchers also observed less strength loss and physical disability.

Potential application

These early results suggest that CBD's possible role in muscle recovery deserves further investigation. However, this was a small feasibility study, not evidence that CBD has been established as a sports-recovery treatment.

Larger clinical trials will be needed to determine whether the effect is reproducible and clinically meaningful.

Reference

Stauffer JW, Crow JA, Bishop MD, Cook RL, Borsa PA. Efficacy and safety of cannabidiol (CBD) on reducing pain and functional impairment associated with exercise-induced muscle injury: a randomized placebo-controlled feasibility trial. *Journal of Cannabis Research*. 2026;8:64.

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