



	Posture Police - Therapeutic Fitness	Chiropractor	Massage Therapy	Physical Therapy	Conventional Personal Training	Crossfit	Certified Nutritionist	Orthopedic Surgeon	
Therapeutic Benefits	Occasional Back and Neck Pain (Approx 80% of people) (1)	✓	✓	✓	✓	⚠	✗	✗	
	Chronic Back and Neck Pain	✓	✓	✗	✓	⚠	✗	✓	
	Other Pain and sports injuries (shoulder, knee, elbow, and other areas)	✓	✓	✓	✓	✗	✗	✓	
	Spinal Injuries (Herniated/bulging disks)	✓	✓	✗	✓	✗	✗	✓	
	Fixes dysfunctional muscles (Everyone has them)	✓	✓	✓	✓	⚠	⚠	✗	
	Functional Fitness (Ideal type of fitness)	✓	✗	✗	✓	⚠	✗	✗	
Health and Wellness Benefits	Exercise Specialist	✓	✗	✗	✓	✓	✗	✗	
	Get Fit - Lose Weight	✓	✗	✗	✗	✓	✓	✗	
	Diverse Nutritional Knowledge - Vegan, Keto, Whole Foods, and Conventional	✓	✓	✗	✗	⚠	✓	✗	
	Expert Nutritional Plan	⚠	✗	✗	✗	✗	✓	✗	
	Cardiovascular and aerobic	✓	✗	✗	✗	✓	✓	✗	
	Posture Expert	✓	⚠	✗	✓	⚠	✗	✓	
	Diagnose and prescribe drugs or treatment	✗	✗	✗	✓	✗	✗	✓	
	Cost	\$\$	\$\$\$	\$\$	\$\$	\$	\$	\$	\$\$\$\$
	Treatment Term	Short or long	Long Term	Short Term	Long Term	Short or Long	Short Term	Short or Long	Short Term
	Overall	Most effective for the most people. Therapeutic fitness is designed to get the results that most people want.	Good. Best for spinal issues, unnecessary for average person.	Best for muscular quick fix and pain relief. Little lasting results	Good. Best for injury recovery, neglects fitness aspect of exercise.	Primarily focuses on exercise for many possible focuses. Less therapeutic benefit.	Excellent for high intensity training, but stereotypically cause injury.	Nutrition is very important for overall health,	Most issues orthopedic surgeons advertise to fix and fixable with therapeutic fitness holistically.