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Treating the musculoskeletal pathology is outside of the scope of practice of a personal trainer and should be instead left to a physical therapist. Instead, a personal trainer's role is to best meet the client's health and fitness needs without making the condition worse. Their physical therapist will have prescribed rehabilitative movements.

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Personal Trainer Test scores are used by the National Academy of Sports Medicine Board of Certification (NASM-BOC) as a uniform standard of qualification.

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The CPT credential identifies the individual's knowledge or skills related to the specific job of a Certified Personal Trainer. Depending on one's background, experience and available time to prepare for the Certified Personal Trainer Exam, a candidate generally needs to invest approximately 80 - 100 hours of study.

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