

Frederick T. Sutter, M.D., M.B.A. is a board-certified specialist in Physical Medicine and Rehabilitation (PM&R). For over 30 years, Dr. Sutter has integrated traditional musculoskeletal medicine and exercise with nutritional and other lifestyle medicine approaches with his treatment programs. He is a sought after speaker on many topics including: nutrition, weight loss, musculoskeletal medicine, natural pain management interventions and nutritional supplements. He has been a member of the Heel, Inc. speakers' bureau and has participated and several thought leader councils internationally.

An athlete himself, Dr. Sutter is the '06 Masters World Singles Rowing Champion and a former National Elite Sculls Champion. He is a published author of a chapter in the medical text [Advancing Medicine with Food and Nutrients](#), now in its second edition. Dr. Sutter blends the scientific principles of Lifestyle Medicine and optimum nutrition to promote healing and wellbeing.

## Education

Jefferson Medical College  
Philadelphia, Pennsylvania

Physical Medicine and Rehabilitation Residency  
Hospital of the University of Pennsylvania  
Philadelphia, Pennsylvania

Masters of Business Administration  
Health Sciences Concentration  
Johns Hopkins University