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RECOVER HEALTH: MORE THAN JUST SURGERY

Together with Jeremy, who leads business operations and brings a passion for nutrition and performance, the Russos created Recover Health and Nutrifuel Nutrition—a wellness-driven system designed to transform the surgical journey.

Patients are guided three months before surgery through a tailored program that includes:

- Medical risk assessments
- Surgical risk assessments
- Precision nutrition
- Integrated behavioral health
- Physical training
- Personalized post-op recovery plans

“We help patients train for surgery the way athletes train for a game,” says Dr. Russo. “It’s trauma to the body—and you need to prepare for it.”

BEST PRACTICES

RESTORING HOPE FOR PATIENTS DEEMED “TOO HIGH RISK”

Recover Health specializes in supporting patients who often struggle to be cleared for surgery due to obesity, diabetes, or other serious health conditions. They collaborate with primary care doctors, surgeons, and other specialists to prepare these patients for surgical success.

“We often see people who’ve been told ‘no’—that they’re not healthy enough for surgery,” says Jeremy. “we guide them through readiness, recovery, and renewed hope.” The program combines conventional medicine with integrative practices and equips patients with evidence-based tools and strategies that support surgical readiness and long-term health.

- Daily wellness routines
- Stress management techniques
- Patient-specific physical training plans
- Personalized patient-centered nutrition plans
- Mental health & resilience

“We help patients visualize their healthiest self and then work toward it every day,” says Dr. Russo. “That vision is the key to lasting change.”



LOOKING AHEAD: A NEW STANDARD IN PRE-SURGICAL CARE

With plans to expand digitally and partner with providers across the region, the Russo family is aiming high—with one clear goal: to make surgical prehabilitation wellness the standard, not the exception.

“We’re building something that empowers both the patient and the provider,” says Jeremy. “It’s a better way forward—for everyone.”