



INDEPENDENT SURGEON'S FAMILY RUN PRACTICE REDEFINES SURGICAL RECOVERY

BY: SARAH MARILYN

GRAND RAPIDS, MI – At the heart of Recover Health is a mission rooted in both personal experience and professional vision. Founded by board-certified spine surgeon Dr. Scott Russo, and co-led by his son Jeremy Russo, this family-run practice is reshaping the way patients prepare for—and bounce back from—major surgeries.

“Having the opportunity to work, build, and serve patients together as a family is something truly special,” says Dr. Russo. “There’s nothing more rewarding than creating a shared legacy that improves lives.”

INDUSTRY INNOVATION



DECADES OF EXPERTISE CREATES A NEW MODEL FOR SURGICAL PREPAREDNESS

Dr. Russo brings over 30 years of surgical experience to the table. A Michigan native, he trained at Michigan State University and Wayne State University School of Medicine, before completing his residency and a specialized fellowship in spine surgery. After 18 Years at Orthopedic Associates, Dr. Russo Launches Bold New Venture: Recover Health Surgical Prehab & Recovery Practice.

With the launch of Recover Health, he’s pushing the boundaries even further. “Being independent allows us to focus entirely on what’s best for each patient,” he explains. “It gives us the flexibility to work with individuals from every healthcare system across West Michigan, ensuring they get the support they need—wherever they receive care.” being part of Answer Health helps us stay independent while gaining access to a top-performing network.

A LIFE-ALTERING EXPERIENCE INSPIRES A NEW STANDARD OF CARE

In 2008, Dr. Russo became a patient himself. A serious spinal infection landed him in the ICU—and ultimately left him recovering at home, with minimal guidance or support.

“I was discharged with a PICC line and IV antibiotics, but no real plan for recovery,” he recalls. “No one told me how to rebuild muscle, body weight, or mental strength. That experience changed me—and inspired everything we do at Recover Health.”



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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.”