

Hortense Russell, DO, Family Medicine

Education and Training

- Board Certified in Family Practice and Osteopathic Manipulative Medicine
- Doctor of Osteopathic Medicine from The University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine, Stratford, NJ
- Family Medicine Residency at The University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine

As a family physician, Dr. Russell treats patients from newborn to adult for primary care and urgent care needs. Educated in osteopathic philosophy which emphasizes that all body systems are interrelated and dependent upon one another for good health, she treats the whole person and not just a specific condition. Thus, she offers osteopathic manipulation treatment (OMT) for various musculoskeletal and medical problems. OMT is hands on care that involves using the hand to diagnose and treat, moving joints and soft tissues including muscles to help alleviate and improve conditions such as back, neck or shoulder pain as well as headaches, asthma or head and nasal congestion. Dr. Russell joined Wayne Memorial Community Health Centers in 2014.