

Orthopedic Surgeon Dr. Garrett Cuppels, MD, Transforms Specialty & Wellness Care from Delaware

Board-Certified Orthopedic Leader and Holistic Health Innovator Driving Patient-Centered Solutions



New York City, New York Jul 31, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Garrett Cuppels, MD, a distinguished

orthopedic surgeon licensed in Delaware, delivers over two decades of surgical expertise merged with a transformative approach in health and wellness. Based in Millsboro, DE, Dr. Cuppels combines operative skill in sports medicine and musculoskeletal care with broader initiatives in telemedicine, aesthetics consulting, and regenerative health.

After graduating with honors in Cellular and Molecular Biology, Dr. Cuppels went on to earn his medical degree with membership in the Alpha Omega Alpha Medical Honor Society. He completed his internship in general surgery and residency in orthopedic surgery at the University of Miami, followed by a sports medicine fellowship at the Palo Alto Medical Foundation—laying the foundation for an exceptional career in orthopedic surgery and sports-related injury management.

Over the years, Dr. Cuppels has expanded his mission to include leadership in telehealth, weight management, and medical spa consulting, serving as founder or medical director for multiple clinics in the wellness and aesthetics space. With fluency in telemedicine delivery and integrative patient care models, he offers comprehensive and compassionate care, tailored to meet the full spectrum of health needs.

Despite a tragic spinal injury that resulted in paraplegia, Dr. Cuppels has remained active and innovative, returning to practice and inspiring a team of UW–Madison engineering students to develop SPOT (Standing Paraplegic Omni-directional Transport), a robotic mobility device designed to restore the ability to stand and operate in the OR. This breakthrough highlights his resilience, passion for medicine, and commitment to accessibility in healthcare.

Dr. Cuppels continues to see patients in Delaware and beyond, blending orthopedic surgical practice with wellness consulting, telemedicine, and patient empowerment. His multidimensional approach reflects a dedication to not just repair but elevate health across body, mind, and community.

Learn More about Dr. Garrett Cuppels:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2910065-Garrett-Cuppels-Orthopedist>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Garrett Cuppels

[See on IssueWire](#)