Russ L'HommeDieu

MAPT, DPT, ATP, CFPS, C-AAIS | EdD Candidate
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SKILLS

DPT Program Faculty, CAPTE Accreditation, Hybrid & Online Teaching, Course Development, Student Assessment, Research & Scholarship, Assistive Technology (ATP), Fall Prevention, Remote Monitoring Technology, Acute & Orthopedic Rehab, Neurological Rehabilitation, Compassion Training, Academic Leadership, Interprofessional Education, Healthcare Technology, Animal-Assisted Intervention, Entrepreneurship, Product Development, SaaS Development, Product Design, Manufacturing & Design, 3D Printing & Prototyping, Retail Operations, Small Business Management, B2B Wholesale Distribution

EDUCATION

Doctor of Education (EdD), Health Education & Leadership
Nebraska Methodist College, Omaha, NE · GPA 4.0 | 2027 est.

Doctor of Physical Therapy (DPT)
Touro College, Bayshore, NY | 2006

Master of Arts in Physical Therapy (MAPT)
Touro College, Melville, NY | Distinguished Student Award | 1990

B.S. Health Science
Touro College, Melville, NY | 1989

Higher Education Teaching Certificate
Harvard University, Derek Bok Center for Teaching and Learning | 2026

LICENSURE

- FL · PT 39370
- NY · 011600
- OH · PT020959 (compact state)

CERTIFICATIONS

- RESNA Assistive Technology Professional (ATP), 2026
- Certified Fall Prevention Specialist (CFPS), 2026
- Certified Animal-Assisted Intervention Specialist (C-AAIS)
- Age in Place Specialist (CAPS) Trained
- Wellcoaches Trained (ACSM Approved)
- Harvard Derek Bok Center Higher Education Teaching Certificate
- Stanford 8-Week Compassion Cultivation Training
- US Merchant Mariner Credential (USCG), USA000145193

ACADEMIC APPOINTMENTS

Adjunct Faculty, Doctor of Physical Therapy Program
Bowling Green State University, Bowling Green, OH | 2023–Present

- Taught wound care, physical modalities, musculoskeletal assessment, and biomechanics.
- Supported course design, student assessment, and professional development initiatives.

Adjunct Faculty, Doctor of Physical Therapy Program
Nova Southeastern University, Tampa, FL | 2023–2025

- Co-developed and co-led the Patient Care I course within the DPT curriculum.
- Created and hosted the Nova Innovations podcast, interviewing leading innovators in physical therapy.
- Instructed in musculoskeletal/orthopedic assessment, biomechanics, acute care, patient safety, home safety assessment, technology in healthcare, and lifestyle medicine.
- Delivered hybrid learning experiences: classroom, immersive lab, and distance education modalities.
- Conducted student assessments including written and practical exams, case studies, and video assignments.
- Provided academic feedback aligned with CAPTE accreditation standards.
- Led the NSU Tampa Bay DPT "Patient Experience" weekend, an immersive in-person lab intensive bringing real patients to campus for hands-on clinical skill application in Neuromuscular Physical Therapy.

Per Diem Instructor, Physical Therapy Program
Touro College, Melville, NY | 1992–2008

- Taught Kinesiology, Exercise Physiology, and Therapeutic Exercise.
- Served as clinical instructor and education coordinator through VA medical center partnerships.

DOCTORAL SCHOLARLY PROJECT

The Effect of a 30-Day Loving-Kindness Meditation Program on Burnout, Self-Compassion, and Job Satisfaction Among Rehabilitation Therapists in a Skilled Nursing Facility
Doctoral Scholarly Project · Nebraska Methodist College · In Progress
This project implements and evaluates a 30-day Loving-Kindness Meditation (LKM) program among physical therapists, occupational therapists, and speech-language pathologists in a skilled nursing facility. Using a single-group pre-test/post-test design with three-month follow-up, the study assesses changes in burnout (Copenhagen Burnout Inventory). The project extends recent randomized controlled trial findings on LKM with ICU nurses to the rehabilitation therapy population, offering a practical, high leverage, scalable, low-cost intervention model aligned with the U.S. Surgeon General's 2022 Advisory on Health Worker Burnout.

Additional Research Interests

- Creating fall risk predictive analytics using micro-Doppler based fall detection, IoT-enabled mobility devices, and machine learning.
- Exploring how the Mentor Mindset (high expectations with high support) can transform feedback and student growth in hybrid DPT education.
- Understanding the evolving role of AI in hybrid education to improve teaching, student assessment, mentorship, inquiry, and human connection.
- Animal-assisted interventions as adjunctive tools in healthcare education and patient rehabilitation settings.

PROFESSIONAL EXPERIENCE

Founder & CEO
Practical Innovations, Tampa Bay, FL | 2022–Present
Healthcare technology and education consulting practice specializing in product development, market strategy, government (VA) business development, predictive analytics, and educational content development.

- WellAware Care · Clinical Innovation & Education: Lead technology adoption strategy for AI-powered remote monitoring and predictive analytics systems; design modular training (videos, micro-learnings, workshops) for executives, managers, and frontline staff.
- Nuvio Mobility · Clinical Mobility Specialist & Consultant: Provide clinical education for smart mobility technology; translate complex AI features into accessible learning materials for diverse stakeholders. Product development on novel mobility assessment platform with predictive analytics capability.
- Cybercare Enterprises · Healthcare Technology Consultant: Advise on VA business strategy, product

development, and micro-learning content for technology launches.

- Cornell Tech Product Studio · Clinical Advisor: Guided students through end-to-end product development including ideation, validation, and de-risking of an AI solution for clinical documentation. Provided strategic and technical input on Natural Language Processing (NLP) applications in healthcare.

Per Diem Physical Therapist

Multiple Tampa Bay clinical sites | 2022–Present

Maintain active clinical practice across acute rehabilitation, long-term care, and outpatient settings; documentation meets Medicare and Joint Commission standards.

- Florida Rehabilitation Hospital at Tampa · Temple Terrace, FL: Evidence-based PT in acute inpatient rehabilitation for neurological, orthopedic, and medically complex patients; interdisciplinary team collaboration in a CARF-accredited inpatient rehab setting.
- Westminster Suncoast · St. Petersburg, FL: Evaluations and treatment across long-term care, sub-acute rehabilitation, and outpatient settings within a Life Plan Community.
- Plaza West Health Center · Sun City Center, FL: Per diem PT services in a skilled nursing and rehabilitation setting serving a senior-focused active retirement community.

Owner / CEO

Northeast Restorative Physical & Occupational Therapy Services PLLC, Aquebogue, NY | 1995–Present

- Founded and manage a rehabilitation staffing and department implementation company serving sub-acute and long-term care facilities.

Home Safety Coordinator, PM&R & Home-Based Primary Care

Veterans Administration Medical Center (VAMC), Northport, NY | 2011–2021

- Directed home safety and fall prevention initiatives across the medical center and four CBOCs serving all of Long Island.
- Pioneered a program integrating consumer technologies (Alexa, sensors, automated lighting) into veteran home safety programs.
- Initiated research on advanced fall detection technologies as an extension of the safety improvement program.

Founder & Program Developer

The Betterness Institute, National (Remote & In-Person) | 2007–2020

- Founded a wellness and behavior-change platform; developed and published Lose Weight for Good®, a nationally recognized weight-loss program.
- Developed I Love You To Health, a program designed to help couples get healthier together.
- Authored dozens of articles on lifestyle medicine, weight loss, and relational health (WLS Lifestyles Magazine, Healthy Exchange/WCBS).
- Built an innovative physical therapy and lifestyle medicine office model with dedicated coaching space, group exercise including yoga and tai chi, and a demonstration kitchen.

Founding Consultant

Net Claims Now (NCN), netclaimsnow.com | 2010–2011

- Served as founding consultant to NCN, a SaaS startup serving the property restoration industry. The company has since grown to 250+ team members and 500+ clients nationally.
- Advised on corporate structure and entity formation.
- Conceptualized the virtual office UI for the contractor-facing workflow on a proprietary platform built from scratch.
- Developed initial marketing strategy and built the company's education arm, producing structured content and onboarding curriculum for restoration contractors.

Director of Sports Rehabilitation

Eastern Long Island Hospital, Southold, NY | 1997–2001

Founder / CEO, Peconic Therapeutics
Peconic, NY Orthopedic physical therapy private practice; sold to Eastern Long Island Hospital | 1993–1997

Staff Physical Therapist
Veterans Administration Medical Center, Northport, NY | 1990–1993

- Varied clinical caseload; clinical instructor; coordinator of PT career exploration program; co-coordinator of education for the Northeast Regional Medical Center.

PUBLICATIONS & SCHOLARSHIP

- In Progress · 2026. L'HommeDieu, R. The Effect of a 30-Day Loving-Kindness Meditation Program on Burnout, Self-Compassion, and Job Satisfaction Among Rehabilitation Therapists in a Skilled Nursing Facility. Doctoral Scholarly Project, Nebraska Methodist College.
- 1990. L'HommeDieu, R. The effects of spontaneous visual and verbal training versus verbal training alone on posture in Parkinson's disease. Touro College. (Unpublished master's thesis)
- 2013. L'HommeDieu, R. (2013). Lose Weight for Good!®: Re-Train Your Brain and Never Have to Diet Again. Lulu Press, 192 pp. Companion print journals (Two-Week Journal; One-Week Journal; Lulu Press, 2016). Behavior-change program applying brain science, accelerated learning, and habit-formation principles to sustainable weight loss; grounded in the author's sustained 200+ pound weight loss. Core methods include habit stacking through the Betterness coaching system, radical self-honesty in eating behavior, and motivation through personal mission and energy management.
- 2007–2017. L'HommeDieu, R. Lose Weight for Good, Operating Systems Update (www.loseweightforgood.org). Companion to the Lose Weight for Good behavior-change framework, free for general audiences.
- 2007–2017. Published articles on lifestyle medicine, weight management, and integrative wellness in WLS Lifestyles Magazine and Healthy Exchange (WCBS NY).
- 2013–2017. L'HommeDieu, R. Jack and Jeannie comic strip. Serial publication on Facebook. jackandjeannie.com
- 2023–Present. Co-Author, The Adventures of Daisy children's book series (with Karen L'HommeDieu, LMSW). Three Paws Publishing. Teaches emotional regulation and social-emotional learning. Currently implemented in multiple elementary schools including Belmont Elementary and Edison Elementary. threepawspublishing.com

DIGITAL PLATFORMS & PROJECTS

- Occupational Distress Syndrome (ODS) (occupationaldistresssyndrome.com): Public scholarship platform presenting the ODS framework, grounded in Ryff's eudaimonic well-being model, addressing occupational distress among healthcare workers.
- C.O.R.E. Framework (russlhommedieu.com/core): Instructional design framework (Concise, Organized, Relevant, Engaging, Synthesize) with companion teaching and research statements for academic faculty.
- Compassion Solution (compassionsolution.org): Synthesis of peer-reviewed evidence on compassion in healthcare, extending the work of Trzeciak and Mazzarelli to rehabilitation and SNF contexts.
- Compassion Clinic (compassionclinic.app): Interactive web application supporting compassion cultivation training and self-assessment for healthcare clinicians.
- Data Walker (datawalker.app): Proof-of-concept device demonstrating that a clinically relevant tool for measuring gait distance and walking speed can be developed using readily available hardware combined with innovative yet straightforward programming.
- Practical Innovations Academy (practicalinnovations.academy): Learning management system built on Backward Design instructional methodology, with AI-coached Apply and Reflect modules, structured Unit/Module/Section architecture, and certificate programs with continuing education units (CEUs).
- Three Paws Publishing (threepawspublishing.com): Independent children's book imprint co-founded with

Karen L'HommeDieu, LMSW; publishes SEL-aligned titles featuring Daisy, a three-legged rescue dog.

PROFESSIONAL SPEAKING

- Baylor Scott & White Institute for Rehabilitation: "From Empathy to Compassion: Combating Burnout Through Sustainable Caring," a 3-hour workshop for 140 managers
- Harvard Institute of Lifestyle Medicine: Active Lives Conference, lifestyle medicine and behavior change
- Harvard Medical School: Practical Approaches to the Treatment of Obesity, Patient Panel
- U.S. Veterans Administration: MOVE Program, weight management and behavior change
- Hillsborough County Schools: Presentations to social workers on The Adventures of Daisy SEL curriculum
- WLIU / NPR 88.3 FM: Radio essayist
- WCBS Radio: Expert commentator, Integrative Medicine
- APTA Acute Care Academy: Invited presentation to acute care physical therapy clinicians

Topics include: compassion vs. empathy, burnout prevention, patient safety, fall prevention, clinical education, lifestyle medicine, behavior change, humor in medicine, animal-assisted intervention, communication in healthcare, and organizational team building.

ADDITIONAL ACCOMPLISHMENTS

- Earned RESNA Assistive Technology Professional (ATP) certification, passing the ATP exam in September 2026.
- Earned Certified Fall Prevention Specialist (CFPS) credential, completing the PESI Fall Prevention Specialist Certification Course (15.0 contact hours, November 2026).
- Completed Harvard Derek Bok Center Higher Education Teaching Certificate (99% grade).
- Earned Certified Animal-Assisted Intervention Specialist (C-AAIS) credential through AAAIP.
- Completed Stanford University 8-Week Compassion Cultivation Training Program.
- Taught sailing to differently abled and non-disabled youth and adults; adaptive sports program (VA): kayaking, stand-up paddleboarding, sailing.
- Long-Distance Kayaker. Celebrated a 200-lb weight loss 10th anniversary by kayaking 270 miles around Long Island in 8.5 days (2013). Watch on YouTube.
- Experience as a stand-up comic and member of improv comedy troupes; taught improv comedy to business professionals and couples to improve listening and communication.
- Founding member of The Humor Practice, providing educational programs to health professionals on appropriate use of humor in medicine (1999–2012).
- Founded and operated multiple non-clinical entrepreneurial ventures across specialty manufacturing and retail/food service industries.
- New York State Volunteer EMT-D, Suffolk County fire departments (1989–2014).

PROFESSIONAL MEMBERSHIPS

- American Physical Therapy Association (APTA)
- Florida Physical Therapy Association
- American College of Sports Medicine (ACSM)
- American Association of University Professors (AAUP)
- American Association for the Advancement of Science (AAAS)
- Association of Animal-Assisted Intervention Professionals (AAAIP)
- Rehabilitation Engineering & Assistive Technology Society of North America (RESNA)

VOLUNTEER EXPERIENCE

- Sailability Greater Tampa Bay: Adaptive sailing for individuals with physical challenges. 501(c)3. (2022–Present)

PERSONAL INTERESTS

- Professional Sailor, Towboat Owner / Operator, PADI Rescue Diver, Marine Salvage Diver, Rock Climber, Long Distance Kayaker.

References available upon request Russ L'HommeDieu, MAPT, DPT, ATP, CFPS
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