

Russ L'HommeDieu

MAPT, DPT | EDD CANDIDATE | C-AAIS | CAPS

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LICENSURE

FL — PT 39370

NY — 011600

OH — PT020959

CERTIFICATIONS

Certified Animal-Assisted Intervention Specialist (C-AAIS)

Certified Age in Place Specialist (CAPS)

WellCoaches Professional Coach Training (ACSM Approved)

Harvard Derek Bok Center Higher Education Teaching Certificate

Stanford 8-Week Compassion Cultivation Training

US Merchant Mariner Credential (USCG) — USA000145193

MEMBERSHIPS

American Physical Therapy Association (APTA)

Florida Physical Therapy Association

Education

2026 est.

Doctor of Education (EdD), Health Education & Leadership

Nebraska Methodist College, Omaha, NE — GPA 4.0

2006

Doctor of Physical Therapy (DPT)

Touro College, Bayshore, NY

1990

Master of Arts in Physical Therapy (MAPT)

Touro College, Melville, NY *Distinguished Student Award*

1989

B.S. Health Science

Touro College, Melville, NY

2026

Higher Education Teaching Certificate

Harvard University, Derek Bok Center for Teaching and Learning

Academic Appointments

Adjunct Faculty — Doctor of Physical Therapy Program

2023–Present

Bowling Green State University — Bowling Green, OH

- 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

2023–2025

Nova Southeastern University — Tampa, FL

- Co-developed and co-led the Patient Care I course within the DPT curriculum.

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)

ATS COMPETENCIES

DPT Program Faculty

CAPTE Accreditation

Hybrid & Online Teaching

Course Development

Student Assessment

Research & Scholarship

Fall Prevention

Remote Monitoring
Technology

Acute & Orthopedic Rehab

Neurological Rehabilitation

Compassion Training

Academic Leadership

Interprofessional Education

Healthcare Technology

Animal-Assisted Intervention

Entrepreneurship

Product Development

Manufacturing & Design

3D Printing & Prototyping

Retail Operations

Small Business
Management

B2B Wholesale Distribution

VOLUNTEER

Sailability Greater Tampa Bay

- 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

1992–2008

Touro College — Melville, NY

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

Doctoral Scholarly Project

DOCTORAL SCHOLARLY PROJECT — NEBRASKA METHODIST
COLLEGE — IN PROGRESS

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

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

Adaptive sailing for individuals with physical challenges. 501(c)3. (2022–Present)

PERSONAL

Professional Sailor, Towboat Owner / Operator, PADI Rescue Diver, Marine Salvage Diver, Rock Climber.

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

2022–Present

Practical Innovations — Tampa Bay, FL

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

2022–Present

Multiple Tampa Bay clinical sites

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

1995–Present

Northeast Restorative Physical & Occupational Therapy Services PLLC — Aquebogue, NY

- 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

2011–2021

Veterans Administration Medical Center (VAMC) — Northport, NY

- 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

2007–2020

The Betterness Institute — National (Remote & In-Person)

- 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).

Director of Sports Rehabilitation

1997–2001

Eastern Long Island Hospital — Southold, NY

Founder / CEO, Peconic Therapeutics

1993–1997

Peconic, NY — Orthopedic physical therapy private practice; sold to Eastern Long Island Hospital

Staff Physical Therapist

1990–1993

Veterans Administration Medical Center — Northport, NY

- 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* audio coaching series. Doc Russ on SoundCloud (soundcloud.com/russ-lhommedieu).

Audio companion to the Lose Weight for Good behavior-change framework, with free and premium episodes for general audiences and program members.

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 (facebook.com/JackandJeannie).

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

coreframework.org

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 Mazzairelli 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

Educational arm of Practical Innovations, Inc.; delivers micro-learning and training content for healthcare technology adoption.

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" — 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

- 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).