

Russ L'HommeDieu

MAPT, DPT | EdD Candidate | C-AAIS | CAPS

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LICENSURE

Florida Licensed Physical Therapist - PT 39370 | New York Licensed Physical Therapist - 011600 | Ohio Licensed Physical Therapist - PT020959

EDUCATION

Doctor of Education (EdD), Health Education & Leadership — Anticipated 2026

Nebraska Methodist College, Omaha, NE

GPA 4.0

Higher Education Teaching Certificate — 2026

Harvard University, Derek Bok Center for Teaching and Learning

Doctor of Physical Therapy (DPT) — 2006

Touro College, Bayshore, NY

Master of Arts in Physical Therapy (MAPT) — 1990

Touro College, Melville, NY

Distinguished Student Award

B.S. Health Science — 1989

Touro College, Melville, NY

CERTIFICATIONS

- Certified Animal-Assisted Intervention Specialist (C-AAIS) - AAAIP
- Certified Age in Place Specialist (CAPS) - NAHB
- Stanford University 8-Week Compassion Cultivation Training
- WellCoaches Professional Coach Training (ACSM Approved)
- US Merchant Mariner Credential (US Coast Guard) - USA000145193

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.
- 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.

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 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. 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 input on Natural Language Processing (NLP) applications in healthcare.

Per Diem Physical Therapist

2025 - 2026

Florida Rehabilitation Hospital at Tampa, Temple Terrace, FL

- Delivered evidence-based PT services in acute inpatient rehabilitation for neurological, orthopedic, and medically complex patients.
- Collaborated within an interdisciplinary team; ensured documentation met Medicare and Joint Commission standards.

- Per Diem Physical Therapist** 2023 - 2026
Westminster Suncoast, St. Petersburg, FL
- Provided evaluation and treatment across long-term care, rehabilitation, and outpatient settings.
- 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 integration of 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.
 - Authored dozens of articles on lifestyle medicine published in WLS Lifestyles Magazine and 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
- Clinical instructor; coordinator of PT career exploration program; co-coordinator of education for the Northeast Regional Medical Center.

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

Nebraska Methodist College - In Progress (2026). 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.

PUBLICATIONS & SCHOLARSHIP

- L'HommeDieu, R. (In Progress, 2026). 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.
- L'HommeDieu, R. (1990). The effects of spontaneous visual and verbal training versus verbal training alone on posture in Parkinson's disease. Touro College. (Unpublished master's thesis)
- Published articles on lifestyle medicine, weight management, and integrative wellness in WLS Lifestyles Magazine and Healthy Exchange (WCBS NY).
- Co-Author, The Adventures of Daisy children's book series (with Karen L'HommeDieu, LMSW). Three Paws Publishing. An illustrated series teaching emotional regulation and social-emotional learning (SEL) to early elementary students, with SEL-aligned lesson plans for classroom and therapeutic use. Currently implemented in multiple elementary schools. www.threepawspublishing.com

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
- Harvard Medical School - Practical Approaches to the Treatment of Obesity, Patient Panel
- U.S. Veterans Administration - MOVE Program
- Hillsborough County Schools - Social Workers: The Adventures of Daisy SEL curriculum
- WLIU / NPR 88.3 FM - Radio essayist; Expert commentator, WCBS Radio - Integrative Medicine

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

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)

VOLUNTEER SERVICE

- Sailability Greater Tampa Bay - Adaptive sailing for individuals with physical challenges, 501(c)3 (2022 - Present)
- New York State Volunteer EMT-D, Suffolk County fire departments (1989 - 2014)

ADDITIONAL ACCOMPLISHMENTS

- Taught sailing to differently abled and non-disabled youth and adults; led adaptive sports programs (VA): kayaking, stand-up paddleboarding, sailing.
- Experience as a stand-up comic and member of improv comedy troupes; taught improv comedy to business professionals and couples to improve communication.
- Founding member of The Humor Practice, providing educational programs to health professionals on appropriate use of humor in medicine (1999 - 2012).
- Professional Sailor, Towboat Owner/Operator, PADI Rescue Diver, Marine Salvage Diver, Rock Climber, Long-Distance Kayaker. Celebrated 200-lb weight loss 10th anniversary by kayaking 270 miles around Long Island in 8.5 days (2013).

KEY COMPETENCIES

DPT Program Faculty | CAPTE Accreditation | Doctor of Physical Therapy Education | Course Development | Hybrid and Online Teaching | Lab Immersives | Student Assessment | Accreditation Compliance | Academic Leadership | Research and Scholarship | Fall Prevention | Remote Monitoring Technology | Clinical Expertise | Acute Care | Orthopedic and Neurological Rehabilitation | Interprofessional Education | Inclusive Teaching | Patient Safety | Healthcare Technology | AI in Healthcare | Natural Language Processing | Predictive Analytics | Compassion Training | Animal-Assisted Intervention

References available upon request | Russ L'HommeDieu, MAPT, DPT | Updated March 2026