

# RUSS L'HOMMEDIU

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

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## PROFESSIONAL SUMMARY

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Doctor of Physical Therapy and Doctor of Education candidate with over 35 years of clinical and academic experience. Adjunct faculty in CAPTE-accredited DPT programs at Bowling Green State University and Nova Southeastern University. Harvard Derek Bok Center Higher Education Teaching Certificate. Founder and CEO of Practical Innovations, advising healthcare technology companies on AI, predictive analytics, remote patient monitoring, and clinical education. Active scholar in compassion-centered care, burnout prevention, occupational distress in healthcare workers, fall prevention technology, and the role of AI in hybrid health professions education. Parallel entrepreneurial experience in specialty manufacturing and retail/food service industries.

## EDUCATION

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<b>Doctor of Education (EdD), Health Education and Leadership</b> <i>Nebraska Methodist College, Omaha, NE. GPA 4.0</i>	2026 anticipated
<b>Higher Education Teaching Certificate</b> <i>Harvard University, Derek Bok Center for Teaching and Learning</i>	2026
<b>Doctor of Physical Therapy (DPT)</b> <i>Touro College, Bayshore, NY</i>	2006
<b>Master of Arts in Physical Therapy (MAPT)</b> <i>Touro College, Melville, NY. Distinguished Student Award.</i>	1990
<b>Bachelor of Science, Health Science</b> <i>Touro College, Melville, NY</i>	1989

## LICENSURE

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

## CERTIFICATIONS

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- Certified Animal-Assisted Intervention Specialist (C-AAIS), Association of Animal-Assisted Intervention Professionals
- Certified Aging in Place Specialist (CAPS), National Association of Home Builders
- Stanford University 8-Week Compassion Cultivation Training, Stanford CCARE
- WellCoaches Professional Coach Training (ACSM Approved)
- US Merchant Mariner Credential, US Coast Guard, USA000145193

## ACADEMIC APPOINTMENTS

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<b>Adjunct Faculty, Doctor of Physical Therapy Program</b> <i>Bowling Green State University, Bowling Green, OH</i>	2023 to Present
<ul style="list-style-type: none"><li>• Teach wound care, physical modalities, musculoskeletal assessment, and biomechanics.</li></ul>	

- Support course design, student assessment, and professional development initiatives.

**Adjunct Faculty, Doctor of Physical Therapy Program**

2023 to 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 and orthopedic assessment, biomechanics, acute care, patient safety, home safety assessment, technology in healthcare, and lifestyle medicine.
- Delivered hybrid learning experiences across classroom, immersive lab, and distance education modalities.
- Conducted student assessments including written and practical examinations, 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 to 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**

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**Founder and CEO**

2022 to Present

*Practical Innovations, Inc., 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. Client engagements include:

**WellAware Care.** 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 and Consultant. Provide clinical education for smart mobility technology and translate complex AI features into accessible learning materials. Product development on a 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 applications in healthcare.

**Per Diem Physical Therapist**

2022 to Present

*Multiple Tampa Bay clinical sites*

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

**Florida Rehabilitation Hospital at Tampa, Temple Terrace, FL.** Evidence-based physical therapy in acute inpatient rehabilitation for neurological, orthopedic, and medically complex patients; interdisciplinary team collaboration.

**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 physical therapy services in a skilled nursing and rehabilitation setting serving a senior-focused active retirement community.

**Owner and CEO** 1995 to Present

*Northeast Restorative Physical and 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 and Home-Based Primary Care** 2011 to 2021

*Veterans Administration Medical Center, Northport, NY*

- Directed home safety and fall prevention initiatives across the medical center and four Community-Based Outpatient Clinics serving all of Long Island.
- Pioneered integration of consumer technologies (voice assistants, sensors, automated lighting) into veteran home safety programs.
- Initiated research on advanced fall detection technologies as an extension of the safety improvement program.

**Founder and Program Developer** 2007 to 2020

*The Betterness Institute, National (Remote and 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 management, and integrative wellness in WLS Lifestyles Magazine and Healthy Exchange (WCBS NY).

**Director of Sports Rehabilitation** 1997 to 2001

*Eastern Long Island Hospital, Southold, NY*

**Founder and CEO, Peconic Therapeutics** 1993 to 1997

*Peconic, NY*

- Orthopedic physical therapy private practice; sold to Eastern Long Island Hospital.

**Staff Physical Therapist** 1990 to 1993

*Veterans Administration Medical Center, Northport, NY*

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

## **DOCTORAL SCHOLARLY PROJECT**

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**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** In Progress, 2026

*Nebraska Methodist College*

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 using the 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.

## RESEARCH INTERESTS

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- Fall risk predictive analytics using micro-Doppler based fall detection, IoT-enabled mobility devices, and machine learning.
- The Mentor Mindset (high expectations with high support) as a framework for feedback and student growth in hybrid DPT education.
- 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.
- Compassion cultivation as an intervention for occupational distress and burnout in rehabilitation professionals.

## PUBLICATIONS AND SCHOLARSHIP

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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., and L'HommeDieu, K. (2023 to Present). The Adventures of Daisy children's book series. Three Paws Publishing. SEL-aligned children's titles teaching emotional regulation and social-emotional learning, implemented in multiple elementary schools.

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 and 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.

L'HommeDieu, R. (2013 to 2017). Jack and Jeannie comic strip. Serial publication on Facebook ([facebook.com/JackandJeannie](https://facebook.com/JackandJeannie)).

L'HommeDieu, R. (2007 to 2017). Lose Weight for Good, Operating Systems Update audio coaching series. Doc Russ on SoundCloud ([soundcloud.com/russ-lhommedieu](https://soundcloud.com/russ-lhommedieu)). Audio companion to the Lose Weight for Good behavior-change framework, with free and premium episodes.

L'HommeDieu, R. (2007 to 2017). Published articles on lifestyle medicine, weight management, and integrative wellness in WLS Lifestyles Magazine and Healthy Exchange (WCBS NY).

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.

## PROFESSIONAL SPEAKING AND PRESENTATIONS

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- Baylor Scott and White Institute for Rehabilitation. From Empathy to Compassion: Combating Burnout Through Sustainable Caring. Three-hour workshop for approximately 140 clinical managers.
- APTA Acute Care Academy. Invited presentation to acute care physical therapy clinicians.
- 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.

Speaking topics: compassion versus 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.

## **DIGITAL PLATFORMS AND PROJECTS**

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- Occupational Distress Syndrome (ODS) Framework. [occupationaldistresssyndrome.com](http://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](http://coreframework.org). Instructional design framework (Concise, Organized, Relevant, Engaging, Synthesize) with companion teaching and research statements.
- Compassion Solution. [compassionsolution.org](http://compassionsolution.org). Synthesis of peer-reviewed evidence on compassion in healthcare, extending the work of Trzeciak and Mazzarelli to rehabilitation and skilled nursing contexts.
- Compassion Clinic. [compassionclinic.app](http://compassionclinic.app). Interactive web application supporting compassion cultivation training and self-assessment for healthcare clinicians.
- Data Walker. [datawalker.app](http://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](http://practicalinnovations.academy). Educational arm of Practical Innovations, Inc., delivering micro-learning and training content for healthcare technology adoption.
- Three Paws Publishing. [threepawspublishing.com](http://threepawspublishing.com). Independent children's book imprint publishing SEL-aligned titles featuring Daisy, a three-legged rescue dog.

## **ADDITIONAL ACCOMPLISHMENTS**

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- 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-pound weight loss 10th anniversary by kayaking 270 miles around Long Island in 8.5 days (2013). Video: [youtube.com/watch?v=dbCjOXAG-pM](https://youtube.com/watch?v=dbCjOXAG-pM)
- 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 to 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 to 2014).

## **PROFESSIONAL MEMBERSHIPS**

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- 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**

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

## **CORE COMPETENCIES**

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Doctor of Physical Therapy education; CAPTE accreditation; DPT program faculty; course development; hybrid and online teaching; lab immersives; student assessment; academic leadership; research and scholarship; clinical education; interprofessional education; inclusive teaching; mentorship; curriculum design; instructional design.

Clinical expertise: acute care; inpatient rehabilitation; skilled nursing facility (SNF) rehabilitation; long-term care; outpatient orthopedics; neurological rehabilitation; geriatric physical therapy; Parkinson's disease; fall prevention; gait assessment; home safety; aging in place.

Healthcare technology and innovation: artificial intelligence in healthcare; Natural Language Processing (NLP); remote patient monitoring (RPM); remote therapeutic monitoring (RTM); predictive analytics; machine learning; Internet of Things (IoT); micro-Doppler fall detection; smart mobility; product development; VA business development.

Wellness, behavior change, and compassion: compassion cultivation training (CCT); loving-kindness meditation (LKM); burnout prevention; occupational distress syndrome (ODS); lifestyle medicine; weight management; health coaching; animal-assisted intervention; humor in medicine; behavior change.

Entrepreneurship and operations: entrepreneurship; product development; manufacturing and design; 3D printing and prototyping; retail operations; small business management; B2B wholesale distribution; brand development; consulting; franchise and licensed product operations.

Regulatory and quality: Medicare documentation; Joint Commission standards; CARF accreditation; CAPTE accreditation; HIPAA; clinical outcomes; evidence-based practice.