

Dr. Russ L'HommeDieu, DPT

Doctor of Physical Therapy

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PROFESSIONAL SUMMARY

PT Clinician, Healthcare educator and professional speaker with 35 years of experience helping people understand, adopt, and sustain meaningful change. EdD candidate in Health Education & Leadership, also having completed Harvard teaching certification. I build learning experiences that stick, whether teaching clinicians new technology, coaching executives through organizational shifts, or helping frontline staff embrace unfamiliar tools. My approach combines evidence-based instructional design with the communication skills honed through decades of professional speaking, improv comedy, and one-on-one coaching. Creator of the CORE Framework (coreframework.org) to help educators design better learning experiences.

CORE COMPETENCIES

Technology Adoption & Training	Curriculum Design	Change Enablement
Executive Facilitation	Modular Learning Design	Stakeholder Management
AI Tools & Governance	KPI Tracking & Analytics	Behavior Change

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.

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 product development process for AI clinical documentation solution. Strategic input on NLP applications in healthcare.

Owner / CEO | 1995 - Present

Northeast Restorative Physical and Occupational Therapy Services PLLC, Aquebogue, NY

Rehabilitation staffing company providing short-term staffing and full-time rehabilitation department implementation to sub-acute and long-term care facilities.

Part-Time Adjunct Faculty, Doctor of Physical Therapy Program | 2022 - Present

Nova Southeastern University, Tampa, FL | Bowling Green State University, OH

- Developed foundational patient care curriculum for hybrid program with modular content, video assignments, and interactive assessments
- Created 'Nova Innovations' podcast interviewing healthcare innovators
- Deliver hybrid learning experiences (classroom, lab, distance) applying CORE Framework methodology to optimize engagement

Home Safety Coordinator, PM&R; & Home-Based Primary Care | 2011 - 2021

Veterans Administration Medical Center, Northport, NY

- Pioneered enterprise technology adoption program integrating consumer AI (Amazon Alexa, smart sensors) across veteran home care
- Managed stakeholder network spanning medical center and four clinics
- Built tracking systems to monitor compliance and engagement metrics
- Initiated research into AI-enabled fall detection technologies

Founder & Program Developer | 2007 - 2020

The Betterness Institute, National

Founded behavior change education platform; developed 'Lose Weight for Good' curriculum with modular workshops, coaching tools, and self-paced materials. Delivered executive workshops and published articles on sustainable lifestyle change. Has sustained a 200-pound weight loss > 25 years.

Professional Speaker | 2002 - Present

Invited speaker at Harvard Institute of Lifestyle Medicine, Harvard Medical School, Active Lives Conference, and VA MOVE Program. Topics: behavior change, communication, team building, technology adoption. Radio essayist for NPR affiliate WLIU; expert commentator for WCBS Radio.

LICENSURE & CERTIFICATIONS

Licensed Physical Therapist	Florida (PT 39370), New York (011600), Ohio (PT020959)
Basic Life Support (BLS)	Current
US Merchant Mariner Credential	US Coast Guard (USA000145193)

EDUCATION & CREDENTIALS

Edd, Health Education & Leadership	Nebraska Methodist College (Candidate, GPA 4.0)	Expected 2027
Harvard BOK Higher Education Teaching Certificate	Harvard University	Feb 2026
Certified Animal-Assisted Intervention Specialist (C-AAIS)	AAIS	Dec 2025
Doctor of Physical Therapy (DPT)	Touro College	2006
MA, Physical Therapy	Touro College (Distinguished Student Award)	1990
Professional Coach Certification	WellCoaches (ACSM-approved)	2006, 2011
Certified Age in Place Specialist (CAPS)	NAHB	2019

TECHNICAL SKILLS

AI & Analytics: ChatGPT, Claude, Gemini, AI Governance, Remote Monitoring, IoT, Predictive Analytics

Learning & Productivity: Canvas, Blackboard, Video Production, Microsoft 365, Google Workspace, KPI Dashboards

PROFESSIONAL AFFILIATIONS

APTA | ACSM | AAUP | AAAS | ACLM | AAAIP