

Dr. Bianca Beldini

DPT, MSOM, LAc, SFMA, Dipl.Ac. NCCAOM

sundalawellness@gmail.com

www.sundala.com

www.triggerpointneedlingseminars.com

NY Physical Therapy Lic #018041 (1997)

NY Acupuncture Lic #002768 (2004)

NJ Acupuncture Lic #25mz00040100 (2004)

Profile

Dr. Beldini has been working in the healing arts for the past 25 years in which she has created a style of treatment that is a therapeutic combination of: Physical Therapy, Acupuncture, Trigger Point Dry Needling, Neurodevelopment retraining and structural unwinding to enhance proper biomechanical movements and elimination of pain. She is a USA Triathlete Age Group competitor and races short course, International and Half Ironman distances. She holds certifications in USA Triathlon Level 1, Schwinn Cycling, Pose Method Run Technique Training, United States Masters Swimming Level 1 & 2 (Oct 2019) and Safe Sport. She currently coaches and programs for new triathletes and marathoners and co-founded TriRoc Multisport in Rockland county, NY. Dr. Beldini is also a Titleist Pro Institute Golf Assessment certified and works with golfers to uncover their imbalances and biomechanical weaknesses. Dr. Beldini is a continuing education provider and has taught in graduate programs since 2001.

Experience

Adjunct Professor: Stony Brook University, 2022 - present

Dr. Beldini taught the didactic lecture and instructed the hands on lab class for the efficacy of Cupping as A Rehab Modality. Dr. Beldini also created and taught a class on Dry Needling for the Physical Therapist. These classes were taught to the 3rd semester DPT students.

Sundala Wellness: Triathlon and Run Coaching, 2018 - present

Dr. Beldini believes that being a coach means finding and unlocking the potential in each of her athletes with the focus on improving fitness, keeping them injury free and guiding them to be their best athletic self. When taking on a new client, Dr. Beldini utilizes her skills as a Physical Therapist and evaluates them for structural and/or physical imbalances that might contribute to future overuse. She believes that programming for the triathlete takes time and care and must make sense and motivate the athlete. She believes that everyone has an inner athlete and with time and proper guidance anyone can achieve their goals.

Founder, Trigger Point Seminars, 2016 - present

“Where the needle meets the fascia”...TrP Seminars is dedicated to bringing the intricate world of fascia to the Acupuncturist and Physical Therapist and to instill in the practitioner ease with which to manipulate tissue through a profound needling style. NCCAOM Board Certified CEU provider.

Founder, Sundala Wellness, Inc., Nyack, NY & NYC, NY – 2004 - Present

Sundala Wellness, Inc. is a wellness center located in both Nyack, NY and NYC. Bianca treats as both a Physical Therapist and an Acupuncturist using her combined skills to create lasting pain free and high functioning results for her patients. She specializes in treating professional Broadway performers, NYC ballet, triathletes and professional MLB baseball and NFL players.

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Founder, BELDINI PHYSICAL THERAPY, PC d/b/a/ Sundala & SSAPT 2004 - Present
Physical therapist working with high level athletes, dance professionals and performers.
Primarily focusing on manual therapy techniques and neuromuscular retraining.

Health Manager, USHER O.M.G. World Tour 2010–2011

Health manager to the musical artist, USHER and tour dancers throughout the USA with responsibilities including Physical Therapy, Acupuncture and Trigger Point needling to prevent dance injuries. Additional work with proper nutritional support as related to the dancer/performer.

Founder, Sacred Space Acupuncture & Physical Therapy, NY – 2004 - 2015

A private Acupuncture and Physical Therapy practice in NYC and Nyack, NY with specialties including Sports Injuries, Orthopedic rehabilitation, Dance Injuries, General Health / Wellness

TriState College of Acupuncture, Faculty / Clinical Supervisor, NYC – 2004 - 2011

Professor of Human Anatomy, Professor of Myology (Emphasis on Structural Evaluation and Trigger Point Needling), Clinical Topic Seminar on the Efficacy of Essential Oils in an Acupuncture Practice, Clinical Supervisor for 3rd year students, Faculty Advisor for 3rd year student competencies

West Side Dance Physical Therapy., Physical Therapist / Acupuncturist, NYC – 2004 - 2006

Staff Physical Therapist and Acupuncturist to NYC Ballet, School for American Ballet, Concert / Orchestral Musicians and professional Athletes with specialties in Dance Injuries, Musculoskeletal Derangements and Post-Surgical Rehabilitation

Strulowitz & Garguilo Physical Therapy, PC, Staff Physical Therapist 2000 - 20004

Lower Manhattan Physical Therapy, PC, Staff Physical Therapist 1998 - 2000

Bellevue Hospital Center / NYU, Staff Physical Therapist 1997 - 1998

Columbia University Teachers Assistant: Physical Therapy Anatomy & Kinesiology Lab 2001 - 2002

Education

Arcadia University, PA: Doctor of Physical Therapy, 2017

Institute for Integrative Nutrition, NYC : Holistic Health Coach, 2010

TriState College of Acupuncture, NYC: Physiatric Medicine & Orthopedic Conditions using Acupuncture, 2010

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American College of Health Sciences, Oregon: Certified Aromatherapist, 2009

TriState College of Acupuncture, NYC: Masters Degree in Oriental Medicine, 2005

TriState College of Acupuncture, NYC: Masters Degree in Acupuncture, 2004

Hanzehogeschool van Groningen, NL: Bachelors of Science, Physical Therapy, 1997

New York University, NYC: Pre-Med Concentration 1990 - 1993

Publications (Print)

LIVESTRONG: "The 12 Best Sciatica Stretches According to a Physical Therapist" 2021

MSN: "4 Chest Stretches to Help Improve Posture & Reverse Slouching" 2021

BEACHBODY ON DEMAND: "Get the Benefits of Dance Conditioning" 2021

THE HEALTHY: "9 Benefits of Stretching that Will Convince You to Do it Daily" 2021

REAL SIMPLE: "The Unexpected Sneaky Cause of Muscle Pain" 2021

MY FITNESS PAL: "5 Self Massage Alternatives to Relieve Aches and Pains" 2021

USA TRIATHLON: "Preventative Measures for the Athlete: Dry Needling" 2021

VITAL PROTEINS: "Body Weight Workouts" 2021

DANCE MAGAZINE: "Dry Needling" 2020

MATTRESS CLARITY: "Can Acupuncture Help you Sleep?" 2020

OPENFIT: "WHAT IS THE AVERAGE WALKING SPEED AND CAN YOU IMPROVE IT FOR BETTER HEALTH?" 2020

MY FITNESS PAL "KT Tape Might Be an Injured Walker's Secret Weapon" 2019

THE WASHINGTON POST: "Mermaiding is Trendy" 2019

HEALTHLINE: "Researchers Find Jogging May Be the Best Workout to Avoid Weight Gain" 2019

LIVESTRONG: "The Worst and Best Exercises for Bad Hips" 2019

LIVESTRONG: “Hip Alignment Exercises” 2019

OPENFIT: “What is the Average Walking Speed and Can You Improve it for the Better...”
2019

SELF Magazine: “How I Treated My Plantar Fasciitis” 2019

Readers Digest: “This the BEST Time to Work Out, According to Science” 2019

SHAPE Magazine: “How Many Calories Does Swimming Burn?” 2019

Bicycling Magazine: “The Best Stretches for Cyclists to Ease Soreness and Prevent Injury” 2019

Dance Magazine: “Why dancers are having their trigger points released with a needle”
2016

Body & Soul Magazine: “Guide to Holistic Living: Alternative Ways to Attain Health in Mind, Body and Soul” 2015

Body & Soul Magazine: “Let the Rhythm Move You” 2015

Body & Soul Magazine: “Essential Oils” 2014

Body & Soul Magazine: “Hormone Happiness or Hormone Hell” 2013

Body & Soul Magazine: “The Health Benefits of Oriental Medicine” 2013

Crazy Sexy Life: “Finding Equilibrium through Acupuncture” a web based publication dedicated to those who seek wellness and recovery of diseases through a healthy body, mind, spirit and nutritional perspective 2009

Her Future: “An Interview with Bianca Beldini, Acupuncturist and Health Guru” a web based publication dedicated to mentoring younger women 2009

Acupuncture Today Magazine: “Spreading the Good Word About AOM” a highlight and Q&A with Bianca about treating Professional Dancers and Athletes 2008

Acupuncture Today Magazine: “Healing Old Wounds with Acupuncture” using Acupuncture to help heal the emotional wounds of the WTC tragedy 2009

Natural Solutions Magazine: “Sniff Away What Ails You” 2008

Advance for Directors in Rehabilitation: “Pairing Acupuncture with PT: TSCA brings acupuncture to physical therapy treatments” 2008

**New York University Dept. of Medicine and Rehabilitation Co-author:
“Physiatric management and outcome in bilateral crutch palsy (Brachial Plexus Compressive Neuropathy) : A Case Report” 1999**

Media (TV/Radio)

TIK TOK @TheWellnessGuru Content creator of all things related to Health and Wellness / 141K FOLLOWERS

INSTAGRAM @drbiancabeldini Content creator of the weekly LIVE series called THE INTEGRATIVE WELLNESS COLLECTIVE / 8K FOLLOWERS

YOUTUBE @SundalaWellness Content creator of video of all things related to Health, Wellness, Fitness and Acupuncture

Chinese Medicine Talk Radio Podcast: “Trigger Point Dry Needling Episode” 2016

Eyewitness News with Dr. Jay, NYC “Eyewitness News: Health” 2009

The Today Show on MSNBC, NYC : “Alternative Health Treatments” 8 minute LIVE segment interviewed by Hoda Kotbe while treating Natalie Morales 2008

FOX 5 NEWS NY: “Stop the Pain: Acupuncture” 5 minute segment highlighting a NYC Executive and a Broadway Dancer and their use of Acupuncture to treat their particular pain conditions 2008

Podcast: Healthy Mouth and Healthy Body: Featured in a 1 hour podcast with Dr. Victor Zeines, Holistic Dentistry in NYC 2008

Podcast: Holistic Health and Wellness : The Holistic Option podcast focusing on using Acupuncture as a modern day health modality

Continuing Education

- Titleist Pro Institute Certified 2020
- USA Triathlon Level 1 Certification / Certified Triathlon Coach USAT: 2018
- Safe Sport Certified: 2018
- The Triathlete’s Spine: HSS 2017
- 300 hour RYT: Yoga Certified 2005
- Schwinn Spin Certification 2016
- PT CEU: Pose Method: Certified Running Specialist PT 2017
- R-Phase Certified Trainer: “Rehab, Restore, Re-educate” 2015

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- I-Phase Certified Trainer: “Integration: visual, vestibular, and proprioceptive systems”, 2016
- T-Phase Certified Trainer: “Therapy, Threat, Training” 2016
- PT CEU “Dance Medicine: Injuries and Treatment of the Performing Artist” 2015
- PT CEU “Groin Pain”, Steve Tippett, PT 2013
- PT CEU “Rehabilitation of the Running Athlete”, David Nolan, PT 2013
- PT CEU “Biomechanical Approach for the Management of Plantar Fasciitis”, Lori Bolgla 2013
- PT CEU “Selective Functional Movement Assessment” SFMA Certified 2015
- PT CEU “Redcord 1” Neurac 2014
- PT CEU E1 “Extremity Evaluation and Manipulation”, Stanley Paris
- PT CEU S1 “Spinal Evaluation and Manipulation”, Stanley Paris
- PT CEU S1 “Spinal Evaluation and Manipulation”, Stanley Paris
- PT CEU S3 “Advanced Evaluation/Manipulation Craniofacial, Cervical & Upper Thoracic Spine”, Stanley Paris
- PT CEU S4 “Advanced Lumbo-pelvic-hip Complex”, Stanley Paris
- PT CEU “Pediatric Primer”, Hampton C.A.R.E.S.
- PT CEU “Sampling Gait Parameters from a Feldenkrais Perspective”, Ruven Ofir
- PT CEU “Diagnosing Manual Muscle Testing”, Florence Kendall
- PT CEU “Evidence Based Therapeutic Exercise for Low Back Pain”, David McClune
- PT CEU “Exercise for the Childbearing Years”, Elizabeth Noble
- PT CEU “Moms In Motion”, Certified pre/post natal exercise instructor
- PT CEU “The Cervical Spine”, Gwendolynn Jull
- PT CEU “Analysis of Muscle Testing in Applied Kinesiology”, Charles Seminars
- PT CEU “Hormones and Health” Continuing Education International
- ACU CEU “Treatment and Assessment of Common Musculoskeletal Injuries”, Matt Callison
- ACU CEU “Common Injuries to the Neck and Shoulder”, Matt Callison
- ACU CEU TCM “Treatment for Infertility” Dr. Guoping Zheng, LAc New York
- ACU CEU “Enhancing Fertility w/ Acupuncture & Chinese Patent Medicine” Anastacia White
- ACU CEU “Facial Rejuvenation Acupuncture”, Virginia Doron
- ACU CEU “Common Injuries of the Low Back, Hip and Groin”, Matt Callison
- ACU CEU “Using Essential Oils in Chinese Medicine” Peter Holmes, Snow Lotus
- ACU CEU “Clean Needle Technique” Council of Colleges of Acupuncture & Oriental Medicine
- ACU CEU “Chinese Medicine and the Evolution of Consciousness” Lonny S Jarrett
- ACU CEU “Ancient Anatomy Part I” Kiiiko Matsumoto
- ACU CEU “Ancient Anatomy Part II” Kiiiko Matsumoto
- ACU CEU “Differential Diagnosis and Management of Pain Syndromes” Kiiiko Matsumoto
- Power Vinyasa Certification, Registered Yoga Teacher 2005, Sadie Nardini NYC
- AFAA Certified Athletic Trainer
- “Raindrop Technique” James Niederland
- “The Arvigo Techniques of Maya Abdominal Massage” Level One, Self Care

