

# Bianca Beldini

PT, MSOM, LAc, SFMA, Dipl.Ac., DPT  
(doctoral student)

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NY Physical Therapy Lic #018041  
NY Acupuncture Lic #002768  
NJ Acupuncture Lic #25mz00040100  
NCCAOM Provider # 165818

## Profile

Bianca has been working in the healing arts for the past 20 years in which she has co-created a style of treatment called The Sundala Method™. It is a therapeutic combination of: Physical Therapy, Acupuncture Dry Needling, Trigger Point patterning, neurodevelopment retraining and structural unwinding to enhance proper biomechanical movements and the elimination of pain. Bianca recently created Trigger Point Needling Seminars [www.triggerpointneedlingseminars.com](http://www.triggerpointneedlingseminars.com) to help educate the Acupuncture community on utilizing the art of Trigger Point Needling as a successful modality for myofascial pain relief. She is a certified NCCAOM provider with her seminar program.

## Experience

### **Trigger Point Needling Seminars, New York - Present**

“Where the Acupuncture needle meets the fascia”. These seminars were created to teach a structural unwinding and relieving pain with Trigger Point needling.

### **Co-founder, Sundala, Inc., Palisades, NY & NYC, NY – 2014 - Present**

Sundala, Inc. is a wellness center located in both Palisades, NY and NYC. Bianca treats as both a Physical Therapist and an Acupuncturist using The Sundala Method™ 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.

### **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, neuromuscular retraining and dry needling.

### **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, athletic tape wrapping to prevent dance injuries and consultations for proper nutritional support as related to the dancer/performer.

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

A private Acupuncture and Manual 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 Dry 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: TA: Physical Therapy Anatomy & Kinesiology Lab 2001 - 2002**

## Education

Arcadia University, Present Doctoral Student: DPT anticipated graduation 2017

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

Post Grad: Physiatric Medicine & Orthopedic Conditions using Acupuncture, 2010

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

## Publications (Print)

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)

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

- PT CEU "Dance Medicine: Injuries & Treatment of the Performing Artist, N. Rakestraw 2015
- R-Phase Certified Trainer: "Rehab, Restore, Re-educate" 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" 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 "AncientAnatomyPartI" 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
- "RaindropTechnique" James Niederland
- "The Arvigo Techniques of Maya Abdominal Massage" LevelOne, Self Care

