

LINDA BLUESTEIN, MD

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EDUCATION

Mayo Graduate School of Medicine Anesthesiology Residency	Rochester, Minnesota July 1991 – June 1994
Mayo Graduate School of Medicine Internal Medicine Internship	Rochester, Minnesota July 1990 – June 1991
University of California, Los Angeles School of Medicine Doctor of Medicine	Los Angeles, California September 1986 – June 1990
University of California, Irvine Bachelor of Science	Irvine, California October 1983 – June 1986

LICENSURE AND CERTIFICATION

- Performing Arts Medicine
- Board Certified, American Board of Anesthesiology
- Diplomate, National Board of Medical Examiners, July 1991
- Wisconsin Medical License, Active since June 1996
- Colorado Medical License, Active since September 2020

HONORS

Chief Resident, Department of Anesthesiology, Mayo Clinic
Phi Beta Kappa, University of California
Magna Cum Laude, University of California

PROFESSIONAL EXPERIENCE

Boulder Ballet <i>Wellness Partner</i>	Boulder, Colorado March 2024 – present
Colorado Ballet <i>Wellness Medical Physician</i>	Denver, Colorado August 2022 – present
Bendy Bodies, LLC <i>President and Founder</i>	Littleton, Colorado November 2020 – present
Hypermobility MD, PLLC <i>Medical Director and Founder</i>	Littleton, Colorado May 2020 – present

Wisconsin Integrative Pain Specialists <i>Medical Director and Founder</i>	Wausau, Wisconsin November 2017 – May 2020
Medical College of Wisconsin, Central Wisconsin <i>Clinical Assistant Professor</i> <i>Course Director, Healer’s Art Program (ending April 2022)</i>	Wausau, Wisconsin September 2016 – present
Aurora Medical Center <i>Anesthesiologist – Locum Tenens</i>	Oshkosh, Wisconsin September 2013 – December 2015
Agnesian Health, Saint Agnes Hospital <i>Anesthesiologist – Locum Tenens</i>	Fond du Lac, Wisconsin November 2011 – June 2014
Aurora Medical Center <i>Anesthesiologist – Locum Tenens</i>	Kenosha, Wisconsin April 2013 – July 2013
Monroe Clinic <i>Anesthesiologist – Locum Tenens</i>	Monroe, Wisconsin February 2013 – July 2014
Bellin Health, Bellin Anesthesia Associates <i>Anesthesiologist – Locum Tenens</i>	Green Bay, Wisconsin and Oconto, Wisconsin September 2012 – April 2013
Dean Health, Saint Mary’s Janesville <i>Anesthesiologist – Locum Tenens</i>	Janesville, Wisconsin April 2012 – September 2014
Central Wisconsin Anesthesiology <i>Staff Anesthesiologist, Aspirus Wausau Hospital</i>	Wausau, Wisconsin July 1996 – September 2010
Community Memorial Hospital <i>Staff Anesthesiologist</i>	Winona, Minnesota July 1994 – June 1996
Practical Reviews in Anesthesiology <i>Expert Reviewer</i>	July 1995 – June 1996

VOLUNTEER EXPERIENCE

Tethered Cord Support Alliance <i>Member, Medical Advisory Board</i>	Post Falls, Idaho June 2025 - present
InclusiVibe Foundation <i>Member, Medical Advisory Board</i>	Denton, Texas January 2026 - present
EDS Guardians <i>Member, Board of Directors</i>	Kenosha, Wisconsin October 2023 - present
Standing Up to POTS <i>Member, Medical Advisory Board</i>	North Hampton, Ohio March 2023 - present

Ehlers-Danlos Syndrome Research Foundation <i>Chair, Pain Management Committee</i>	Pikesville, Maryland January 2021 - present
International Association of Dance Medicine and Science <i>Member, Promotions Committee</i>	Aurora, Colorado December 2020 - December 2021
Bridge Dance Project <i>Member, Board of Directors</i>	Denver, Colorado November 2020 - present
International Consortium on EDS and Related Disorders <i>Member, Allergy, and Immunology Working Group</i>	Baltimore, Maryland November 2020 - present
Doctors for Dancers <i>Member, Advisory Committee</i>	Phoenix, Arizona September 2020 - present
Ballet California <i>Honorary Board Member</i>	Torrance, California August 2020 - present
Bendy Bodies with the Hypermobility MD Podcast <i>Founder and Host</i>	Littleton, Colorado February 2020 - present
The Hypermobility Happy Hour Podcast <i>Founder and Co-host</i>	Wausau, Wisconsin May 2019 – January 2020
The Dance Health Alliance of Canada <i>Member, Resources Committee</i>	Toronto, Ontario Canada October 2018 - present
EDS Wellness <i>Medical Advisory Board, Member</i> <i>Director of Education</i>	Baltimore, Maryland August 2017 – June 2021 May 2018 – June 2021
EDS Wisconsin <i>Volunteer Medical Consultant</i>	Rhineland, Wisconsin April 2017 – November 2019
Chronic Pain Partners <i>Volunteer Medical Consultant</i>	Cleveland, Ohio April 2017 – present

PUBLICATIONS

- Daylor, Victoria BFA; Gensemer, Cortney PhD; Norris, Russell A. PhD; **Bluestein, Linda MD**. Hope for Hypermobility: Part 2—An Integrative Approach to Treating Symptomatic Joint Hypermobility. *Topics in Pain Management* 38(9):p 1-10, April 2023. | DOI: 10.1097/01.TPM.0000933968.28098.59
- Daylor, Victoria BFA; Gensemer, Cortney PhD; Norris, Russell A. PhD; **Bluestein, Linda MD**. Hope for Hypermobility: Part 1—An Integrative Approach to Treating Symptomatic Joint Hypermobility. *Topics in Pain Management* 38(8):p 1-9, March 2023. | DOI: 10.1097/01.TPM.0000924780.91929.b3
- **Bluestein LS**. Inflammation in the dancer: Lowering chronic inflammation to improve performance and optimize career longevity. *The IADMS Bulletin for Dancers and Teachers*. April 2021, Issue 1, Volume 9. <https://iadms.org/media/5522/iadms-bulletin-april-2021-v9-1.pdf>
- **Bluestein LS**. The Dancer’s Planning Guide to Optimizing Immunity for COVID-19 and beyond. Informational Paper under the auspices of the Dance/USA Task Force on Dancer Health.

2020. https://dance-usa.s3.amazonaws.com/page_uploads/Optimizing%20Immunity%20during%20COVID-19%20and%20Beyond.pdf

- Atwal P, Barnum R, **Bluestein LS**. et al. Editor: Diana Jovin. *Disjointed - Navigating the Diagnosis and Management of Hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders*. 2020. Hidden Stripes Publishing.
- Afrin LB, Ackerley MB, **Bluestein LS**, et al. Diagnosis of mast cell activation syndrome: a global "consensus-2". *Diagnosis (Berl)*. 2020 Apr 22:/j/dx.ahead-of-print/dx-2020-0005/dx-2020-0005.xml. doi: 10.1515/dx-2020-0005. Epub ahead of print. PMID: 32324159.
- Chopra, P. and **Bluestein, L.** (2020) Perioperative Care in Patients with Ehlers Danlos Syndromes. *Open Journal of Anesthesiology*, **10**, 13-29. doi: 10.4236/ojanes.2020.101002.
- **Bluestein LS**. Understanding Joint Hypermobility in Dancers. Open Resource for Healthy Dancer Canada. 2019. https://www.healthydancercanada.org/uploads/4/7/1/3/47130231/hdc_understandinghypermobility_rp_2019.pdf
- **Bluestein LS**. Pain Management in Patients with Hypermobility Disorders: Frequently Missed Causes of Chronic Pain. *Topics in Pain Management* 2017; 32 (12); 1-10.
- **Bluestein LS**, Stinson LW, Lennon RL et al. Evaluation of cisatracurium, a new neuromuscular blocking agent, for endotracheal intubation. *Can J Anaesth* (1996) 43:925-931.
- Ziser A, Sorenson EJ, **Bluestein LS**, Ronan KP. Letter to the editor: Epidural injection of aztreonam. *Canadian Journal of Anesthesiology* 1994; 41:553.
- **Bluestein LS**, Stinson LW, Wilson RM, Lenon RL. Evaluation of 51W89 for endotracheal intubation in patients anesthetized with propofol and nitrous oxide. *Anesthesiology* 1993; 79:S920.
- Stinson LW, **Bluestein LS**, Brown DL, Lennon RL. Ankle block – two skin puncture technique. *Anesth Analg* 1993; 76:S418.
- Nordestgaard AG, **Stapleford LA (Bluestein)**, Worthen N, et al. Contemporary management of amebic liver abscess. *The American Surgeon* 1992; 58:315

PRESENTATIONS

Over 80 invited lectures nationally and internationally on hypermobility, Ehlers-Danlos syndromes, and related conditions.

Invited Presentations

- The Impact of Hypermobility on Orofacial Pain. AAOP Annual Clinical and Scientific Meeting. Orlando, FL. May 2026.
- Staying in the Game: Feel Better, Move Better, Live Better. Ravenna Country Club. Littleton, CO. April 2026.
- Beyond Bendy: Pelvic and Sexual Health Concerns in Hypermobile Circus Artists. Circus Science Symposium. Online. April 2026.
- Hormones, Menopause, and Connective Tissue Disorders. EDS UK. Online. January 2026.
- Bendy in the Bedroom: Sexual and Pelvic Health in EDS, POTS, and MCAS. Pelvic Floor University. Online. November 2025.
- The Mind-Body Connection: How Stress Can Amplify Pain. EDS ECHO Summit on Mental Health. Online. November 2025.
- Ehlers-Danlos Syndromes: Much More Common Than You Think. British Dental Association. Online. November 2025.

- Lifestyle and Pain Management. EDS ECHO for Allied Health Professionals, North America. October 2025.
- Dancing with Hypermobility: Optimizing Career Longevity. Vail Dance Festival. Vail, CO. August 2025.
- Hypermobility in Competitive Dance: The Dance Teacher's Role in Balancing Aesthetics and Health. Dance Teacher Web. Las Vegas, NV. July 2025.
- Targeting Complexity: Integrative Clinical Pathways for Connective Tissue Disorders. Bobby Jones Chiari & Syringomyelia Foundation Together We Thrive Summit. Washington, DC (online). June 2025.
- Flexible Solutions: Integrative Pain Medicine for Hypermobility Disorders. SoMeDocs Integrative Pain Medicine Conference. Online. June 2025.
- Hypermobility: Diagnosis and Treatment in the MCAS Patient. Ehlers-Danlos Support UK. Online. March 2025.
- Is Being Bendy a Benefit in the Bedroom? The Sexual Impacts of Joint Hypermobility and Comorbidities. ISSWSH/ISSM Joint Conference. Atlanta, GA. February 2025.
- If You Can't Connect the Issues, Think Connective Tissue. Joint CPD Webinar with Dr. Audrey Kershaw. Online. December 2024.
- Handling the Holidays When You're Hypermobile. EDS Guardians. Online. December 2024.
- Mast Cell Activation Syndrome and the Brain. Brainstem Research Roundtable. Online. November 2024.
- Diagnosing and Treating Patients with Joint Hypermobility. Touro University CME Lecture. Online. October 2024.
- Mitigating Injury Risk for Dancers. CLI Conservatory Lecture Series. Southampton, MA. October 2024.
- Demystifying Mast Cell Activation Syndrome. The Zebra Club. Online. September 2024.
- Hypermobility and Injury Risk Reduction. Classic Ballet Academy. Denver, CO. June 2024.
- What Dancers Need to Know About Joint Hypermobility. Boulder Ballet Academy. Boulder, CO. April 2024.
- Injury Risk Reduction and Optimizing Performance. Colorado Ballet Academy. Denver, CO. February 2024.
- Managing Stress for Better Sleep and Energy. Colorado Ballet Academy. Denver, CO. February 2024.
- Integrative Pain Medicine. GBS | CIDP Foundation International. Online. February 2024.
- Hypermobility, TMD, and Sleep Apnea. Functional Synergy. Online. February 2024.
- Managing Hypermobility in Dancers for Longevity. Colorado Ballet Academy. Denver, CO. February 2024.
- An Integrative Approach to Treating Symptomatic Joint Hypermobility. LDN Research Trust. Online. December 2023.
- An Integrative Approach to Treating Symptomatic Joint Hypermobility. ILC. Online. November 2023.
- Integrative Approach to Treating Persistent Pain in EDS and HSD. Ehlers-Danlos Society Global Learning Conference. Dublin, Ireland (virtual). August 2023.
- Hypermobility: What Do You Need to Know? NAT Global Campus Webinar. Online. July 2023.
- Staying on Stage: What Do Bendy Dancers Need to Know? Bridge Dance Project. Denver, CO. July 2023.
- Nutrition for Performance. Colorado Ballet Academy. Denver, CO. July 2023.
- Sleep and Focus. Colorado Ballet Academy. Denver, CO. July 2023.
- Hypermobility and Sleep. Functional Synergy. Online. June 2023.
- Hypermobility and Performance. Colorado Ballet Academy. Denver, CO. June 2023.
- Keep Your Bendy Dancers in the Studio and on Stage. Chicago National Association of Dance Masters. Online. June 2023.

- Optimizing Performance. Colorado Ballet Academy. Denver, CO. April 2023.
- Hypermobility in Circus. Pure Motion Physical Therapy. Online. April 2023.
- Hypermobility in the Dancer. Healthy Dancer Canada. Online. March 2023.
- Focus and Sleep. Colorado Ballet Academy. Denver, CO. February 2023.
- Nutrition and Performance. Colorado Ballet Academy. Denver, CO. January 2023.
- Hypermobility and the Pelvic Floor. My Pelvic Floor Muscles. Online. November 2022.
- Hypermobility in Dancers. Canadian Academy of Sport and Exercise Medicine. Online. October 2022.
- Pain, Hypermobility, and Hypomobility in the Dancer. Colorado Ballet Academy. Denver, CO. September 2022.
- Causes and Management of Soft Tissue Pain in Mast Cell Activation and Related Disorders. Third Annual MCAS Workshop. Briarcliff, NY. June 2022.
- Anti-Inflammatory Medication Tips and Tricks. Third Annual MCAS Workshop. Briarcliff, NY. June 2022.
- Hypermobility in the Artistic Athlete. The Circus Doc. Online. April 2022.
- Working with Hypermobility. Align Fitness. Online. January 2022.
- Hypermobility: How Having a “Bendy Body” Impacts Your Health. Endometriosis Summit. Celebration, FL (virtual). June 2021.
- Nutrition for Pain Management. Functional Synergy. Online. June 2021.
- Injury Risk Mitigation. Functional Synergy. Online. May 2021.
- Clinical Presentation and Prevalence of Hypermobility Disorders. Functional Synergy. Online. April 2021.
- Hypermobility in Circus. The Circus Doc. Online. March 2021.
- Optimizing Immunity. My Flex by Cirque Physio. Online. March 2021.
- Hypermobility, Pain in the Dancer, and Injury Prevention. Colorado Ballet Academy. Online. March 2021.
- Nutrition for the Dancer. Colorado Ballet Academy. Online. February 2021.
- Hypermobility and the Pelvic Floor. My Pelvic Floor Muscles. Online. January 2021.
- Optimizing Immunity for COVID-19. Colorado Ballet Academy. Online. January 2021.
- Hypermobility in the Gymnast. EDS Wellness. Online. January 2021.
- Integrative Pain Medicine. APTA Wisconsin Pain Education Conference. Online. November 2020.
- Medical Aspects of Joint Hypermobility for Dancers. Pivot Dancer Course. October 2020.
- Pain, Hypermobility, and Inflammation in the Dancer. Boulder Ballet Academy. Boulder, CO. October 2020.
- What Do Dancers Need to Know About Being Bendy? Doctors for Dancers. Online. September 2020.
- All About Masks. Doctors for Dancers. Online. August 2020.
- Going Back to Dance Safely, COVID-19. Doctors for Dancers. Online. July 2020.
- Pain in the Dancer: What Do Dance Educators Need to Know? Royal Academy of Dance USA Dance Challenge. Long Beach, CA. January 2020.
- Let’s Talk About Opioids and Pain. ADRC of Portage County. Stevens Point, WI. October 2019.
- Persistent Pain: What Works? What Doesn’t? EDS Wisconsin. Oshkosh, WI. August 2019.
- EDS: The Invisible Medical Condition. Lead EDS Leadership Conference. Mason, OH. May 2019.
- Stabilizing the Mast Cell to Relieve Pain and Focal Dystonia. Second Annual MCAS Workshop. Broomfield, CO. April 2019.
- Management of Persistent Pain in the Athlete with an Emphasis on Opioid Alternatives. Medical College of Wisconsin Sports Medicine Symposium. Milwaukee, WI. March 2019.
- Let’s Talk About Pain Medicines. Wisconsin Health Literacy. Stevens Point, WI. December 2018.

- Pain 101: Why We Hurt and What to Do About It. WHA Convention. Stevens Point, WI. October 2018.
- Joint Mobility and Longevity for the Dancer. Lauridsen Ballet School. Torrance, CA. August 2018.
- Hypermobility in Dance: Asset and Liability. Wausau Academy of Dance. Wausau, WI. July 2018.
- The Hypermobile Dancer and Other At-Risk Communities. EDS Wellness. Online. July 2018.
- Using Functional Medicine to Treat EDS and Related Disorders. EDS Wisconsin. Milwaukee, WI. April 2018.
- Mobility for the Dancer with a Focus on Longevity. Milwaukee Ballet School. Milwaukee, WI. June 2017.
- Five Tips for Managing Persistent Pain. EDS Wisconsin. Wausau, WI. May 2017.
- The Drug Abuse Epidemic: You Can Make a Difference. University of Wisconsin Stevens Point. April 2017.

Peer-Reviewed Presentations (Abstract Selected)

- Bendy but Not Broken: Supporting Pelvic and Sexual Health in Patients with Hypermobility. APTA Combined Sections Meeting. Anaheim, CA. February 2026.
- The Importance of Having Strategies in Place for Neurodivergent Dancers. International Association for Dance Medicine and Science Annual Conference. Columbus, OH. October 2023.
- Scoliosis and Joint Hypermobility. International Association for Dance Medicine and Science Annual Conference. Columbus, OH. October 2023.
- Hypermobility Disorders in the Dancer: What Does the Dance Scientist Need to Know? International Association for Dance Medicine and Science Annual Conference. Montreal, Canada. October 2019.
- Management of Hypermobility Disorders in the Dancer with an Emphasis on Opioid Alternatives. Poster, Performing Arts Medicine Association International Symposium. Los Angeles, CA. June 2019.
- Utilizing Nutritional Supplementation to Stabilize the Mast Cell, Relieving Pain and Focal Dystonia: A Case Report. Poster, Scripps Supplements Conference. San Diego, CA. January 2019.
- Stabilizing the Mast Cell to Relieve Pain and Focal Dystonia. Poster, Global Pain Clinician Summit. Boston, MA. November 2018.
- What Every Dancer and Dance Educator Needs to Know About Hypermobility Disorders. Healthy Dancer Canada Conference. Toronto, Canada. September 2018.
- Evaluation of 51W89, a New Neuromuscular Blocking Agent. American Society of Anesthesiologists Annual Meeting. Washington, DC. October 1993.
- Ankle Block: Two Skin Puncture Technique. Poster, International Anesthesia Research Society Congress. San Diego, CA. March 1993.

PODCAST GUEST APPEARANCES

- “Hypermobility, EDS, and MCAS: What Most Doctors Miss.” *Dr. Lotte: Science with Soul*. March 21, 2026.
- “The Truth About EDS: A Doctor’s Experience with Medical Dismissal with Linda Bluestein.” *Patient Advocacy NOW. The Official Podcast of Greater National Advocates*. August 22, 2025.
- “61. Understanding Hypermobility in Dancers with Dr. Linda Bluestein, MD.” *The Brainy Ballerina Podcast*. July 21, 2025.

- “The Hypermobility Connection: Dr. Linda Bluestein on Endo Pain & Care Gaps.” *The Vocal Pelvic Floor Podcast with Dr. Ginger Garner*. July 15, 2025.
- “722: Linda Bluestein: Why we Should All Care About Hypermobility.” *Healthy, Wealthy, Smart Podcast*. July 10, 2025.
- “Episode 14: The Hidden Risks of Flexibility – Hypermobility in Dancers with Dr. Linda Bluestein.” *Step Up Your Studio*. July 1, 2025.
- “Interview with Dr. Linda Bluestein.” *Dance Med Spotlight*. June 19, 2025.
- “Beyond Flexibility: Recognizing and Supporting Hypermobility in Dancers with Dr. Linda Bluestein.” *The Acrobatic Arts Podcast*. May 7, 2025.
- “The Role of Interventionalists for Bendy Bodies.” *Pain Unfiltered Podcast by the American Society of Pain and Neuroscience*. May 5, 2025.
- “#480 Hypermobility with Dr. Linda Bluestein.” *The Curbsiders Internal Medicine Podcast*. April 21, 2025.
- “Resiliency Radio with Dr. Jill: Joint Hypermobility: When is it an Issue? With Dr. Bluestein, MD.” *Resiliency Radio Podcast with Dr. Jill Carnahan*. February 19, 2025.
- “Hypermobility Concerns and Care with Dr. Linda Bluestein.” *Passion for Dance Podcast*. August 22, 2024.
- “Managing Hypermobility. Dr. Linda Bluestein’s Guide to Ehlers-Danlos Syndrome.” *Gyno Girl Presents: Sex, Drugs & Hormones Podcast*. May 31, 2024.
- “Hypermobility, Ehlers-Danlos Syndrome, and Why You Are Stronger Than You Believe.” *Whealth Podcast*. May 31, 2024.
- “Hypermobility: Separating Fact from Fiction with Dr. Linda Bluestein.” *The Acrobatic Arts Podcast*. May 8, 2024.
- “E109: Hypermobility, Ehlers-Danlos Syndrome, and Beyond - Health Connections You Need to Know with Dr. Linda Bluestein.” *Becoming Immune Confident Podcast*. March 6, 2024.
- “E172: Pain and Hypermobility with Dr. Linda Bluestein as part of the Mast Cell Matters series.” *The POTScast*. November 7, 2023.
- “Bridging the Gap: Holistic Approaches to Navigating Ehlers-Danlos Syndrome, POTS, and MCAS.” *Modern Pain Care Podcast*. November 6, 2023.
- “Hypermobility Disorders: The Power of Proactivity with Linda Bluestein, MD.” *The Acrobatic Arts Podcast*. July 19, 2023.
- “Hypermobility Problems with Anesthesiologist Dr. Linda Bluestein.” *Knock Knock, Hi! with the Glaucomfleckens*. June 20, 2023.
- “#19 – Dr. Linda Bluestein M.D Discusses Hypermobility.” *Treatment Room Secrets Podcast*. May 19, 2023.
- “Case # 05: Kyle” With Dr. Linda Bluestein.” *Symptomatic: A Medical Mystery Podcast*. November 15, 2022.
- “Hypermobility Spectrum Disorders with Dr. Linda Bluestein.” *Redefining Yoga Podcast*. October 14, 2022.
- “If you can’t connect the issues, think connective tissues.” *Kevin MD podcast*. September 25, 2022.
- “Ep. 212 The Link Between Hypermobility Spectrum Disorders, Hypermobility-EDS, MCAS, and Endometriosis with Dr. Linda Bluestein.” *This EndoLife podcast*. August 19, 2022.
- “What a lifetime of gaslighting by other doctors feels like.” *Kevin MD podcast*. August 12, 2022.
- “003-Dr. Linda Bluestein M.D.- Hypermobility, Ehlers Danlos Syndrome, and Why You Are Stronger Than You Believe.” *Whealth Podcast*. June 1, 2022.

- “Ep. 35 Hypermobility + The dancer with Dr. Linda Bluestein.” *The Acrobatic Arts Podcast*. May 11, 2022.
- “80. Optimizing health for the HYPERMOBILE dance with Dr Linda Bluestein!” *Balanced Ballerinas Podcast*. February 9, 2022.
- “Talking Pain and Hypermobility with Dr. Bluestein.” *Finding Your Range Podcast* S2:E3. December 12, 2021.
- “Ep. 20 The Hypermobility M.D. – Dr. Linda Bluestein.” *The Acrobatic Arts Podcast*. September 22, 2021.
- “Ep. 8 Information Talk About Hypermobility Disorders – Dr. Linda Bluestein.” *The Acrobatic Arts Podcast*. April 7, 2021.
- “Hypermobility MD Linda Bluestein | Ep #36.” *From Pain to Possibility*. February 25, 2021.
- “Episode 96: Healing the Flexible – Dr. Linda Bluestein, M.D.” 5.6.7.EIGHT. February 16, 2021.
- “Hypermobility or Just Bendy with Linda Bluestein, MD.” *Physician’s Guide to Doctoring with Bradley B. Block, MD*. September 30, 2020.
- “Dr. Linda Bluestein.” *Imposter to Unstoppable*. September 7, 2020.
- “Keep it Wausome 30: Dr. Linda Bluestein on Health.” *Keep it Wausome!*. July 19, 2020.
- “#18 Linda Bluestein, M.D.: Hypermobility, Ehlers-Danlos Syndromes and chronic pain: classification, diagnosis, pain sensitization, and treatment options with a focus on uncommon pharmacy options.” *Podcast for Healing Neurology*. June 24, 2020.
- “Episode 67: More on Hypermobility – Common Presentations of EDS.” *Dancewell Podcast*. May 6, 2020.
- “Ep 50 Meet Dr. Linda Bluestein and Move with Her!” *Did You Move Today Podcast*. April 25, 2020.
- “Episode 1: Original Podcast Intro & Integrative Medicine in Practice with Dr. Linda Bluestein.” *Restored Wellness Podcast*. April 16, 2020.
- “Dr. Linda Bluestein on pain, hypermobility and integrative medicine.” *Shakthi Health and Wellness: Empowerment Podcast*. April 9, 2020.
- “EP76 – The Pentad of Disorders – Linda Bluestein, MD.” *The Get Healthy 360 Podcast*. February 9, 2020.
- “Live at Daly’s, Ep. 6: Dr. Linda Bluestein.” *Keep it Wausome!*. April 5, 2019.
- “Episode 14 – Linda Bluestein – EDS and Connective Tissue Disorders.” *The Get Healthy 360 Podcast*. December 21, 2018.

MEDICAL-LEGAL CONSULTING

Independent expert witness in cases involving Ehlers-Danlos syndromes (EDS), hypermobility spectrum disorders, chronic pain syndromes, dysautonomia, postural orthostatic tachycardia syndrome (POTS), and mast cell activation syndrome (MCAS). Services include medical record review, written expert reports, depositions, and trial testimony.

PROFESSIONAL MEMBERSHIPS

International Association for Dance Medicine and Science
 The Dance Health Alliance of Canada
 The International Association for the Study of Pain
 Performing Arts Medicine Association
 Honorary Board Member, DanseMedica

PERSONAL

Birthplace

Torrance, California

Marital Status

Married with two children

Hobbies

Ballet, cooking, physical fitness

Additional Interests

Dance Medicine

Hypermobility Disorders

Ehlers-Danlos Syndromes

Mast Cell Activation Disorder

Dysautonomia

Tarlov Cyst

Adhesive Arachnoiditis