



TIFFANY SANDOVAL

MEDICAL SPORTS SOFT
TISSUE SPECIALIST

📞 949-838-4436 ✉ Info@TiffanySandoval.com

📍 San Clemente, CA
🚗 Mobile Recovery
✈ Team Travel Available

PROFILE

Soft-Tissue Recovery Specialist with 14+ years treating professional and high-performance athletes. I provide **Sport-Position** specific **neuromuscular therapy, myofascial release, lymphatic drainage, and FST** that **improve availability, durability, and recovery speed.**

I integrate seamlessly with **ATC, PT, S&C, and Sports Sci. teams**, aligning treatment with workload demands, RTP protocols, and performance objectives. My focus: **reduce strain, accelerate recovery, and keep athletes available.**

EDUCATION

- **CERTIFIED NEUROMUSCULAR THERAPIST** -NHI
- **VODDER- CERTIFIED MANUAL LYMPH DRAINAGE THERAPIST** (CMLDT)
- **FST2 STRETCH THERAPIST**
NEUROMYOFASCIAL TISSUE MOBILITY TRAINED BY : ANN FREDERICK
- **STRECHA METHOD**-TRAINED BY : SANDRA JERSBY
- **CERTIFIED HYPNOTHERAPIST**-SPORTS PERFORMANCE HYPNOSIS
- **CERTIFIED BREATH COACH**
- **ONGOING EDUCATION** – ALWAYS ADVANCING WITH THE LATEST SPORTS MEDICINE AND RECOVERY RESEARCH.

WORK EXPERIENCES

ELITE RECOVERY (2023- CURRENT)

- SPECIALIZING IN ATHLETIC THERAPY & INJURY RECOVERY, CHRONIC SOFT TISSUE PAIN RELIEF.

OC TRIATHLETE 2012 TO 2023

- SPECIALIZING IN TRIATHLETE THERAPY & INJURY RECOVERY, CHRONIC SOFT TISSUE PAIN RELIEF.

SKILLS

SOFT-TISSUE CLINICAL SKILLS

1. **NEUROMUSCULAR & TRIGGER POINT THERAPY** → CLEAR PAIN PATTERNS AND RESTORE MUSCLE BALANCE.
2. **FASCIAL STRETCH THERAPY** → IMPROVE FLEXIBILITY AND JOINT SPACE FOR SMOOTHER MOVEMENT.
3. **RAPID NEUROFASCIAL RESET** → RESET PAIN AT THE NERVOUS-SYSTEM LEVEL FOR LASTING CHANGE.
4. **MYOSKELETAL ALIGNMENT** → CORRECT POSTURE AND BIOMECHANICS FOR EFFICIENT PERFORMANCE.
5. **MYOFASCIAL RELEASE & INTEGRATION** → RESTORE FASCIAL GLIDE, FLOW, AND MOTION.
6. **MANUAL LYMPHATIC DRAINAGE** → REDUCE INFLAMMATION AND ACCELERATE HEALING.
7. **TARGETED CUPPING & BREATHWORK** → DECOMPRESS TISSUE AND REGULATE RECOVERY.
8. **CORE RELEASE & DIAPHRAGM DECOMPRESSION** → UNLOCK BREATH AND FULL-BODY COORDINATION.

PERFORMANCE + SPORTS MEDICINE INTEGRATION

- ALIGNS TREATMENT WITH ATC DIRECTION
- SUPPORTS RETURN-TO-PLAY STAGES
- INTEGRATES WITH SPORTS SCIENCE LOAD DATA (HRV, GPS, ASYMMETRY)
- COORDINATES WITH S&C FOR RECOVERY NEEDS
- COMMUNICATES PRE/POST-TREATMENT FINDINGS WITH MEDICAL STAFF
- DEVELOPS POSITION-SPECIFIC RECOVERY PLANS BASED ON SEASON PHASE

GOOGLE
REVIEWS

