

ELITE PAIN RELIEF



TIFFANY SANDOVAL  
& MOBILITY EXPERT.



To

**Head Athletic Trainer,  
Director of Player  
Performance, or Sports  
Medicine Team**

### WHAT I OFFER YOUR TEAM

- RTP-ALIGNED SOFT-TISSUE CARE
- POSITION-SPECIFIC RECOVERY
- IN-SEASON HIGH-LOAD TISSUE WORK
- COLLISION & COMPRESSION DECOMPRESSION
- LYMPHATIC SWELLING REDUCTION
- MOBILITY & NEUROMUSCULAR RESET
- FASCIAL / JOINT / NERVE RELEASE
- INTEGRATED SOAP DOCUMENTATION
- CAMP, IN-SEASON & TRAVEL SUPPORT



### Contact Info:

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# TIFFANY SANDOVAL

**Elite Medical Sports Soft-Tissue Recovery**

**Specialist for Athletes | Pro • D1 • Youth**

📍 San Clemente, CA | 🚗 Mobile Recovery |

✈️ Team Travel Available

## DEAR SPORTS MEDICINE TEAM,

My name is Tiffany Sandoval, a Medical Sports Soft-Tissue Recovery Specialist with 14+ years treating professional athletes, D1 programs, and high-impact football positions. I provide football-specific soft-tissue therapy that enhances availability, durability, and recovery speed.

I correct the soft-tissue patterns that limit performance – fascial restriction, neuromuscular guarding, joint-mechanics imbalance, lymphatic congestion, breath dysfunction, and nerve entrapment – directly improving strain tolerance, collision readiness, and force production.

My approach is position-specific and built around football biomechanics, load demands, acceleration / deceleration patterns, and season phase. My priority: keep athletes available, moving efficiently, and recovering faster.

I integrate cleanly with ATC, PT, S&C, and Sports Science teams, support Return-to-Play progression, and provide clear documentation. I am fully insured and available as a:

- **1099 Contractor**
- **Vendor-Approved Recovery Specialist**
- **Local Support for Visiting NFL Teams**

### How I support high-performance football environments:

- Position-specific soft-tissue mapping
- In-season high-load tissue care around team schedules
- Post-op edema + scar protocols (MLD + fascial/nerve decompression)
- Recovery room/off-day treatment blocks for high-risk positions
- Documentation aligned with RTP and performance systems

I am available for training camp, in-season, travel weeks, and postseason. Thank you for your consideration – I'd welcome a conversation on how I can support your recovery system and athlete availability.

Sincerely, *Tiffany Sandoval*

Tiffany Sandoval, CNMT#46521, CMLDT, FST2

# TIFFANY SANDOVAL

## ELITE MEDICAL SPORTS SOFT-TISSUE RECOVERY SPECIALIST

### POSITION-SPECIFIC EXPERTISE

#### QUARTERBACKS

- Shoulder integrity: RTC, labrum, scapular rhythm
- Thoracic rotation, QL-rib binding
- UCL strain patterns
- C5-T1 nerve path compression

#### RUNNING BACKS

- High-speed hamstring load
- Hip capsule restriction
- Knee valgus strain patterns
- Ankle mobility + landing mechanics

#### WIDE RECEIVERS

- Deceleration lines (posterior chain + adductor sling)
- Tibial rotation → hamstring tendon load
- Fascial recoil system (lat → oblique → hip)

#### TIGHT ENDS

- Combo of receiver + lineman forces
- Cervical fascial tension
- Rotational blocking mechanics

#### OFFENSIVE LINE

- Cervical loading and trap dominance
- Rib compression → diaphragm dysfunction
- Wrist/elbow overuse
- Low back extension pattern fatigue

#### DEFENSIVE LINE / EDGE RUSHERS

- Explosive hip drive mechanics
- High-load lumbar patterns
- Ankle mobility for stance + torque

#### LINEBACKERS

- Impact shocks → upper rib fixations
- Hip flexor overload
- Acceleration/deceleration asymmetry

#### CORNERBACKS / SAFETIES

- High-speed sprint mechanics
- Hamstring proximal-tendon stress
- Cervical + brachial plexus patterns

#### SPECIAL TEAMS

- Hip flexor/hamstring co-contraction
- Lumbar rotation → plant mechanics
- Tib-fib + ankle integrity



### RECOVERY SYSTEM

1. **Neuromuscular & Trigger Point Therapy** → Clear collision-driven pain patterns and restore muscle firing for high-load positions.
2. **Football-Specific Fascial Stretch Therapy (FST)** → Improve hip rotation, stride length, and joint space for cutting, blocking, and throwing.
3. **RAPID NeuroFascial Reset** → Reset pain at the nervous-system level after impact, acceleration fatigue, and position stress.
4. **Myoskeletal Alignment** → Correct football-specific posture faults (cervical load, rib compression, lumbar extension) for efficient mechanics.
5. **Myofascial Release & Integration** → Restore fascial glide, recoil, and force transfer for sprinting, deceleration, and rotational power.
6. **Manual Lymphatic Drainage** → Reduce swelling and inflammation from collisions, lower-leg trauma, and post-game tissue stress.
7. **Targeted Cupping & Breathwork** → Decompress overloaded tissues, improve rib and hip mobility, and optimize recovery under pressure.
8. **Core Release & Diaphragm Decompression** → Unlock rotational capacity, breathing efficiency, and full-body coordination across all positions.

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## 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

