

PERFORMANCE COLLABORATION

HELPING YOUR CLIENTS MOVE BETTER.
RECOVER BETTER. STAY CONSISTENT.

When pain, mobility restrictions, or movement compensation become the limiting factor, I help your clients get back to training—and get more from your coaching.



SAN CLEMENTE
COSTA MESA



15+ YEARS
EXPERIENCE



YOUR COACHING DRIVES RESULTS.
I HELP REMOVE THE ROADBLOCKS.

I'm here to support your clients so they can move better, recover faster, and get the most out of the work you're doing with them.



WHY TRAINERS REFER

Your programming isn't usually the problem. Sometimes the body becomes the limiting factor.

When mobility decreases, tissue becomes restricted, or movement compensations develop, clients often:

- ✓ Plateau in training
- ✓ Train around pain
- ✓ Lose mobility
- ✓ Struggle to recover
- ✓ Miss workouts
- ✓ Stop progressing



WHEN TO REFER

Refer a client when they...

- ✓ Keep hitting the same plateau
- ✓ Have pain that returns every workout
- ✓ Can't squat, press, rotate, or move normally
- ✓ Are losing mobility
- ✓ Feel "tight" no matter how much they stretch
- ✓ Need recovery between competitions
- ✓ Are preparing for surgery
- ✓ Are returning after surgery

WHAT MY WORK HELPS YOUR CLIENTS DO



MOVE
BETTER



RECOVER
FASTER



STAY
CONSISTENT



IMPROVE
MOBILITY



REDUCE
COMPENSATION



GET MORE FROM
YOUR COACHING



MY APPROACH

Every session begins with a movement assessment.

**I DON'T CHASE SYMPTOMS—
I IDENTIFY WHAT MAY BE
LIMITING MOVEMENT.**

Using a whole-body approach, I assess the relationship between the:



NERVOUS
SYSTEM



FASCIA



MUSCLES



JOINTS



LYMPHATIC
SYSTEM

Every treatment plan is personalized to the individual, their goals, and the demands of their sport or lifestyle.



WHO I HELP

PERFORMANCE ATHLETES

- Current & Retired Professional Athletes
- Olympic Hopefuls
- College Athletes
- High School Athletes
- Youth Athletes

Athletes preparing for combines, showcases, playoffs, and competition.

ACTIVE ADULTS

- Training for an event
- Returning to exercise
- Joint replacements
- Pre- & Post-Surgical Recovery
- Medical conditions affecting movement
- Autoimmune & inflammatory conditions
- Chronic pain & mobility restrictions



WHAT MAKES ME DIFFERENT

I don't use the same treatment on everyone.

Every session is built around the athlete, the movement demands of their sport, and the goals they're trying to reach.

Whether it's...

- ✓ Protecting a scholarship
- ✓ Earning a starting position
- ✓ Preparing for competition
- ✓ Returning after injury
- ✓ Extending a professional career

...the treatment plan is designed around helping them continue doing what matters most.

HOW WE WORK TOGETHER



COACH
NOTICES
AN ISSUE



MOVEMENT
ASSESSMENT



PERSONALIZED
TREATMENT PLAN



CLIENT RETURNS
TO TRAINING



TIFFANY SANDOVAL
ELITE RECOVERY BODYWORK

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*Let's help people
move better—together.*



Your clients train hard.
When pain or mobility
becomes the limiting factor—
I'm the next step.

LEARN MORE

