

ELITE PAIN RELIEF



TIFFANY SANDOVAL

CA Lic.#46521, NMT, CMLDT, FST2
ELITE MEDICAL SPORTS SOFT-TISSUE RECOVERY

📍 Southern California
🚗 Mobile Recovery
🏕️ Camp • In-Season • Travel Support
🛡️ ABMP Insured

QUALIFICATION SNAPSHOT

- **14+ Years Advanced Clinical Soft-Tissue Experience**
- **Professional, Collegiate, Youth & Post-Surgical Athletes**
- **Modalities:** Neuromuscular • Myofascial Release • Fascial Stretch Therapy • Vodder Lymphatic Drainage • Certified Plastic Surgery Therapist • RTP-Aligned Recovery • Position-Specific Treatment Planning
- **Collaboration-First • Confidential • Evidence-Driven**
- **Fully Insured • Integrated SOAP Documentation**

AVAILABILITY & ENGAGEMENT

- 1099 Contractor
- Vendor-Approved Recovery Specialist
- Local Support for Visiting Teams
- Part-Time or Full-Time Employment

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DEAR SPORTS MEDICINE TEAM,

My name is Tiffany Sandoval, and I am a Medical & Sports Soft-Tissue Recovery Specialist with over **14+ years of clinical experience supporting individual professional, collegiate, and youth athletes across multiple sports.** My work focuses on restoring tissue quality, joint mobility, and neuromuscular efficiency so athletes can **tolerate load, recover faster, and sustain long-term performance.**

I specialize in **advanced neuromuscular therapy, myofascial integration, lymphatic drainage, and position-aware soft-tissue recovery.** My approach is built around **biomechanics, acceleration and deceleration demands, and season phase** rather than generalized massage.

I collaborate easily with **athletic trainers, physical therapists, physicians, chiropractors, and strength & conditioning staff,** reinforcing rehabilitation timelines and performance systems while remaining strictly within scope of practice. **Confidentiality is non-negotiable** – I never disclose athlete names or conditions.

I am seeking transition from private practice into a professional team environment because I want to apply the recovery systems I've refined **within a consistent performance model,** contributing to athlete availability and integrated care rather than isolated sessions. My long-term goal is continuity, measurable performance outcomes, and direct collaboration with medical and coaching staff.

One word that describes me is **Learner.**

My commitment to understanding pain and recovery is both professional and personal – supporting my husband, a 30-year Type 1 diabetic and triathlete, deepened my knowledge of nerve pain, autoimmune impact, and healing physiology.

Thank you for your time and consideration. I would welcome the opportunity to support your sports medicine and performance staff.

TIFFANY SANDOVAL

ELITE MEDICAL SPORTS SOFT-TISSUE RECOVERY SPECIALIST

QUALIFICATION OVERVIEW

CURRENT LOCATION:

Southern California, USA

WILLING TO RELOCATE:

Yes – dependent on team structure, role scope, and long-term integration opportunity.

MASSAGE LICENSURE: #46521

California Licensed Massage Therapist (Active)

MEMBERSHIPS & INSURANCE

- Member & Fully Insured – Associated Bodywork & Massage Professionals (ABMP)

EXPERIENCE WITH ATHLETES

- Nearly 15 years supporting individual professional, collegiate (D1), youth, and post-surgical athletes across multiple sports—Exp is primarily individual athlete integration rather than full-team employment
- High training-volume recovery, repetitive strain patterns, and return-to-play phases
- Collaboration with athletic trainers, PTs, chiropractors, strength & conditioning coaches, and physicians
- Strict confidentiality standards; no athlete names or identifying details disclosed

AVAILABILITY & TEAM INTEGRATION

- **Available as 1099 Contractor or Employee**
- **Vendor-Approved Recovery Specialist**
- **Camp • In-Season • Travel Support • Local Support for Visiting Teams • Mobile & On-Site Treatment Capable**

Seeking full-time team integration to apply advanced recovery systems within a consistent medical and performance model – supporting athlete availability, reducing compensation patterns, and delivering precise hands-on care that protects both immediate performance and long-term career longevity. Collaboration with medical and coaching staff and continuity of care are priorities.



CERTIFICATIONS

- Advanced Neuromuscular Therapy (NMT)
- Fascial Stretch Therapy Level 2 (FST)
- Vodder-Certified Manual Lymphatic Drainage (CMLDT)
- Certified Plastic Surgery Therapist (CPST)
- RAPID NeuroFascial Reset
- Myoskeletal Alignment Techniques
- Thai Table Stretch / PNF Integration
- Certified Breath Coach

MODALITY EXPERIENCE

- Neuromuscular & Trigger Point Therapy
- Myofascial Release & Fascial Line Integration
- Fascial Stretch Therapy (Joint Decompression)
- Manual Lymphatic Drainage (Post-Op / Edema Reduction)
- Cupping Therapy + Breathwork
- RAPID NeuroFascial Reset
- Myoskeletal Alignment
- Core & Diaphragm Release
- Post-Surgical Soft-Tissue Integration
- Position-Specific Recovery Mapping

CONTINUING EDUCATION FOCUS

- Sports medicine & soft-tissue research
- Fascial line and nerve-pathway mechanics
- Athlete recovery systems & RTP integration
- Breath and nervous-system regulation
- Ongoing modality refinement and clinical coursework

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TIFFANY SANDOVAL
& MOBILITY EXPERT.

TIFFANY SANDOVAL

MEDICAL SPORTS SOFT
TISSUE SPECIALIST

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

📍 Southern, 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

