

# CONSTRUCTION MOBILITY & RECOVERY SYSTEM



DO THIS 15-MINUTE ROUTINE MID-SHIFT OR AFTER WORK. THIS ISN'T STRETCHING—IT'S DAILY MAINTENANCE TO KEEP YOUR BODY STRONG, MOBILE, AND READY FOR THE JOB.



# ***BUILT FOR THE DEMANDS OF CONSTRUCTION WORK***

## **3 Common Pain + Injury Zones & Whats Nerve Flossing?:**

Where pain shows up on the job—and how nerve movement impacts it.

## **4 3 Types of Pain + Nervous System Explained + Modifications**

Understand pain patterns and how to adjust for your body.

## **5 Quick Before and After Self Assessments**

Simple checks to track what's tight, stuck, or improving.

## **6 Nervous System Reset**

Fast reset to reduce tension and improve control.

## **7-16 Joint Mobility + Nerve Glide + Muscle Stretch = Full Body Reset**

A full-body reset system—**plus a quick-reference cheat sheet.**

## **17 About & Contact Info**

Who I help, how I work, and how to get started.

# ***BUILT FOR THE DEMANDS OF CONSTRUCTION WORK***



## ***COMMON PAIN + INJURY ZONES:***

- **Neck + shoulders:** overhead work, looking up/down, hard hats, carrying
- **Elbows/wrists/hands:** drills, hammers, vibration, gripping all day
- **Low back + hips:** lifting, twisting, loaded carries, uneven surfaces
- **Knees/ankles/feet:** ladders, squatting, boots, concrete
- **🎯 Goal:** reduce pain, keep range, prevent “it finally snapped” days

## ***WHAT IS NERVE FLOSSING?***

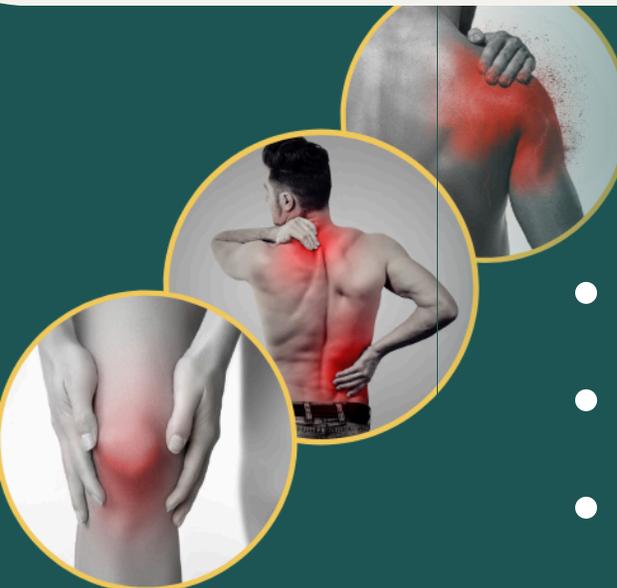
**Nerves run like cables through your body.**

**If they get stuck → pain, numbness, tightness.**

👉 **Nerve flossing = sliding the nerve (not stretching it)**

- ✓ Improves mobility
- ✓ Reduces tingling/numbness
- ✓ Helps muscles work better

⚠️ **Rule: Smooth reps (5-10), no forcing**



## 3 TYPES OF PAIN

- **MUSCLE:** TIGHT, SORE → STRETCH + RELEASE
- **NERVE:** SHARP, TINGLING → GLIDE NERVES
- **FASCIA:** STIFF, STUCK → MOVE + MOBILIZE

## NERVOUS SYSTEM = YOUR BRAKE PEDAL

- **If stressed** → body tightens, pain increases
- **If calm** → body releases, heals faster
- 🖱️ **Breathing = unlock switch**

## MODIFICATIONS

- **Disc issues:** no deep bends, gentle sciatic
- **Older age:** slow + controlled
- **Chair-only rule:** Standing work is always one hand on chair for balance.

## STRUCTURE (15 MIN)

1. Intro & Assessment 2 minutes
2. Nervous System Reset 1 minute
3. Joint Mobility + Nerve glides 10 minutes
4. Re-Assessment & Close 2 minutes

**ELITE RECOVERY**  
SPORTS & MEDICAL BODYWORK  
PAIN. PERFORMANCE. POST-SURGICAL RECOVERY.



# QUICK BEFORE / AFTER ASSESSMENT

- 👉 Do this BEFORE you start
- 👉 Repeat AFTER to feel the difference

## 1. NECK TURN:

**Position:** Seated

- 👁️ Eyes straight ahead
- Look over your shoulder like checking traffic -LEFT → then RIGHT

**CHECK FOR :**

- Same both sides?
- Tight or pulling L /R ?
- Pain L /R ?

## 3. SINGLE LEG LOAD (HIP / BACK CHECK)

**Position:** Standing

- Feet hip-width
- Lightly hold chair (no leaning)
- Pick one foot up—hold it.
- Keep your hips level. Don't lean
- Holds 5 seconds without shaking

**CHECK FOR :**

- "Wobbly? → ankle stability issue
- "Hip drops? → glute not firing
- "Leaning? → your body is compensating
- "Feel it in your back? → hips aren't doing the work
- "One side worse? → imbalance
- 👉 All = higher risk for back, knee, and hip pain

## 2. ARMS OVERHEAD

**Position:** Standing

- Arms at Side -Thumbs Up
- Raise arms overhead

**CHECK FOR :**

- Arms even?
- One side stuck?
- Pinch or tight?

## 4. ANKLE MOBILITY

**Position:** Seated

- Extend one leg slightly
- Pull toes up toward shin
- Point toes down

**Think:** "Gas pedal → brake pedal"

**CHECK FOR :**

- Stiff ankle?
- Cramping?
- One side tighter?

## AFTER ASSESSMENT

- WHICH SIDE FEELS LOOSER?
- LESS PAIN OR SAME?
- MORE MOVEMENT?



# 2-MINUTE NERVOUS SYSTEM RESET

Calm your body. Reduce tension. Move better.

When your body feels tight, overwhelmed, or stuck in stress—use this quick reset to shift out of fight-or-flight and back into recovery mode.

## 1. PHYSIOLOGICAL SIGH

**Position:** Seated

- Inhale through your nose
- Take a second short inhale on top
- Long slow exhale through your mouth
- 🖱️ Repeat 5 times

## 2. EYE + HEAD RESET

**Position:** Seated

- Keep your head still
- Look all the way to the RIGHT (no strain)
- Hold until you feel a swallow, sigh, or release
- Switch to the LEFT

## 3. LONG EXHALE BREATHING

**Position:** Seated

- Inhale for 4 seconds
- Exhale for 6–8 seconds
- 🖱️ 5 slow breaths

## 4. VAGUS RESET

- One hand on chest, one on belly
- Gentle pressure
- Slow Nose Inhale + soft hum on exhale
- 🖱️ 5 slow breaths

**Why the Hum?**

- Vocal Cord Vibration stimulates the vagus nerve → signaling “safe + calm”
- Reduces tension → decreases heart rate, throat/jaw tightness, and overall nervous system load

**This sequence helps:**

- Calm your nervous system
- Reduce muscle tension
- Improve circulation + mobility
- Break pain + stress cycles

# JOINT MOBILITY + NERVE GLIDE + MUSCLE STRETCH = FULL BODY RESET

If these move well → everything works better  
 WHERE TO FIND YOUR RELIEF

- PG 8 - NECK PAIN / STIFFNESS RELIEF
- PG 9 - SHOULDER PAIN / OVERHEAD TIGHTNESS
- PG 10 - STIFF UPPER BACK RELIEF
- PG 11 - HAND NUMBNESS / TINGLING / WEAK GRIP
- PG 12 - SHOULDER PAIN / OVERHEAD TIGHTNESS
- PG 13 - SCIATICA & LOW BACK PAIN RELIEF
- PG 14 - HIP & KNEE PAIN / TIGHTNESS
- PG 15 - CALF & PLANTAR FASCIITIS RELIEF
- PG 16- NERVE GLIDE CHEAT SHEET

## QUICK RESET STRETCH

Neck Circles



Arm Circles



Wrist Circles



Squat to Fly



Toe Touch to Side Bend



Butt Kickers



Lunges



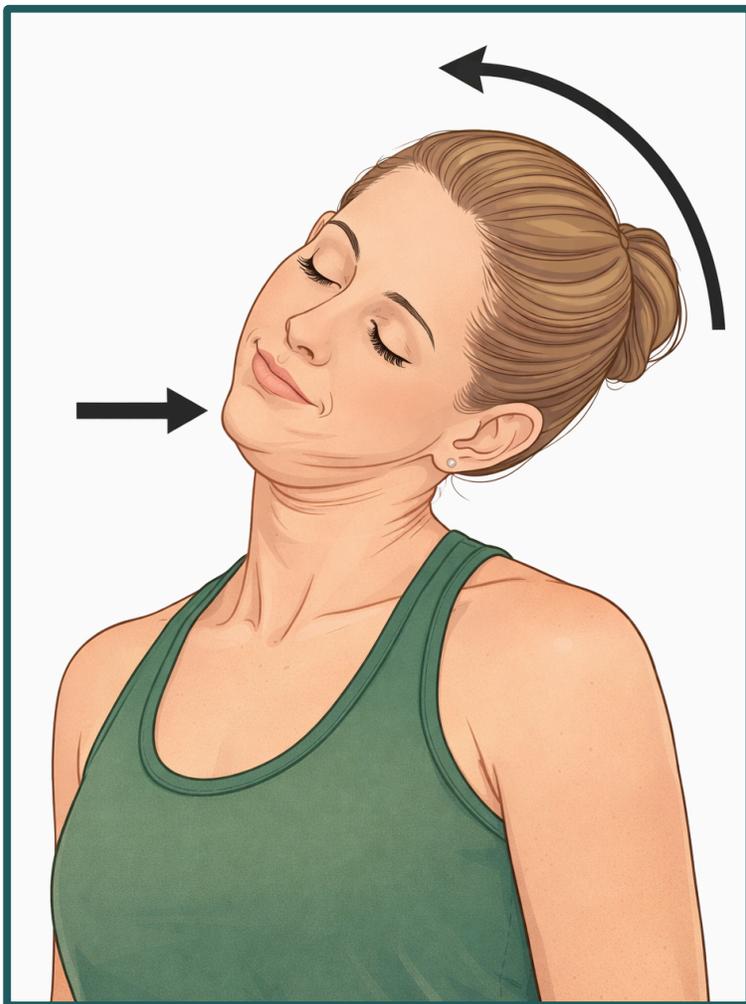
High Knee with a Twist



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## 1. NECK PAIN / STIFFNESS

- **Feels like:** tight, hard to turn, headaches, pulling into shoulders
- **🎯 Goal:** open nerve exits + reduce tension

### CERVICAL ROOTS GLIDE

- **Position:** Seated
- Chin tuck + side bend
- Sit tall (ribs stacked over hips)
- **Pull chin straight back** (like making a double chin)
- Tilt ear toward shoulder (keep shoulders down by holding under chair)
- Return to center
- Reps: 5 each side

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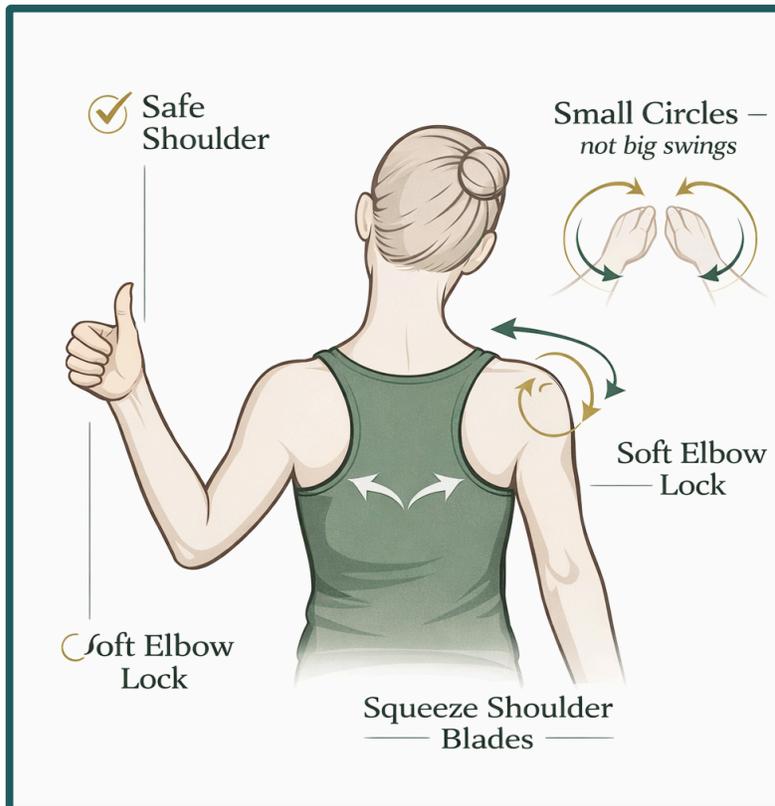
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### 2. SHOULDER PAIN / OVERHEAD TIGHTNESS

- **Feels like:** pinch, weak lift, fatigue overhead
- **Goal:** Stabilize shoulder + reduce compression + improve overhead strength

#### SUPRASCAPULAR & AXILLARY NERVE GLIDES

- Position: Standing
- Arms by Hips
- Thumbs up = safe shoulder
- Soft elbow Lock straight
- Small forward Shoulder circles- not big swings
- Reverse direction after 5 reps
- Actively squeeze shoulder blades together-not the neck
- Keep shoulders DOWN (no shrugging)



## ELITE RECOVERY SPORTS & MEDICAL BODYWORK PAIN. PERFORMANCE. POST-SURGICAL RECOVERY.

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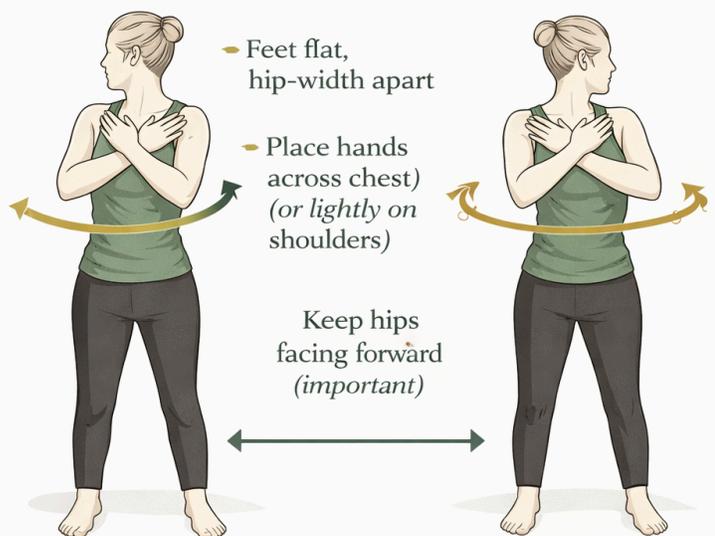
### 3. Thoracic Rotation

- **Feels like:** Stiff upper back ,Shoulder tightness when reaching/overhead
- **🎯 Goal:** Restore upper back rotation ,Take pressure off low back + shoulders , improve twisting + reaching mechanics on the job

#### UPPER BACK STRETCH

- **Position: Seated** Sit tall (don't lean back)
- Hands on chest, rotate left/right
- Feet flat, hip-width apart
- Place hands across chest (or lightly on shoulders)
- Keep hips facing forward (**important**)
- Rotate your chest to the LEFT
- Think: "turn your ribs, not your hips"
- Stop before you force it
- Return slowly to center
- Repeat to RIGHT
- Hold 2–3 seconds at end range
- Reps: 8–10

#### Thoracic Rotation Hands on chest, rotate left/right



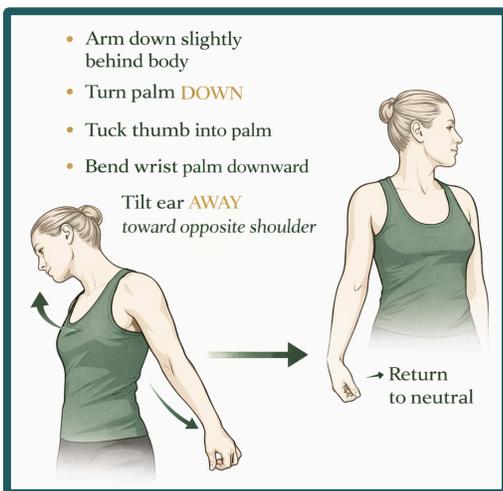
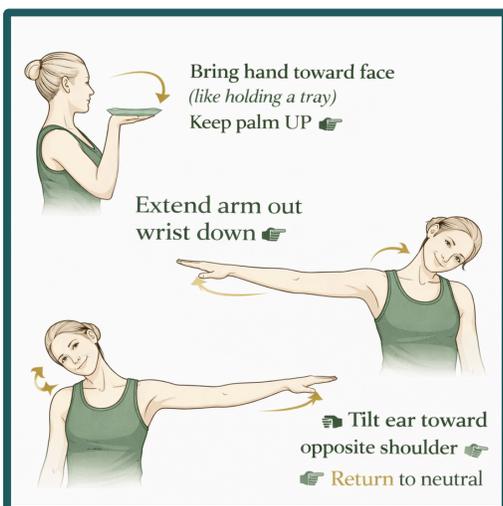
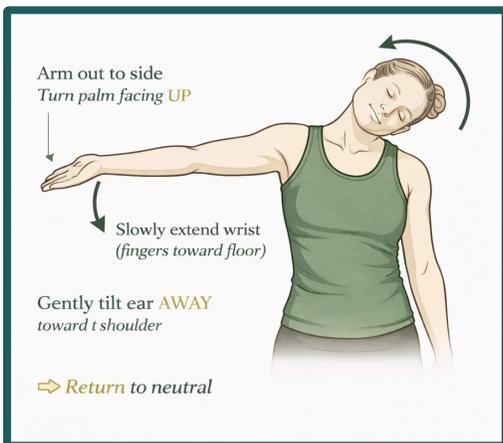
Rotate your chest to the **LEFT**  
Think: 'turn your ribs, not your hips'

**Stop** before you force it

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### 4.

## HAND NUMBNESS / TINGLING / WEAK GRIP

- Feels like: pins/needles, dropping tools, hand fatigue
- 🎯 Goal: reduce nerve tension from neck → shoulder → elbow → wrist → hand.

### MEDIAN + ULNAR + RADIAL GLIDE

- **Position: Seated**
- Arm out to side
- Turn palm facing UP
- Slowly extend wrist (fingers toward floor)
- Gently Tilt ear AWAY toward opposite shoulder
- 🏹 Return to neutral
- Bring hand toward face (like holding a tray) Keep palm UP
- Extend arm out wrist down
- Tilt ear AWAY toward opposite shoulder
- 🏹 Return to neutral
- Arm down slightly behind body
- Turn palm DOWN
- Tuck thumb into palm
- Bend wrist palm downward
- Tilt ear AWAY toward opposite shoulder
- 🏹 Return to neutral
- Reps 3 (then switch arms)

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### 5. ELBOW / FOREARM PAIN

- Feels like: Tight forearms, burning, weak grip, elbow pain, hand fatigue
- 🎯 Goal: Release forearm tension + improve nerve glide (median, ulnar, radial) + restore grip strength

#### ACTIVE RELEASE (Grip Reset)

- **Position:** Seated
- Forearm resting on thigh
- Palm facing up
- Use opposite thumb or fingers
- Press into forearm (start near elbow)
- Find a tender/tight area (not sharp pain)
- Pin it- hold 15 sec move toward wrist
- Slowly open and close your hand
- Then flex and extend your wrist (up/down)
- 🖐️ You should feel the tissue move under your thumb
- Reps 3 (then switch palm down)



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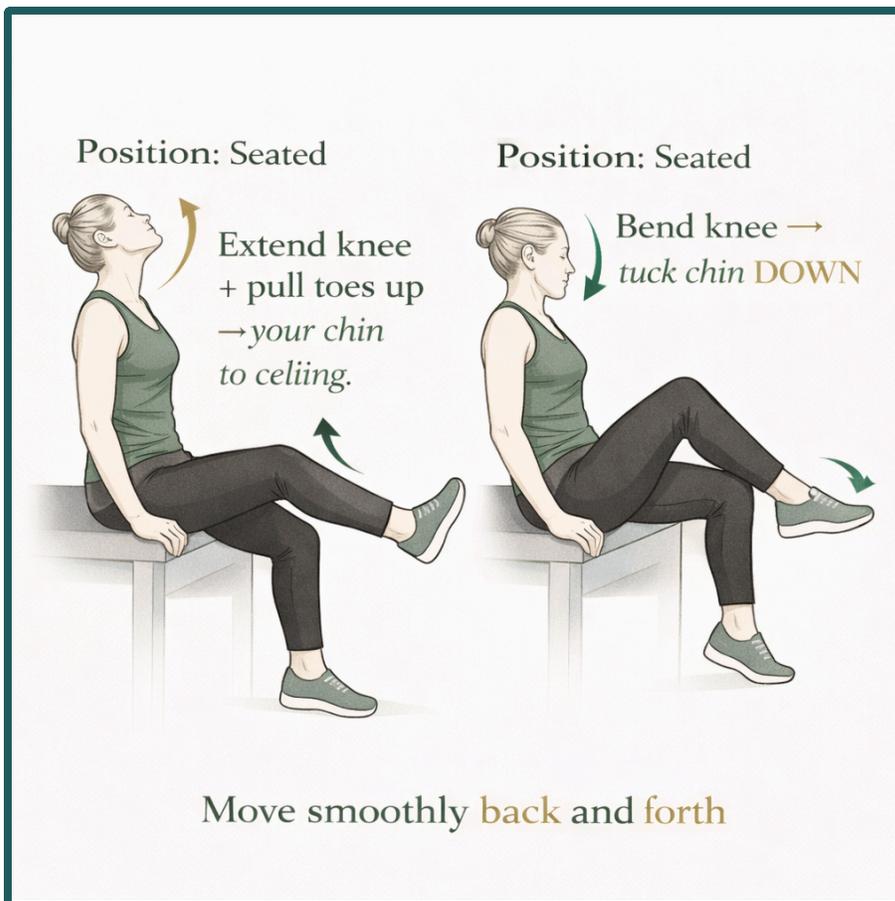
6.

### LOW BACK PAIN

- Feels like: stiff, tight, catches, may pull into glute/leg
- 🎯 **Goal:** shift work from spine to hips + calm sciatic tension
- **DO NOT** - do head movement with disk issues

### SCIATIC GLIDE

- **Position: Seated** Sit tall
- As you extend knee + pull toes up → your chin to ceiling
- As you bend knee → tuck chin DOWN
- Move smoothly back and forth
- Reps: 8–10



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# JOINT MOBILITY + NERVE GLIDE + MUSCLE STRETCH = FULL BODY RESET

If these move well → everything works better

### GLUTE STRETCH

- Sit tall at edge of chair
- Place ankle over opposite knee  
*(or as close as possible)*
- Keep chest up
- Lean forward slightly until stretch is felt

🕒 Hold 20 secs



Move smoothly **back** and **forth**

## 7

### HIP PAIN / TIGHTNESS

- **Feels like:** hip pinch, stiffness, hard to stand tall
- 🎯 **Goal:** balance front/back/inner hip tension

### GLUTE STRETCH

- Sit tall at edge of chair
- Place ankle over opposite knee (or as close as possible Shin/Ankle)
- Keep chest up
- Lean forward slightly until stretch is felt- Hold 20 secs
- Reps: 2- Each Leg

### Saphenous glide

Position: Seated



How to: extend leg → rotate leg slightly out  
+ foot follows → return

Reps: 4- Each Leg

## 8.

### KNEE PAIN

- **Feels like:** stiffness, pressure, feels "off track"
- 🎯 **Goal:** improve ankle/quad function + calm inner knee nerve

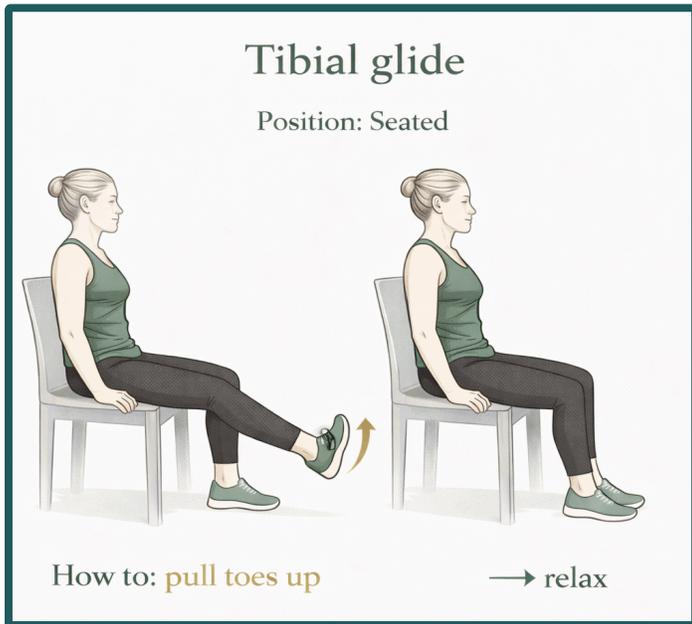
### SAPHENOUS GLIDE

- Position: Seated
- How to: extend leg → rotate leg slightly out + foot follows → return
- Reps: 4 - Each Leg

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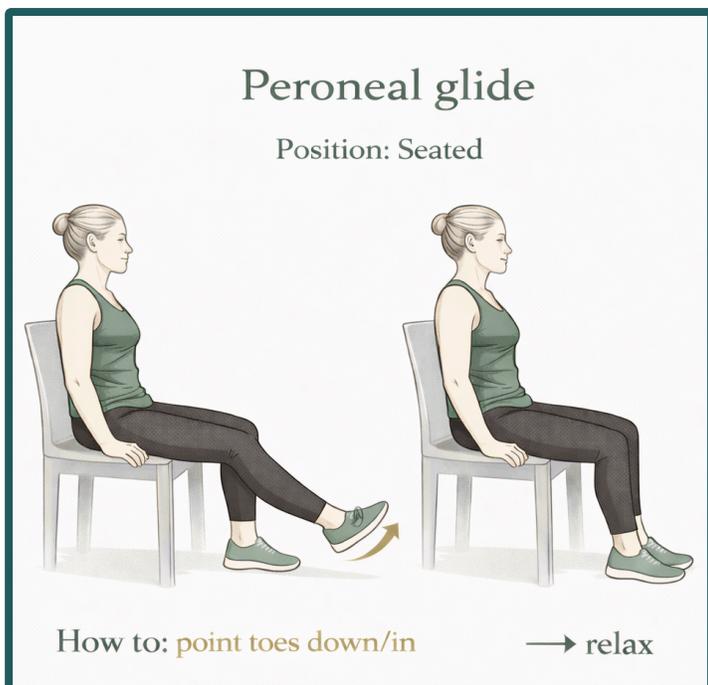


**9. CALF / ACHILLES TIGHTNESS**

- Feels like: pulling, stiffness, tight calves/achilles
- 🎯 Goal: improve nerve + tissue glide

**TIBIAL GLIDE**

- Position: Seated
- How to: pull toes up → relax
- Reps: 5-- Each Leg



**10. FOOT -PLANTAR FASCIITIS**

- Feels like: heel pain, arch tightness, first steps hurt
- 🎯 Goal: release fascia + improve load absorption

**PERONEAL GLIDE**

- Position: Seated
- How to: point toes down/in → relax
- Reps: 5- Each Leg

Nerve	Simple Movement	Goal	Helps With
Facial	Open/close jaw + hum	Loosen face + TMJ	Jaw tension
Trigeminal	Jaw side-side + temple rub	Ease chewing muscles	Headache, jaw pain
Phrenic	Belly breath + neck side bend	Free breathing muscle	Shallow breath
Vagus	Inhale → hum on exhale	Calm heart + gut	Stress & digestion
Cervical Roots	Chin tuck + ear to shoulder	Open neck exits	Neck/shoulder pain
Brachial Plexus	Shoulder rolls + head tilt opposite	Free arm nerve bundle	Arm tingling
Suprascapular	Small arm circles	Relieve shoulder top	Shoulder ache
Axillary	Arm swings + scap squeeze	Mobilize shoulder joint	Weak shoulder
Median	Arm out palm up + head away	Glide arm nerve	Hand numbness
Ulnar	“Waiter tray” + head away	Free elbow/wrist nerve	Pinky tingle
Radial	Thumb in + wrist down + head away	Release back arm nerve	Forearm ache
Sciatic	Sit → kick leg + point/flex toes + neck nod	Free big leg nerve	Low back + leg pain
Femoral	On belly → bend knee + lift thigh	Open front hip	Thigh tightness
Obturator	Lay back → drop knee out + straighten	Loosen inner thigh	Groin tension
Lateral Femoral Cutaneous	Stand → tilt hips back + lean away	Free front hip crease	Outer thigh burn
Saphenous	Sit → straighten knee + turn foot out	Glide inner leg nerve	Knee/shin tingle
Peroneal	Sit → point toes down/in then relax	Free outside knee nerve	Top foot numbness
Tibial	Straight leg → pull toes up/out then down/in	Free ankle nerve	Heel/sole pain
Sural	Ankle inward flex + relax	Ease outer calf nerve	Achilles tightness
Plantar	Roll soft ball under foot	Free foot fascia nerves	Heel/arch pain

# WORKPLACE SAFETY

## ELITE RECOVERY SPORTS & MEDICAL BODYWORK

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I partner with companies and hard-working professionals to keep crews performing at their best and projects moving forward.

For those in construction, trades, and physically demanding roles, pain and mobility issues don't just affect comfort—they impact safety, productivity, and timelines.

With 14+ years of experience, advanced certifications, and full licensure and insurance, I specialize in addressing the four primary drivers of pain: nerve, muscle, fascia, and lymphatic. My work is designed to reduce strain, improve mobility, support recovery, and help minimize call-outs, delays, and injury risk.

I offer on-site workplace wellness, mobility programs, and exclusive employee discounts on bodywork to support long-term health and performance—on and off the job.

→ For company partnerships, jobsite events, or employee wellness programs,

contact: [info@TiffanySandoval.com](mailto:info@TiffanySandoval.com)

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✉ [info@eliterecoverybodywork.com](mailto:info@eliterecoverybodywork.com)