

Tiffany Sandoval



Elite Medical/Sports Massage
& Stretch Therapist

Hello MLS Hiring Team,

I am pleased to introduce myself and express my interest in supporting your MLS team's success as a medical sports therapist, available on an as-needed or consistent basis. With over 13 years of experience specializing in soft tissue therapy for elite athletes, I have built a reputation as a trusted expert in neuromuscular therapy, myofascial release, lymphatic drainage, and fascial stretch therapy.

My approach emphasizes open communication with players, coaches, and the medical team, ensuring every treatment plan aligns with the team's goals to enhance recovery, prevent injuries, and optimize performance. These qualities make me an excellent addition to your organization, dedicated to helping athletes stay healthy, recover effectively, and consistently perform at their best.

Having worked extensively with high-performing athletes, I understand the unique demands of professional soccer and the specific challenges faced by players in various positions. My treatments are designed to alleviate chronic pain from intense training, improve mobility and flexibility, and expedite recovery for injured athletes. **Below, I've outlined how I can support your athletes in their specific playing positions.**

Common Injuries Across All Positions

- Hamstring Strains: Alleviate pain and restore mobility with targeted neuromuscular therapy.
- ACL and Meniscus Tears: Enhance post-injury recovery through soft tissue therapy and joint stability techniques.
- Ankle Sprains: Reduce inflammation and improve range of motion with customized treatments.
- Groin Strains: Relieve pain and tightness using myofascial release and trigger point therapy.
- Overuse Injuries: Address chronic pain from repetitive motion with preventative and recovery-focused therapies.

Positions Enclosed

- Goalkeepers
- Defenders
- Midfielders
- Forwards



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Goalkeepers rely heavily on their core, shoulders, quadriceps, and hamstrings for stability, explosive dives, and quick reactions. Common injuries include shoulder strains and dislocations from diving, knee sprains from sudden movements, and wrist injuries from blocking high-impact shots. My tailored treatments focus on relieving pain, restoring mobility, and strengthening these key areas to enhance performance and prevent future injuries.

Midfielders: Key focus on lower body endurance, core strength, and stability. I work to prevent common injuries like hamstring and groin strains, ankle sprains, and knee injuries, enhancing their ability to cover ground, maintain balance, and execute precise passes and shots. My treatments target key muscles such as the quadriceps, hamstrings, core, and glutes to improve mobility, resilience, and overall performance.

I would be honored to support your organization by helping players stay healthy, recover faster, and perform at their best. Whether on a consistent basis or as needed, I'm ready to contribute to your athlete's success. Thank you for your time, and I look forward to the opportunity to work together.

Sincerely,

Elite Sports & Medical Soft Tissue Therapist

Defenders: Key focus on lower body strength, core stability, and endurance. I work to prevent common injuries like hamstring strains, groin pulls, and ankle sprains, enhancing their ability to tackle, mark, and clear the ball with power and precision. My treatments target key muscles like the quadriceps, hamstrings, calves, and hip flexors to improve mobility, balance, and injury resilience

Forwards: Key focus on explosive power, agility, and balance. I work to prevent common injuries like hamstring strains, groin pulls, and ankle sprains, enhancing their ability to sprint, shoot, and outmaneuver defenders. My treatments target key muscles such as the quadriceps, hamstrings, calves, core, hip flexors, and adductors to improve acceleration, agility, and overall performance.

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TIFFANY SANDOVAL
& MOBILITY EXPERT.

CONTACT

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CERTIFICATIONS

- 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

TIFFANY SANDOVAL

Elite Medical/Sports Massage & Stretch Therapist

I believe in creating my own opportunities, so I am reaching out to introduce myself and demonstrate how I can benefit your organization. As a medical sports therapist with over 13 years of experience, I specialize in neuromuscular therapy, myofascial release, lymphatic drainage, and fascial stretch therapy tailored to the unique needs of professional athletes. My collaborative approach ensures seamless communication with athletes, coaches, and the medical team, aligning treatment plans with your strategy to enhance recovery, prevent injuries, and optimize performance.

RELEVANT EXPERIENCE

13+yrs experience helping professional athletes, weekend warriors & youth athletes minimize the risk of injury , maintain their mobility & extend their sports careers.

Elite Recovery

www.TiffanySandoval.com

Specializing in Athletic Therapy & Injury Recovery, Chronic Soft Tissue Pain Relief.

Voice Kneads

www.TiffanySandoval.com/VoiceKneads

Specializing in Neck & Upper Bodywork for Professional Speakers, Singers, Actors & Musicians.

SKILLS

- Myofascial Release
- Lymphatic Drainage
- Neuromuscular Therapy
- FST-Fascial Stretch Therapy
- Myoskeletal Alignment
- Medical /Sports Cupping

EDUCATION BACKGROUND

CERTIFIED ADVANCE NEUROMUSCULAR THERAPIST

NHI National Holistic Institute | Jun 2012

- Trained by : Cynthia Ribeiro

REFERENCES [Google Reviews](#)

