



Book Your:  
**Free**  
 15 min appt.  
 \*Valid First-Time Clients



# COMPETITIVE CHEER ELITE RECOVERY

YOUTH SPORTS THERAPY  
 WWW.TIFFANYSANDOVAL.COM/CHEER

INSIDE CROSSFIT MURRIETA

**How Can Elite Recovery Help Competitive Cheer Athletes Excel and Recover Faster From The Common Areas of Pain in Competitive Cheer?**



### Your Pain

**Lower Back Pain:** From repetitive back handsprings and aerial maneuvers

### Our Solution

✓ We target the **(28) Muscles** that cause Back Pain & Mobility issues.



### Your Pain

**Knee & Hip Injuries:** Caused by jumps, landings, and dynamic choreography.

### Our Solution

✓ We target the **(28) Muscles** that cause Hip/Knee Pain & Mobility issues.



### Your Pain

**Shoulder Pain:** Often due to stunting and tumbling.

### Our Solution

✓ We target the **(22) Muscles** that cause Shoulder Pain & Mobility issues.



### Your Pain

**Wrist & Ankle Pain:** Frequent from catching, holding, and explosive movements.

### Our Solution

✓ We target the **(40) Muscles** that cause Wrist & Ankle Pain & Mobility issues.





TIFFANY SANDOVAL  
& MOBILITY EXPERT

WWW.TIFFANYSANDOVAL.COM/RATES



**YOUTH RATES**

**\$44**  
Per 15min Session

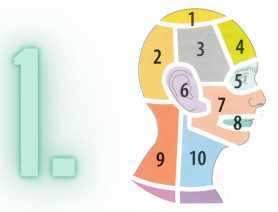
- 15 Min. Specific Area (1-5)
- 30 Min. 2-Areas (1-5)
- 45 Min Full Body (1-5)



# SERVICE LIST

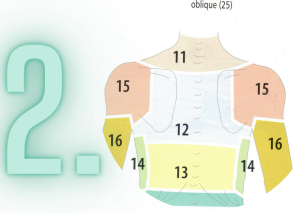
- All treatments below are done fully clothed
- Include Fascial Stretching, Myofascial , Lymphatic and Trigger Point Release **Choose from the list below or Create a Customized Session**
- Are inclusive no upcharges for cupping or graston , tipping is not expected .

## SERVICES



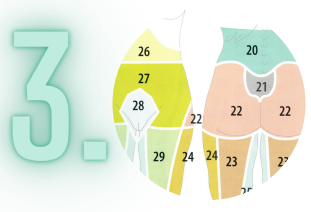
**HEAD & NECK THERAPY:** Focuses on the **(21)** muscles causing:

- Migraine & Headaches (14)
- Lymphatic Drainage (Face)
- Neck Pain & Mobility (10)
- TMJ & Jaw Pain (10)



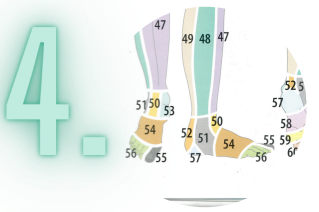
**CHEST, SHOULDER, BACK, ARM, WRIST, HAND THERAPY:** Focuses on the **(49)** muscles causing:

- Shoulder Pain & Mobility (22)
- Golfer/Tennis Elbow (33)
- Back Pain (28)
- Chest Pain & Tightness (10)
- Upper Body Lymphatic Drainage



**AB, HIP, PELVIC, GLUTE, THIGH THERAPY:** Focuses on the **(30)** muscles causing:

- Sciatica & Low Back Pain (17)
- Digestive / Pelvic Pain (14)
- Hip /Thigh Pain & Mobility (19)
- Lower Body Lymphatic Drainage



**KNEE, CALF, ANKLE, FOOT :** Focuses on the **(31)** muscles causing:

- Knee Pain (14)
- Calf Pain (13)
- Ankle Pain (12)
- Plantar Fasciitis (15)



**FST STRETCH ONLY:** assisted stretching that targets fascia and joints unlock tension in the deepest layers of tissues