



TIFFANY SANDOVAL, CMT #46521

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Elite Pain Relief & Mobility Expert.

I specialize in providing customized soft tissue pain relief and mobility solutions for elite athletes. I would love to become part of your sport performance team offering my expertise to teams looking to enhance their players' performance and well-being, prevent soft tissue injuries and prepare injured athletes to return to competition.

CONTACT

- ✉ Tiffany@MuscleHealers.com
- ☎ (949) 838-4436
- 📍 San Juan Capistrano, CA
- 🌐 tiffanysandoval.com

CERTIFICATIONS

- Vodder- Certified Manual Lymph Drainage Therapist (CMLDT)
- **Neuromyofascial Tissue Mobility** Trained by : Ann Frederick
- **STRECHA Method**-Trained by : Sandra Jersby
- Certified Hypnotherapist- Sports Performance Hypnosis
- Certified Breath Coach

RELEVANT EXPERIENCE

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

OC Triathlete Massage

www.triathletemassage.com

Specializing in Athletic Therapy & Injury Recovery

OC Pain Relief & Bodywork

www.painreliefoc.com

Specialized in Chronic Soft Tissue Pain Relief & Injury Rehab

Voice Kneads

www.voicekneads.com

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 Upon Request
[Google Reviews](#)

